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## Preparation For Day 10 of the Metabolism Revolution Challenge!

*The best preparation for tomorrow is doing your best today.* —H. Jackson Brown, Jr.

Do the best you can today and tomorrow will be that much easier!

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Let's dive into our tenth day of incredible food! Note that each recipe serves one. If you're cooking for a family, make the necessary adjustments.

Notice that I've repeated the recipes. I've done this because it saves time and money. You're free to swap the days around or swap out proteins as long as they fall into the proper Part.

### If you're following Meal Map A:

- Double the recipe for **Savory Oats**, you will be eating it for breakfast Wednesday and Thursday



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### Standard Menu - Meal Map A

**Breakfast:** Savory Oats\*

**Snack:** Berries

**Lunch:** Stuffed Acorn Squash\*

**Snack:** Pear

**Dinner:** Curried Quinoa with Seasoned Pork Medallions\*

**Water:** Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

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### Standard Menu - Meal Maps B & C

**Breakfast:** Black Bean Scramble\*

**Snack:** Berries

**Lunch:** Stuffed Acorn Squash\*

**Snack:** Pear

**Dinner:** Curried Quinoa with Seasoned Pork Medallions\*

**Water:** Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

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### Super Simple Menu - Meal Maps A, B, C

**Breakfast:** Metabolism Shake

**Snack:** Berries

**Lunch:** Metabolism Shake

**Snack:** Pear

**Dinner:** Curried Quinoa with Seasoned Pork Medallions\*

**Water:** Half your body weight in ounces of spring water (for example, a 180-

pound person would drink 90 ounces)

\*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

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## EXERCISE

### Meal Map A Recommended Exercise

**Cardio:** 3 or 4 times per week.

**Metabolic Intervention Exercises:** Minimum of 1 time per week.

### Meal Map B Recommended Exercise

**Cardio:** 2 or 3 times per week.

**Weights:** 1 time per week.

**Metabolic Intervention Exercises:** Minimum of 1 time per week.

### Meal Map C Recommended Exercise

**Cardio:** 2 or 3 times per week.

**Weights:** 2 times per week.

**Metabolic Intervention Exercises:** Minimum of 2 times per week.

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## RESOURCES

In case you missed anything, the [Metabolism Revolution Resource Page](#) is where to go for all of your challenge resources. All of the printable meal maps, daily emails, and audio recordings from me are stored in one place for you!

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## JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private Facebook Group](#). If you haven't requested access to this valuable Member resource, [do that now!](#) My team and I are here to answer your questions. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!

In Good Health,

A handwritten signature in blue ink, appearing to read 'Hansley Pong', is positioned at the bottom of the page.



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