

Preparation for Day 1 of the Metabolism Revolution Challenge!

***Nothing is impossible, the word itself says "I'm possible"!* — Audrey Hepburn**

You're going to love the next 14 days. This plan is designed to encourage rapid weight loss that is both permanent and therapeutic. Get ready to enjoy:

- A reduction in stress hormones
- Stabilized insulin and blood sugar levels
- Increased metabolic rate
- More efficient fat burning
- More energy, strength, and endurance
- An improved mood and great self-confidence

We have two main goals during the next 14 days.

1. Eat FOOD – often more food than you're currently eating
2. Lose weight as fast possible

Yes, it's that simple. Eat more to lose more. We're unleashing the prescriptive power of food so you can become outrageously healthy.

Remember to repeat the mantra *"I'm Possible!"* whenever you need a little encouragement.



Let's dive into our first 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 **Breakfast Hash**, you will be eating it for breakfast on Monday and Tuesday.
- Double the recipe for **Tropical Tuna Steak**, you will be eating it for lunch on Monday and Wednesday.
- Double the recipe for **Steak and Quinoa Bowl**, you will be eating it for dinner on Monday and Wednesday.

If you're following Meal Maps B or C:

- Triple the recipe for **Breakfast Hash**, you will be eating it for breakfast Monday, Tuesday, and Wednesday.
- Double the recipe for **Tropical Tuna Steak**, you will be eating it for lunch on Monday and Wednesday.
- Double the recipe for **Steak and Quinoa Bowl**, you will be eating it for dinner on Monday and Wedne

Standard Menu - Meal Maps A, B, C

Breakfast: Breakfast Hash*

Snack: Orange

Lunch: Tropical Tuna Steak*

Snack: Peaches

Dinner: Steak and Quinoa Bowl*

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

Super Simple Menu - Meal Maps A, B, C

Breakfast: Metabolism Shake

Snack: Orange

Lunch: Metabolism Shake

Snack: Peaches

Dinner: Steak and Quinoa Bowl*

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.

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.

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!

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 that reads "Haylie Pomroy". The signature is fluid and cursive, with the first name "Haylie" and last name "Pomroy" clearly visible.

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