

Preparation For Day 6 of the Metabolism Revolution Challenge!

Certain things catch your eye, but pursue only those that capture the heart. — Ancient Indian Proverb

Something about Metabolism Revolution captured your heart, and it makes me so happy that you're here. This plan is near and dear to my heart, and I'm thrilled you've given me the chance to be your virtual nutritionist.

Let's dive into our sixth 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 Maps B or C:

- Double the recipe for the **Stuffed Pepper Breakfast**, you will be eating it for breakfast Saturday and Sunday



Standard Menu - Meal Map A

Breakfast: Breakfast Collard Wrap*

Snack: Apple with Almond Butter

Lunch: Kale Skillet

Snack: Hummus with Celery

Dinner: Nutty Chicken*

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

Standard Menu - Meal Maps B & C

Breakfast: Stuffed Pepper Breakfast*

Snack: Jerky with Raw Nuts*

Lunch: Kale Skillet

Snack: Hummus with Celery

Dinner: Nutty Chicken*

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

Super Simple Menu - Meal Map A

Breakfast: Metabolism Shake

Snack: Apple with Almond Butter

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Nutty Chicken*

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 any substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

Super Simple Menu - Meal Maps B & C

Breakfast: Metabolism Shake

Snack: Jerky with Raw Nuts*

Lunch: Metabolism Shake

Snack: Hummus with Celery

Dinner: Nutty Chicken*

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 any 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 the last name "Pomroy" clearly legible.

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