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Tomorrow it all begins.

Is this your first time?

Are you a seasoned veteran of the Cleanse world?

What are your highest hopes and biggest fears on this journey?

These are all the things we are going to be talking about on the Challenge Facebook page! (Make sure you are on there)

Stay engaged! It is perfectly perfect to simply follow along or mentor the masses. This is about you and right where you are on this journey is exactly where you need to be.

I can get a little bossy on these challenges so get ready to have your nutritionist in your ear :)

Every day I have a Micro-Lecture for you on Cleansing and Detox. Do not miss watching those on the Challenge Facebook Group.

Go often to the Cleanse Challenge Resource Page. All of the printable meal maps, daily emails, videos etc, stored in one place for you!

"Faith is taking the first step even when you don't see the whole staircase."- Martin Luther King, Jr.

TOMORROW AT A GLANCE

2 Shakes, 1 Meal, 2 Snacks

TIP OF THE DAY

Make sure you drink 1/2 your body weight in ounces of spring water every day in addition to the Metabolism Shakes. For example, if you're 150lbs., you'll drink 75 ounces of spring water daily.

METABOLISM FACT

Don't eat anything one hour before or one hour after a shake. This way the body has an opportunity to benefit from all the micronutrients in your Metabolism Shake.

JOIN THE CONVERSATION

Have questions during the cleanse? Need additional support? Post all Cleansing-related questions on the challenge Facebook page.

Product Discussion of the Day!

Looking for a Way to Increase Your Micronutrients?

Remember it's the micronutrients that stimulate the metabolism!



[Read my Top 10 Reasons why I take the Metabolism Multi - here](#)

★★★★★

METABOLISM MULTI

TARGETED MULTIVITAMIN
MINERAL BLEND

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In Good Health,

The Fast Metabolism Diet

Download our FREE App Today!

The Fast Metabolism Diet App is your companion to the book and cookbook by celebrity nutritionist and wellness consultant Haylie Pomroy. The app has helped people lose over 1 million pounds!

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POWER
On Your Plate

**HAYLIE POMROY
PODCAST**

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Haylie Pomroy is a #1 New York Times bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker whose “Food is Medicine” philosophy resonates deeply with her fans. Her community includes real people who have lost millions of pounds and gained immeasurable energy and health.

WHAT TO EXPECT



Food Based Programs

Strategic programs to evoke real clinical change



Membership Benefits

Be part of a health movement that will change your life!



Healthy Recipes

Raising the bar for great recipe. Eat while staying fit.

GOT QUESTIONS? CONTACT US OR VISIT OUR WEBSITE



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