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Keep your veggie count up. When you were doing 5 shakes a day you were getting so many veggies in like Kale, Spinach, and Arugula. As you do fewer shakes I want you to make sure you are doubling down on veggies in your snacks and meals. Remember, they are the metabolic kindling for your Fast Metabolism fire.

"Be you and the world will adjust."

- Buddha

### **TOMORROW AT A GLANCE**

3 Shakes, 1 Meal, 1 Snack

### **TIP OF THE DAY**

Stick to the Cleanse food list, but if you're in a social situation, you can always choose steamed veggies and/or salad, as veggies are unlimited while on the Cleanse.

### **METABOLISM FACT**

Nurturing your kidneys, while they do the heavy lifting in the detox department, can prevent renal infection and kidney stones, up your immunity (who wants to be sick?), and reduce inflammation.

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**Product of the Day!**

**Unlock Stored Pockets of Fat for Fuel**

# 3 STEPS TO BLAST FAT

STRATEGIC SUPPLEMENTS FOR MAXIMUM RESULTS



The Fat Blaster Bundle works to attack and release historical fat. You can access the fat in the cell, eliminate fat from the cells, bind the toxins for elimination, and shrink the cell which helps you lose fat!

Use your Member Discount to save an additional 10% on the [Fat Blaster Bundle](#). Not a member? [Join me](#) for 30-days FREE!

I would love to start hearing about the recipes you are enjoying. This is another way to begin celebrating food together! Post it on facebook or send us an email. We want to share in your joy.

In Good Health,

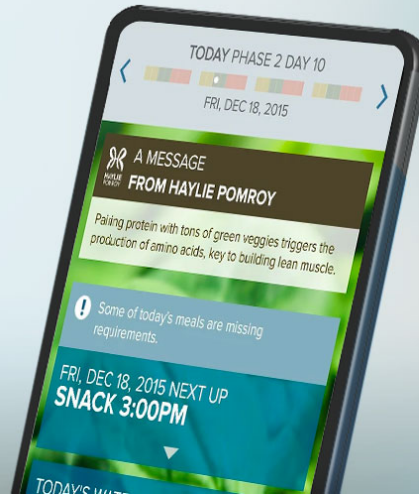
A handwritten signature in blue ink, appearing to read 'Hansie Tony'.



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!



**POWER**  
*On Your Plate*

**HAYLIE POMROY  
PODCAST**

**LISTEN NOW**



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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