



Get in the SPIRIT with me... *IT'S COSTUME PARTY TIME!*

Tomorrow at 8 am Pacific time, you're invited to join my LIVE WEBINAR COSTUME PARTY full of fun events! Come in your creative Halloween garb for spooktacular prizes in three costume categories:

- Come as your favorite healthy food
- Come decked out with all of your FMD Books and Haylie Pomroy swag
- Come dressed as your favorite Haylie Pomroy product (*Shhh... I am coming as the Metabolism Shake!*)

I really want you there, but if you can't make it for the party, you are still invited to watch it when you can. All my events will be available to watch anytime during the duration of this 17-Day Double Feature.

For a full itinerary of my October Double Feature events, [click here](#). If you haven't requested to join our [private Facebook page](#), do that now so you don't miss any more LIVE or Interactive events.

PREPARE FOR DAY 6 OF THE FMD 7-DAY QUICK START...

The weekend is almost here, but don't let your guard down... we still have two more days of Phase 3! This is definitely the time to plan ahead and be prepared.

I lecture a lot about Phase 3. The hormones of the metabolism are complex and fascinating! They are also ones that if you can heal and master, you can truly increase your rate of burn.

Here are some articles to help keep you occupied this weekend. They're worth the read...

[HELLO, GUACAMOLE: FAST METABOLISM DIET PHASE 3](#)

[WHAT KIND OF EXERCISE SHOULD I DO IN PHASE 3?](#)

[What to Eat: A day in Phase 3](#)

[FREE DOWNLOAD FROM us - LIMITED TIME - PHASE 3 RECIPE GUIDE](#)

TOMORROW'S DAY 6 EXERCISE...

Did you do your relaxation exercise yet for Phase 3? Take time for a relaxing activity during this phase. Try some deep breathing or meditation. Just some quiet time on your own does wonders for stress.

BODY BONUS:

Heat is great in Phase 3. Try a sauna, a hot bath, or even just a hot foot bath. Heat increases nasal dilation, letting you breathe easier and helping to widen your blood vessels to improve circulation and reduce inflammation.

Now that we're using food to help release stored fat, improving your circulation can help move toxins and stored fat through the body, processing them out of the body for good!

RESOURCES

Visit the [resource page](#) early and often. That's where you will find all your printable meal maps, daily emails, and videos all stored in one convenient place. And for super-convenient reference anytime, anyplace, download and use your [FREE Fast Metabolism Diet App!](#)

I've pulled several super-simple recipes for you with ingredients you should be able to source at your local store right now. They also freeze very well, too!

[Chicken Burgers](#)

[Tuna Noodle Casserole](#)

[Beefy Butternutty Chili](#)

[Chile Verde](#)

[Beef Stroganoff](#)

[Slow Cooker Greek-Style Chicken](#)

[Loaded Sweet Potatoes with Black Beans](#)

[One Pan Mexican Quinoa](#)

JOIN THE CONVERSATION

Have any questions? Post them on the [Private FMD Facebook Group](#). My team is 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!

Our 17-Day DOUBLE FEATURE is almost over (sad pumpkin face)...

Tomorrow we'll finish out our week with a delicious Eggplant Stew. This dish freezes well, so plan on extra portions for next week's meals as you continue on solo for the second half of the FMD Quick Start. Remember, this is a 14-Day program... I've been here to guide you on your first 7 days.

In Good Health,



The best FMD Companion!



- Available on iPhone and Android Devices!
- The App Has Helped People Lose Over 1 Million Pounds!

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Haylie Pomroy Group 351 Linden Street Suite 160 Fort Collins, CO 80524

