



HAYLIE POMROY

*FAST* METABOLISM  
**FOOD R**  
*ENERGY X*

Cookbook and Program Guide

Soothe Your Body with Targeted Recipes for Fatigue • Low Energy • Exhaustion



---

# TABLE OF CONTENTS

---

## **Haylie Pomroy's Fast Metabolism Food Rx**

Fatigue, Low energy, and Exhaustion

INTRODUCTION, MEAL MAP & FOOD LIST 3

### RECIPES

#### Breakfast: Days 1-4

Sticky Bun Chia Pudding 13

#### Lunches and Dinners: Days 1-4

Pineapple-Pistachio Slaw 15

Shrimp and Cucumber with Honeydew Dipping Sauce 17

Ginger Pork Tenderloin with Tangerines 19

Quick Pan-Grilled Chicken with Mango-Jicama Salad 21

Seared Salmon with Nectarine Salad 23

#### Breakfast: Days 5-7

Gingery Oats with Sweet Dried Plums 25

#### Lunches and Dinners: Days 5-7

Rainbow Trout with Quick-Sautéed Veggies 27

Spinach Salad with Fried Egg 29

Jerk Chicken with Brussels Sprouts 31

Tamari-Ginger Fish in Parchment 33

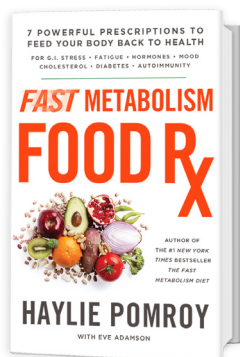
Warm Asparagus and Lentil Salad 35



---

# YOUR PRESCRIPTION FOR TARGETED REPAIR

---



Use this mini-guide and supplemental recipes along with my book, *Fast Metabolism Food Rx* to understand what your body is telling you, focus on a specific metabolic challenge and take steps towards repair, rejuvenation and regaining your body’s natural balance! Not sure which program you need? Try our Food Rx Quiz (<https://hayliepomroy.com/foodrxquiz/>)

The Health Wish List (page 25 in the book) is also a great way to hone in on what your body is telling you.

## Get Your Energy Back

Do you feel like you can barely drag yourself out of bed? Are you falling asleep at your desk? Why is it sometimes difficult just to get through the day? Many of my clients come to me after being told by their doctor that everything looks fine. They’re told “get more sleep” or “reduce your stress,” or worse, “just deal with it.”

But when you’re constantly feeling exhausted, yet can’t sleep, that advice just isn’t very helpful. When your body is missing something, or is getting too much of something, or can’t process or access something, it will downshift. Your energy level dips, or becomes uneven though the day. The good news is that we already know that food fuels energy, and we can use it strategically to replenish and repair energy and improve the quality of rest and sleep. There is a lot more information on how we’re going to do this in my book, *Fast Metabolism Food Rx* but here’s the short answer.

This Energy Repair Plan involves two phases. You’ll eat one way for four consecutive days, then another way for three days. During days 1-4, this plan stimulates the metabolism of digested fats. During days 5-7, the strategy is to pull the dietary fats out, so the body begins to break down stored fats for energy, stimulating the natural pathway of metabolic energy.

---

# CHEW ON THIS

---

Rest is under-rated. With our busy lives, each new obligation, responsibility or event seems to come at the expense of sleep. The biggest shift I see in my clients with low energy is understanding the value of rest. When you've had enough rest that you start to feel a bit of extra energy, that's when you should lie down, so that the energy can do the work of complete repair.

When I have clients come out of extreme energy slumps, I always notice that as their energy grows, so do their to-do lists. Don't go down that path! You are working to repair the fragile metabolic pathways that got you into this state. Time spent resting is NOT wasted time.

Think about where your energy is going. Understand that it's not a matter of "overdoing it," but in allowing that precious energy to regenerate healthy tissue.

There will surely be more stress coming down the road—there always is—but the more vital energy you can create now, the better your body will be able to adapt to changes in its environment.

In Health,

A handwritten signature in black ink, appearing to read "Haylie Pomroy". The signature is fluid and cursive, with a large initial "H" and a long, sweeping underline.

Haylie Pomroy

---

# TOP 20 POWER FOODS

---

## Energy Repair

Certain foods are especially supportive for stimulating energy production. The recipes in my book, *Fast Metabolism Food Rx*, and the recipes in this mini-cookbook, all include one or more of these therapeutic foods.

Asparagus  
Brussels sprouts  
Cantaloupe  
Cauliflower  
Celery  
Chiles  
Coconut oil  
Cucumbers  
Eggs  
Fish: Wild caught, except  
tilapia, grouper or catfish  
Ginger, fresh or ground  
Grapefruit  
Lemons  
Lentils  
Meats: All lean types  
Nuts: Raw only, no peanuts  
Oatmeal  
Quinoa  
Raspberries  
Spinach

---

# FOUNDATIONAL FOOD LIST

---

Use the Power Foods in conjunction with the Foundational Food List to create your meals, or simply follow the recipes in *Fast Metabolism Food Rx* and in this cookbook!

## VEGETABLES

All fruits and vegetables can be fresh or frozen, unless otherwise noted.

Serving size: Unlimited

Alfalfa sprouts	Collard greens	habanero, jalapeno,
Artichokes (all types: fresh, frozen, jarred or canned without additives, not marinated)	Cucumbers	pepperoncini, poblano, serrano, bell peppers, Italian frying peppers, pimiento, sweet peppers
Arugula	Cultured/fermented veggies, including sauerkraut, kimchi and all cultured pickles	Pumpkin
Asparagus	Daikon (white radish)	Radishes
Bamboo shoots	Dandelion greens	Rhubarb
Beans: Green, yellow was, haricots verts	Eggplant	Rutabaga
Bean sprouts	Endive	Sea vegetable/seaweeds: Dulse, hijiki, kelp, kombu, nori
Beets: Fresh or canned, no sugar added	Fennel	Shallots
Beet greens	Frisee	Snow peas
Bok choy	Hearts of palm	Spinach
Broccoli	Jicama	Spirulina
Broccolini	Kale	Sprouts (all types)
Brussels sprouts	Leafy greens (mixed)	Summer squash: Yellow, zucchini
Cabbage: All types, including fermented/cultured such as sauerkraut and kimchi	Leeks	Swiss chard
Carrots	Lettuces: All types except iceberg	Turnips
Cauliflower	Mushrooms	Watercress
Celery, including leaves	Mustard greens	Winter squash: Acorn, butternut, delicate, pumpkin, spaghetti squash
Chicory, especially curly endive	Okra	
	Onions: Red, yellow, green (scallions)	
	Parsnips	
	Peppers, sweet and hot: Anaheim, banana, cherry,	

---

# FOUNDATIONAL FOOD LIST

---

## FRUITS

All fruits and vegetables and be fresh or frozen, unless otherwise noted

Serving size: 1 cup or 1 piece

### Low-glycemic fruits (0-49)

Apples: All types	Limes	Prunes
Blackberries	Loganberries	Strawberries
Blueberries	Mulberries	Tomatoes (for our purposes, tomatoes are a fruit, not a vegetable)
Cherries	Oranges	
Goji berries	Peaches	
Grapefruit	Pears: All types	
Kumquats	Plums	
Lemons	Prickly pears	

### High-glycemic fruits (50-100)

Apricots	Honeydew melon	Pomegranates
Cantaloupe	Kiwi	Raspberries
Clementines	Mangos	Tangerines
Cranberries	Nectarines	Watermelon
Figs: Fresh only	Papaya	
Guava	Pineapple	

## VEGETARIAN PROTEINS

Serving sizes: ½ cup cooked legumes or cooked mushrooms, ½ cup cooked grains, ¼ cup raw nuts

**Note:** Some items on this list also appear on other lists, such as Complex Carbs, Vegetables or Healthy Fats lists. These foods can be used for either purpose in your meal map, but serving sizes will vary depending on how you are using them

Almond cheese/almond flour	Mushrooms	Quinoa
Beans/legumes: White, black, pinto, chickpeas, lentils, adzuki, etc. No peas or soybeans	Nuts and seeds: Raw only. All types including their butters, except peanut	Rye berries
	Oat bran	Wild rice

---

# FOUNDATIONAL FOOD LIST

---

## ANIMAL PROTEINS

Serving size: 4 ounces meat or 6 ounces fish

Beef: All lean cuts, lean ground meat, rump roast	Fish: Wild-caught, any types especially cod, dory, flounder, haddock, halibut, herring, mackerel, pollock, sardines, sea bass, skate, sole, trout (avoid bottom feeders, which tend to be more polluted, such as tilapia, grouper, catfish)	Mussels
Buffalo		Organ meats: Chicken liver or gizzards, beef liver or heart, sweetbreads, kidneys, etc.
Calamari		Oysters: Fresh, raw or cooked; or packages, packed in water
Caviar		Pork: Tenderloin, loin roast, chops
Chicken		Rabbit
Clams		Salmon: Smoked, fresh, frozen or canned
Corned beef	Game: Venison, elk, pheasant, etc.	Scallops
Crab meat	Guinea fowl	Shrimp
Cured lean meats: Prosciutto, black forest ham, smoked ham (nitrate-free only)	Jerky: Beef, ostrich, buffalo, turkey, elk	Tuna: Fresh, frozen or canned
Deli meats: Turkey, chicken, roast beef (nitrate-free only)	Lamb	Turkey
Eggs: Whole, any size (2 eggs = one serving)	Lobster	

## HEALTHY FATS

Serving sizes: 1 cup nut milks, ¼ cup raw nuts and seeds or shredded coconut, ¼ cup olives, 3 tbsp dressing, 2 tbsp raw nut or seed butters

Almond milk	Flaxseed	Olives
Avocado: ½ medium	Grapeseed oil	Nuts and seeds: Raw only. All types including their butters, except peanut
Cashew milk	Hummus: 1/3 cup	Sesame oil
Coconut	Mayonnaise: Safflower-oil based	Tahini (sesame butter)
Coconut milk	Olive oil	
Coconut oil		



---

# FOUNDATIONAL FOOD LIST

---

## HERBS, SPICES, CONDIMENTS AND MISC FOODS

Serving sizes: Unlimited

Agar agar	Garlic: Fresh and garlic powder	Spices from peppers:
Apple cider vinegar	Ginger: Fresh or ground	Cayenne, chili powder, red
Arrowroot powder	Horseradish: Fresh or jarred	pepper flakes, paprika
Black pepper	Lemon zest/peel, including	Sweeteners: Pure stevia or
Broths and stocks: Homemade	lemon	birch-based xylitol
or natural/sugar-free beef,	verbena leaves	Tabasco
chicken, vegetable, turkey	Lime zest/peel	Tamari
Cacao powder, raw	Mustard: All types	Vanilla extract
Chili powder	Nutritional yeast	Vinegars: Any type without
Chives	Pickles: Sugar-free only	added sugar
Coconut aminos	Salsa, including fermented	Xanthan gum (non-corn-based)
Dried or fresh herbs: Basil,	Sea salt	
bay leaf, celery seed, dill,	Sesame seeds	
mint,	Spices: Cinnamon, coriander,	
oregano, parsley, rosemary,	cumin, turmeric, nutmeg	
tarragon, thyme		

## COMPLEX CARBS

Serving sizes: 1 cup cooked grain; 1/2 cup cooked legumes; 1 ounce crackers or pretzels; 1 slice bread; 1 tortilla; 1/2 bagel; 1 medium sweet potato

Amaranth Barley (black or white)	Millet	Tapioca, as a thickener in recipes (not the pudding with added sugar)
Beans/legumes—white, black, kidney, lima, pinto, adzuki; no peanuts, peas or soybeans	Nut flours Oats/oatmeal	Teff
Brown rice pasta	Quinoa	Wheat grass (serving size 1 shot)
Buckwheat flour Kamut flour/ bagels	Rice—brown, black, red, wild	
Freekah (a green wheat that is roasted; considered an “ancient grain”)	Rye flour	
	Sorghum	
	Spelt—pasta, pretzels, tortillas	
	Sprouted-grain bagels, breads, tortillas	
	Sweet potatoes/yams (for our purposes, sweet potatoes and yams are complex carbs, not vegetables)	



# HAYLIE POMROY

Sample Meal Map

## Energy Repair

. You will be eating 5 times a day

	Breakfast	Snack	Lunch	Snack	Dinner
<b>DAYS 1-4 OVERVIEW</b>	Protein Healthy Fat	Fruit (High G.I.) Healthy Fat	Protein Fruit (High G.I.) Vegetable	Fruit (High G.I.) Healthy Fat	Protein Fruit (High G.I.) Vegetable
<b>DAY 1</b>	*Baked Avocado with Eggs	Mango Slices and Pistachios	*Cantaloupe Salad over Mixed Greens	Nectarine and Almond Milk	*Pineapple Stir-Fry
<b>DAY 2</b>	Sticky Bun Chia Pudding	Papaya with Shredded Coconut	Pineapple Pistachio Slaw	Kiwi and Almonds	Quick Grilled Chicken with Mango Jicama
<b>DAY 3</b>	*Baked Avocado with Eggs	Mango Slices and Pistachios	Cantaloupe Salad over Baby Greens	Nectarine and Almond Milk	Ginger Pork Tenderloin with Tangerines
<b>DAY 4</b>	Sticky Bun Chia Pudding	Papaya with Shredded Coconut	Shrimp and Cucumber with Honeydew Dip	Kiwi and Almonds	Seared Salmon with Nectarine Salad
<b>DAYS 5-7 OVERVIEW</b>	Complex Carb Vegetable Fruit (Low G.I.)	Complex Carb Vegetable	Protein Vegetable Fruit (Low G.I.)	Complex Carb Vegetable	Protein Vegetable
<b>DAY 5</b>	*Spinach Mushroom Wrap and a Pear	Spelt Pretzels with Celery and Carrot Sticks	Rainbow Trout with Quick- Sautéed Veggies	Sprouted Grain Toast with Cucumbers	*Salmon in Foil
<b>DAY 6</b>	Gingery Oats with Sweet Dried Plums	Brown Rice Crack- ers with Broccoli and Cauliflower	Spinach Salad with Fried Egg	Spelt Pretzels with Celery and Carrot Sticks	Jerk Chicken with Brussels Sprouts
<b>DAY 7</b>	*Spinach Mushroom Wrap and A Pear	Sprouted Grain Toast with Cucumbers	Warm Asparagus Salad and Apple	Brown Rice Crack- ers with Broccoli and Cauliflower	Tamari Ginger Fish

\*These recipes can be found in the *Fast Metabolism Food Rx* book.



# HAYLIE POMROY

Sample Meal Map

## Energy Repair

. You will be eating 5 times a day

	Breakfast	Snack	Lunch	Snack	Dinner
DAYS 1-4 OVERVIEW	Protein Healthy Fat	Fruit (High G.I.) Healthy Fat	Protein Fruit (High G.I.) Vegetable	Fruit (High G.I.) Healthy Fat	Protein Fruit (High G.I.) Vegetable
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAYS 5-7 OVERVIEW	Complex Carb Vegetable Fruit (Low G.I.)	Complex Carb Vegetable	Protein Vegetable Fruit (Low G.I.)	Complex Carb Vegetable	Protein Vegetable
DAY 5					
DAY 6					
DAY 7					

---

# FOOD FOCUS

---

Using food, we focus on supporting your body’s ability to metabolize sugar, carbs and fats. We want to maximize your exercise efforts and lower the body’s need to access energy via the stress hormones. To reestablish a healthier balance of energy, you will:

1. Remove blockages to sugar and fat metabolism.
2. Repair mitochondrial function with targeted power foods.
3. Restore healthy mechanisms for burning sugar and fat for fuel.

## A Day in the Life of Energy Repair

Use the recipes in this mini-cookbook, plus those in *Fast Metabolism Food Rx*, to create a perfect day of energy support.

Your 7 days for Energy Repair are split in two. You’ll eat one way for days 1-4, and another way for days 5-7.

Meal Map for Energy Repair: Day 1-4

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Protein Healthy Fat	Fruit (high GI) Healthy Fat	Protein Fruit (high GI) Vegetable	Fruit Healthy Fat	Protein Fruit (high GI) Vegetable

Meal Map for Energy Repair: Day 5-7

<b>Breakfast</b>	<b>Snack</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Complex Carb Vegetable Fruit (low GI)	Complex Carb Vegetable	Protein Vegetable Fruit (low GI)	Complex Carb Vegetable	Protein Vegetable

## STICKY BUN CHIA PUDDING





# STICKY BUN CHIA PUDDING

---

**BREAKFAST DAYS 1-4 | SERVES: 2 | PREP TIME: 15 MIN | TOTAL TIME: 12 HR**

---

Energy Repair Rx Power Foods: Raw nuts

1 1/2 cups almond or coconut milk

1/2 cup chia seeds

1/4 cup xylitol

1 tsp vanilla

1 tsp cinnamon

1/8 tsp sea salt

2 tbsp chopped raw pecans

---

## DIRECTIONS

1. Combine everything but the pecans in a mixing bowl.
2. Divide the mixture between 2 serving dishes, cover with plastic wrap, and refrigerate overnight.
3. Top with the pecans, and serve.



**PINEAPPLE-PISTACHIO SLAW**

# PINEAPPLE-PISTACHIO SLAW

---

**LUNCH OR DINNER DAYS 1-4 | SERVES: 1 | PREP TIME: 10 MIN | TOTAL TIME: 10 MIN**

---

Energy Repair Rx Power Foods: Ginger, raw nuts

1 cup chopped pineapple, with its juice

1/2 tsp grated fresh ginger

1-2 drops stevia

Pinch sea salt

Dash cayenne

1 cup shredded cabbage

1 carrot, shredded

1/4 cup chopped raw pistachios

2 tbsp thinly sliced green onion

2 tbsp chopped fresh cilantro

---

## **DIRECTIONS**

1. In a serving bowl, mix together the first five ingredients (pineapple through cayenne).
2. Add the remaining ingredients, toss to combine, and serve.





**SHRIMP AND CUCUMBER WITH  
HONEYDEW DIPPING SAUCE**

# SHRIMP AND CUCUMBER WITH HONEYDEW DIPPING SAUCE

---

**LUNCH OR DINNER DAYS 1-4** | **SERVES:** 1 | **PREP TIME:** 10 MIN | **TOTAL TIME:** 10 MIN

---

Energy Repair Rx Power Foods: Basil, carrot, celery, green beans, lentils

1 cup diced honeydew melon  
1 1/2 tsp white balsamic vinegar  
1/4 tsp sea salt  
1/8 tsp freshly ground black pepper  
6 ounces cold cooked, peeled large shrimp  
1 medium cucumber, sliced  
Chopped fresh cilantro

---

## DIRECTIONS

1. Combine the honeydew, vinegar, salt, and pepper in a food processor, and process until smooth.
2. Serve this dipping sauce with the shrimp and cucumber, topped with fresh cilantro.



## GINGER PORK TENDERLOIN WITH TANGERINES



# GINGER PORK TENDERLOIN WITH TANGERINES

---

**LUNCH OR DINNER DAYS 1-4 | SERVES: 4 | PREP TIME: 10 MIN | TOTAL TIME: 40 MIN**

---

Energy Repair Rx Power Foods: Ginger, lean meat

2 tbsp tamari	4 tangerines, peel cut off, sliced crosswise
1 tbsp minced garlic	2 cups fresh snow peas
2 tsp grated fresh ginger	2 cups red bell pepper strips
1 1/2 tsp rice vinegar	2 tbsp chicken broth
1 tsp cayenne	Sea salt and freshly ground black pepper
Juice of 1 tangerine	
1 pound pork tenderloin	

---

## DIRECTIONS

1. Combine the first six ingredients in a gallon-sized ziplock bag. Add the pork tenderloin, seal the bag, and refrigerate overnight (or up to 24 hours).
2. Preheat the broiler with a rack 6 inches from the heat. Remove the pork tenderloin from the bag, discarding the marinade. Place the tenderloin on a broiler pan. Broil 8 minutes, flip the pork, add the tangerines to the broiler pan, and broil 10 minutes more (an instant-read thermometer inserted into the center of the tenderloin should read 145 degrees F). Remove from the oven, tent with foil, and let the pork rest for 10 minutes.
3. Meanwhile, heat a nonstick skillet over medium-high heat. Sauté the snow peas and red bell pepper strips in the chicken broth until crisp-tender. Remove from the heat and season to taste with salt and pepper.
4. Slice the pork diagonally across the grain. Sprinkle with sea salt, and serve with the snow peas, red bell peppers, and tangerines.





**QUICK PAN-GRILLED CHICKEN  
WITH MANGO-JICAMA SALSA**

# QUICK PAN-GRILLED CHICKEN WITH MANGO-JICAMA SALSA

---

**LUNCH OR DINNER DAYS 1-4 | SERVES: 2 | PREP TIME: 10 MIN | TOTAL TIME: 25 MIN**

---

Energy Repair Rx Power Foods: Chilies, lean meat

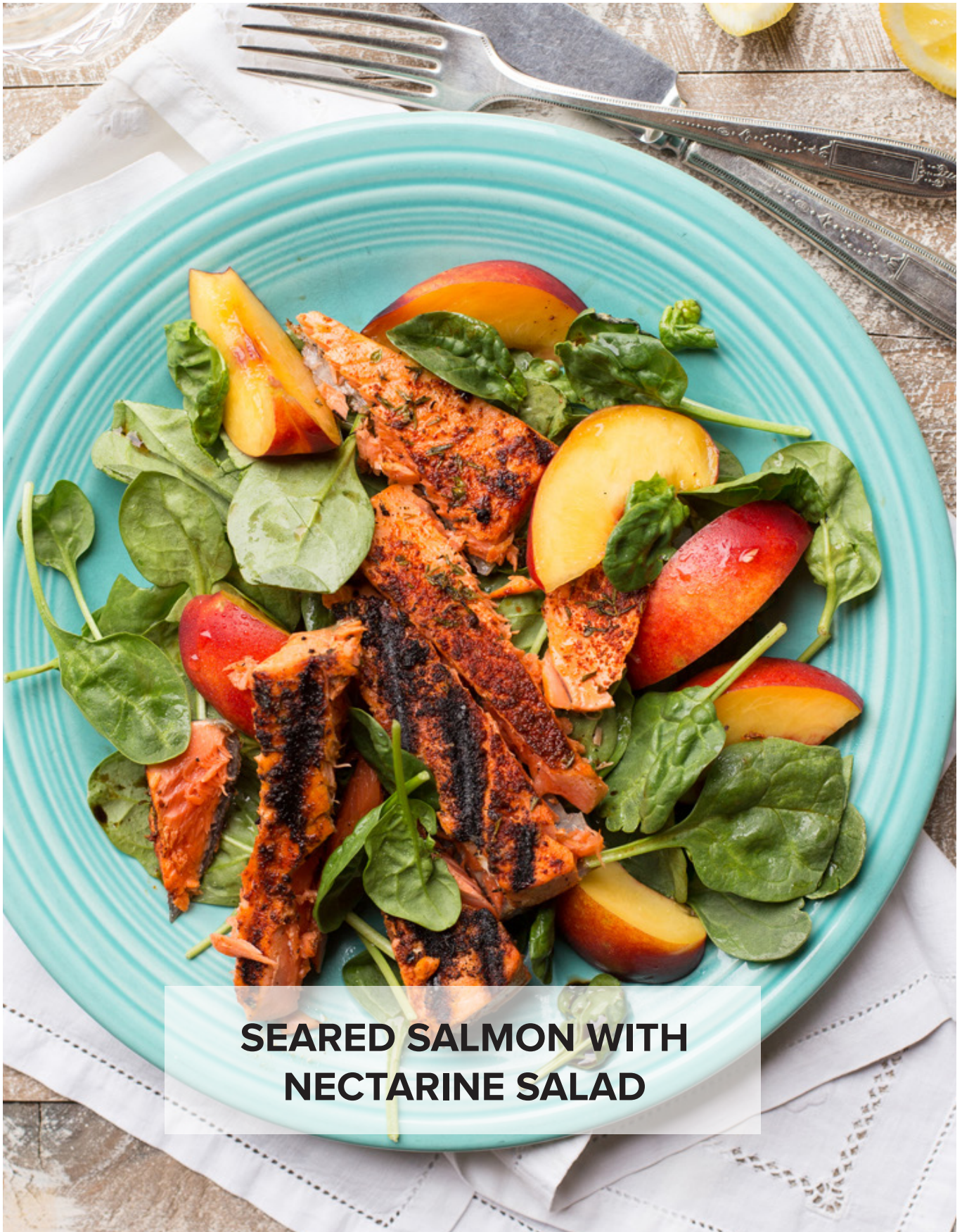
2 cups diced mango  
2 cups diced jicama  
1/2 cup finely diced red onion  
1/2 cup chopped fresh cilantro  
1 small jalapeno, seeded and minced  
Juice of 1 lime  
Sea salt and freshly ground black pepper  
8 ounces boneless, skinless chicken breast

---

## DIRECTIONS

1. Combine the first six ingredients (mango through lime juice) in a bowl, and season to taste with salt and pepper. Set aside.
2. Lay the chicken breast between two sheets of plastic wrap, and use a mallet to pound it to a fairly even 1/2-inch thickness. Season the chicken with salt and pepper.
3. Heat a grill pan over medium-high heat. Add the chicken and cook until browned outside but still juicy inside, about 5 minutes per side. Remove the chicken from the pan, divide into two equal 4-ounce portions, and serve with the salsa.





**SEARED SALMON WITH  
NECTARINE SALAD**



# SEARED SALMON WITH NECTARINE SALAD

---

**LUNCH OR DINNER DAYS 1-4 | SERVES: 2 | PREP TIME: 5 MIN | TOTAL TIME: 15 MIN**

---

Energy Repair Rx Power Foods: Lemons, spinach, wild-caught fish

2 tsp fresh thyme leaves	2 nectarines, sliced
2 tsp paprika	Lemon wedges
1/4 tsp sea salt	
1/8 tsp freshly ground black pepper	
12 ounces wild salmon fillets	
Grapeseed oil, for brushing pan	
4 cups fresh baby spinach	
4 tsp balsamic vinegar	

---

## DIRECTIONS

1. Combine the thyme, paprika, sea salt, and black pepper, and season the salmon all over with the mixture.
2. Heat a nonstick grill pan to medium heat and lightly brush with oil. Cook the salmon until it's nearly opaque in the center, about 3 to 4 minutes per side.
3. Toss the spinach with the balsamic vinegar. Top with the nectarines, salmon, and another drizzle of balsamic. Serve with lemon wedges.

**GINGERY OATS WITH  
SWEET DRIED PLUMS**



# GINGERY OATS WITH SWEET DRIED PLUMS

---

**BREAKFAST DAYS 5-7 | SERVES: 1 | PREP TIME: 5 MIN | TOTAL TIME: 10 MIN**

---

Energy Repair Rx Power Foods: Ginger, oatmeal

1 cup water

Dash sea salt

1/2 cup dry old-fashioned (rolled) oats

1 cup dried plums (prunes), chopped

2 tsp finely minced fresh ginger

1 tbsp xylitol

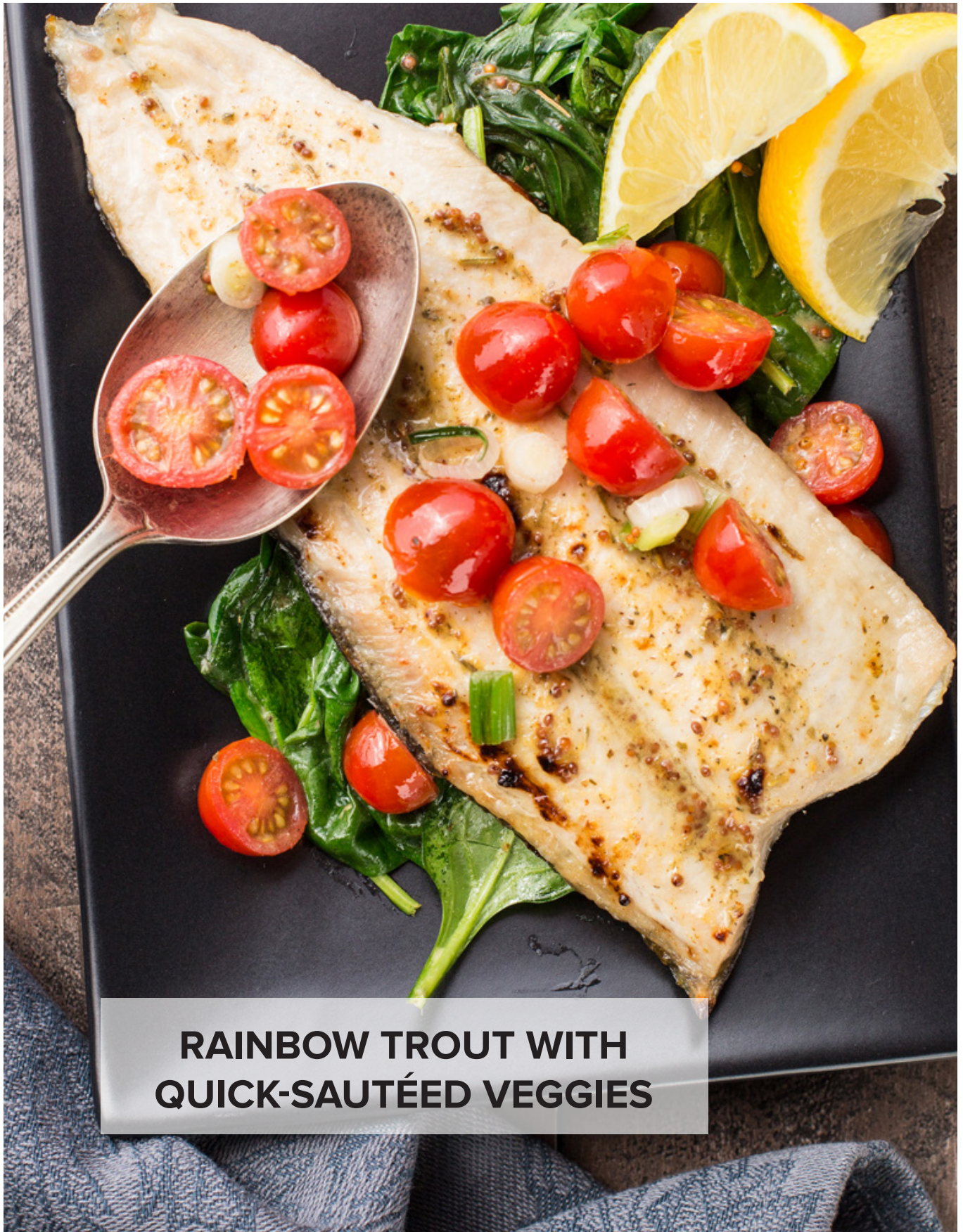
1 cup jicama, sliced

---

## DIRECTIONS

1. In a medium saucepan, bring the water and salt to a boil. Stir in the oats, lower the heat, and cook 5 minutes, stirring occasionally. Top with the dried plums and minced fresh ginger, and sprinkle with xylitol. Serve with jicama on the side.





**RAINBOW TROUT WITH  
QUICK-SAUTÉED VEGGIES**



# RAINBOW TROUT WITH QUICK-SAUTÉED VEGGIES

---

**LUNCH OR DINNER DAYS 5--7 | SERVES: 2 | PREP TIME: 5 MIN | TOTAL TIME: 15 MIN**

---

Energy Repair Rx Power Foods: Lemon, spinach, wild-caught fish

2 6-ounce rainbow trout fillets	Sea salt and freshly ground black pepper
4 tsp grainy mustard	Lemon wedges, to serve
1/2 tsp dried Italian herbs	
2 tsp fresh lemon juice	
1/4 cup chopped green onion	
6 cups fresh baby spinach	
1 cup halved cherry tomatoes	
2 tbsp vegetable or chicken broth	

---

## DIRECTIONS

1. Preheat the broiler. Place the fish fillets on a foil-lined baking sheet, skin-side down. Combine the mustard, herbs, and lemon juice. Spread half of the mixture on the fillets. Broil 6 inches from the heat 5 minutes, or until the fish is nearly opaque in the center.
2. Meanwhile, heat a large nonstick skillet over medium heat. Add the broth and onions; sauté 1 minute. Add the spinach, tomatoes, and remaining mustard mixture; sauté just until the spinach wilts.
3. Season to taste with salt and pepper, and serve the fillets with the sautéed veggies and lemon wedges.

\*Note: Omit the tomatoes for dinner

**SPINACH SALAD WITH FRIED EGG**



# SPINACH SALAD WITH FRIED EGG

---

**LUNCH OR DINNER DAYS 5-7 | SERVES: 1 | PREP TIME: 5 MIN | TOTAL TIME: 20 MIN**

---

Energy Repair Rx Power Foods: Eggs, grapefruit, spinach

1 tbsp red wine vinegar

1 egg

1/2 tsp fresh thyme

1 cup grapefruit segments

1-2 drops stevia

Sea salt and freshly ground black pepper

2 cups fresh baby spinach

2 ounces nitrate-free prosciutto, thinly sliced

2 tsp minced shallot

---

## DIRECTIONS

1. In a serving bowl, whisk together the vinegar, thyme, and stevia, and a pinch each of salt and pepper. Add the spinach and toss to coat.
2. Heat a nonstick skillet over medium heat. Add the prosciutto and shallot, and sauté until the prosciutto is crisp, about 2 minutes. Scrape the contents of the skillet into the serving bowl with the spinach. Return the skillet to the heat, crack in the egg, and fry to your preferred doneness. Slide the egg into the serving bowl, and serve with the grapefruit on the side.

\*Note: Omit the fruit for dinner.





**JERK CHICKEN WITH  
BRUSSELS SPROUTS**

# JERK CHICKEN WITH BRUSSELS SPROUTS

---

**LUNCH OR DINNER DAYS 5-7 | SERVES: 4 | PREP TIME: 10 MIN | TOTAL TIME: 1 HR 10 MIN**

---

Energy Repair Rx Power Foods: Brussels sprouts, chiles, ginger, lean meat

2 habanero peppers	1 tsp cinnamon
3 cloves garlic, minced	1 tsp nutmeg
2 tbsp fresh lime juice	1 tsp turmeric
20 drops stevia	1 tsp sea salt
1 tbsp finely minced green onion	4 medium bone-in, skin-on chicken thighs
1 tbsp grated fresh ginger	4 cups (about 1 pound) Brussels sprouts, tough stems trimmed (halved if large)
1 tbsp fresh thyme leaves	
1 tbsp ground allspice	

---

## DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Wearing plastic or rubber gloves, remove and discard the stems, seeds, and membranes from the habaneros, and finely chop. Combine with the remaining ingredients (except chicken and Brussels sprouts). Rub this paste all over the chicken and Brussels sprouts.
3. Arrange the chicken (skin side up) and Brussels sprouts in a single layer on a baking sheet. Bake 50 minutes, until the chicken is cooked through and the Brussels sprouts are tender.

\*Note: Serve with a low-glycemic fruit for lunch.





**TAMARI-GINGER FISH  
IN PARCHMENT**



# TAMARI-GINGER FISH IN PARCHMENT

---

**LUNCH OR DINNER DAYS 5-7 | SERVES: 4 | PREP TIME: 10 MIN | TOTAL TIME: 30 MIN**

---

Energy Repair Rx Power Foods: Ginger, wild-caught fish

3 tbsp tamari	2 cups sliced shiitake mushroom caps
2 tbsp fresh lime juice	2 heads baby bok choy, quartered
2 tbsp minced fresh cilantro	2 carrots, cut into thin sticks
2 tsp minced garlic	1 red bell pepper, cut into thin strips
2 tsp minced fresh ginger	1/3 cup chopped green onions
1 tsp arrowroot	4 6-ounce sea bass fillets
1/4 tsp crushed red pepper flakes	
15 drops stevia	

---

## DIRECTIONS

1. Preheat the oven to 425 degrees F. Have four parchment or foil squares ready (about 11 or 12 inches by 15 or 16 inches -- the size of the pre-cut parchment squares you can buy at the grocery store).
2. Whisk together the first eight ingredients (tamari through stevia) in a bowl, and set aside.
3. Divide the veggies evenly among the parchment or foil packets. Drizzle with half of the tamari mixture. Lay the sea bass fillets on top of the veggies, and drizzle with the remaining tamari mixture.
4. Bring the sides of the packets over the fish, and fold all of the open edges over twice, creasing firmly to seal. Place the packets on a rimmed baking sheet and bake 10 minutes, or until the center of the fillet is almost opaque. Serve immediately.

\*Note: Serve with a low-glycemic fruit for lunch.

## WARM ASPARAGUS LENTIL SALAD



# WARM ASPARAGUS LENTIL SALAD

---

**LUNCH OR DINNER DAYS 5-7 | SERVES: 2 | PREP TIME: 10 MIN | TOTAL TIME: 25 MIN**

---

Energy Repair Rx Power Foods: Asparagus, eggs, lentils

12 asparagus spears, trimmed and cut into bite-size pieces	2 tsp balsamic vinegar
1 red or orange bell pepper, chopped	Sea salt and freshly ground black pepper
4 green onions, chopped	White vinegar
1/4 cup vegetable broth, divided	2 eggs
1/2 tsp ground cumin	1/4 cup chopped fresh flat-leaf Italian parsley
1/4 tsp ground coriander	
1/2 cup cooked lentils	

---

## DIRECTIONS

1. Fill a small skillet with a lid with 1 inch of water. Add a generous pinch of salt and a splash of white vinegar. Bring the water to a simmer. Crack each egg into a small cup or bowl, and slide the eggs gently out of the cup into the water. Cover the pan, turn off the heat, and leave the pan alone for 3 minutes.
2. Meanwhile, heat another skillet over medium-high heat. Add the asparagus, bell pepper, green onions, and 2 tbsp of the broth. Sauté 4 minutes. Stir in the cumin and coriander; sauté 30 seconds. Stir in the lentils, and warm through. Stir in the balsamic vinegar, and season to taste with salt and pepper. Serve the lentil mixture with the eggs and parsley.

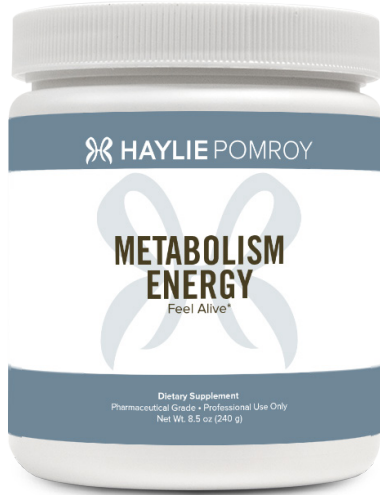
\*Note: Serve with a low-glycemic fruit for lunch.



---

# GET EXTRA SUPPORT

---



## Get Energized!

- Burn through fat
- Boost performance
- Reduce stress
- Avoid the afternoon slump

Use this citrus-y drink mix when you need a natural pick-me-up!

Buy Metabolism Energy at [HayliePomroy.com](http://HayliePomroy.com)

---

# BECOME A MEMBER

**MONTHLY**  
Membership

**\$12.99/MO**

= \$155.88/yr

All the benefits of membership  
for one low monthly price!

**YEARLY**  
Membership

**\$99/YR**

**36% Savings**

Save big when you purchase the  
yearly membership!

To keep your metabolism and motivation running at an all-time high, become a Haylie Pomroy Member and receive:

**Our exclusive Member Forum**, moderated by our Fast Metabolism coaches to answer all your questions

**10% discount** on all of Haylie's products

Huge database of **exclusive member recipes**

**Free downloads:**

- Meal maps
- Sample menus
- Master food lists
- Mini cookbooks

**Information and strategies for talking to your doctor**

**Videos and Q&As with Haylie**

**Join for just \$12.99 per month (cancel anytime) or \$99 per year!**

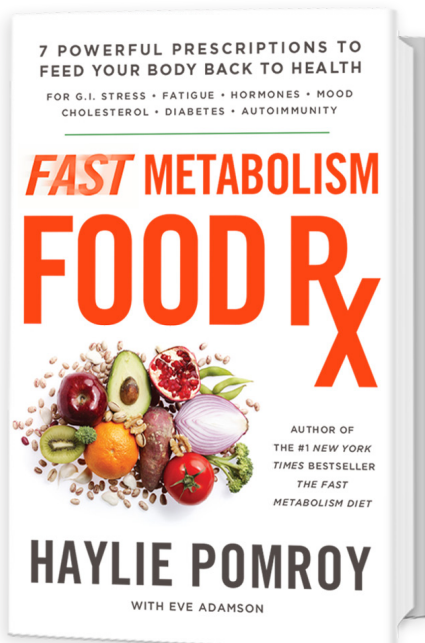
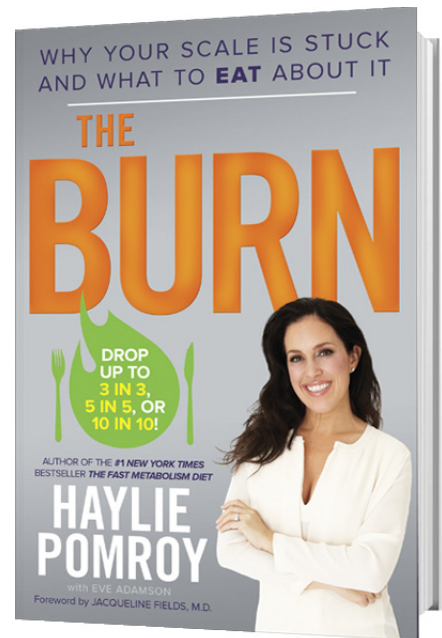
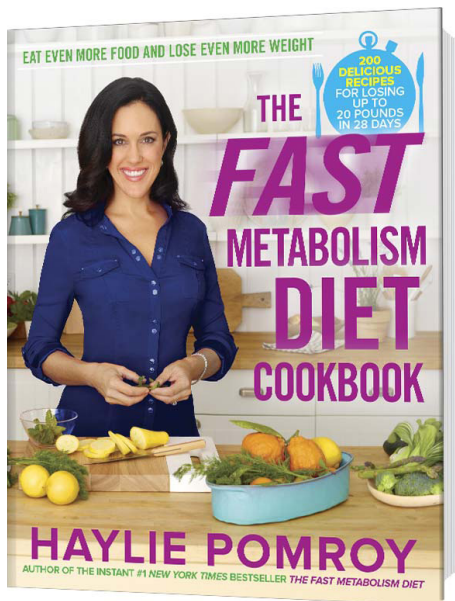
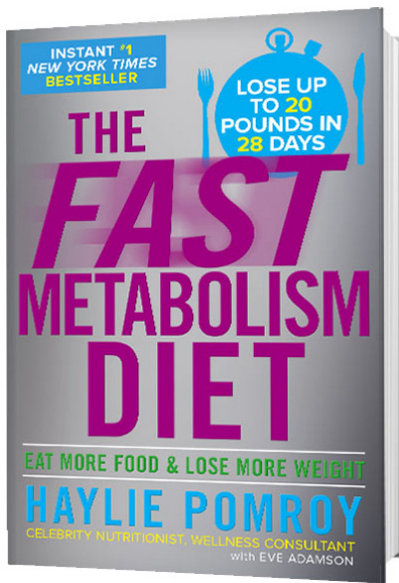
Get 20% off an **annual** membership right now with this code: **WELCOME20**

---

# KEEP YOUR METABOLISM BURNING

---

Buy my books at any major bookstore or online for extra support.



Sign up for Haylie's weekly newsletter:  
Visit [HayliePomroy.com](http://HayliePomroy.com)

For Hollywood diet secrets and giveaways:  
Like Haylie at [facebook.com/hayliepomroy](https://facebook.com/hayliepomroy)

From kitchen to plate and everything in between:  
Follow Haylie on Instagram: [@hayliepomroy](https://instagram.com/hayliepomroy)

For nutrition tips and advice:  
Follow Haylie on Twitter: [@hayliepomroy](https://twitter.com/hayliepomroy)

Find recipe inspiration at:  
[Pinterest.com/hayliepomroy](https://Pinterest.com/hayliepomroy)