



HAYLIE POMROY
Real food, real people, real change.

METABOLISM REVOLUTION

D.I.E.T DECK
(DID I EAT TODAY)

METABOLISM REVOLUTION

D.I.E.T. DECK OVERVIEW

The Metabolism Revolution diet strategically manipulates macronutrients to speed the body's metabolic rate, a guaranteed way to kick start a stalled metabolism. Following the Metabolism Revolution plan, you will burn fat, build muscle, improve your skin, boost energy levels, and look and feel great—all while losing weight quickly and keeping it off for life. Lose 14 pounds in 14 days—harness the power of food to reset your metabolism for good!

Metabolism Revolution Bundle

The Metabolism Revolution bundle includes the following solutions to help you simplify your Fast Metabolism journey and stay on track during your 14-day program. When life gets in the way of staying the course, we want you to have everything you need to succeed!

Two Metabolism Shake bottles each containing 14 servings of our proprietary pea/rice protein that's naturally vegan and gluten-free. It is packed with targeted micro-nutrients and whole foods such as organic kale, spinach and spirulina. Enhanced with antioxidants and anti-inflammatory ingredients like quercetin, rutin, turmeric and pomegranate, the Metabolism Shake is designed to enhance digestion and flood your body with nutrients that put your metabolism in high-gear.

One Metabolism Multi - our targeted multivitamin mineral blend that supports foundational wellness. The Metabolism Multi is high-quality, hypoallergenic, multivitamin/mineral blend that includes activated vitamins; folate as a blend of Quatrefolic®+ (5-MTHF) and folic acid for optimal utilization; and patented Albion® TRAACS® chelated mineral complexes in vegetable capsules. The comprehensive nutrient profile in Metabolism MULTI supports antioxidant activity with vitamins C and E, selenium, and beta-carotene; and phase I detoxification. 120 veg caps

One Metabolism Colon - for GI regularity and support, this supplement is designed to promote a healthy and effective bowel movement. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity, in turn, plays a fundamental role in detoxification, providing a major route for elimination of toxins.

One FREE Haylie Pomroy Shaker bottle - Take your shakes with you wherever your busy schedule leads you with this BPA-free shaker bottle with its effective wire whisk.

METABOLISM REVOLUTION

D.I.E.T. DECK OVERVIEW

D.I.E.T. Deck Instructions

1. Calculate your Metabolic Intervention Score. This can be found on page 43 of the Metabolism Revolution book.
2. Choose your personalized Meal Map (A, B or C) according to the results of your Metabolic Intervention Score. Pages 44-55.
3. Print and cut out your D.I.E.T. Deck cards to help you design your meal plan.
4. Look at the meal requirements for the meal or snack you are planning out and choose those meal requirements from your D.I.E.T. Deck. For example, BREAKFAST. You will choose the PROTEIN deck, VEGETABLE deck, FRUIT deck, and either the GRAIN or COMPLEX CARB deck.
5. From each of those decks, choose one or two cards based on your Meal Map. For example, if you are following Meal Map B, you will choose 1 PROTEIN card, 2 VEGETABLE cards, 1 FRUIT card and 1 GRAIN or COMPLEX CARB card.
6. Enter your choices on to your Metabolism Revolution Meal Map and proceed with the next meal or snack until your meal map is completely filled out.
7. And remember D.I.E.T. means DID I EAT TODAY!

100% monk fruit / lo han

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

100% pure stevia

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Birch xylitol

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Celery

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Dried or fresh herbs and spices

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Egg whites

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Garlic

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Ginger

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Horseradish

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Lemons

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Limes

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Mustard, pure (no additives)

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Onions

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Pepper: Black, red, crushed flakes

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Raw cacao

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Sea salt

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

Vinegar, pure (no additives)

Free Foods can be incorporated in any meal at any time in unlimited quantities.

FREE FOODS

HayliePomroy.com

All legumes except peanuts such as lentils, pinto beans, black beans, white beans, etc.

(one portion equals 3/4 cup cooked) Vegetarian proteins. (No tofu or soy milk).

VEGETARIAN PROTEINS

HayliePomroy.com

Edamame

(one portion equals 3/4 cup shelled) Vegetarian proteins. (No tofu or soy milk).

VEGETARIAN PROTEINS

HayliePomroy.com

Tempeh

(one portion equals 4 oz. raw) Vegetarian proteins. (No tofu or soy milk).

VEGETARIAN PROTEINS

HayliePomroy.com

Mushrooms, all

(one portion equals 3 cup raw) Vegetarian proteins. (No tofu or soy milk).

VEGETARIAN PROTEINS

HayliePomroy.com

Chicken

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Buffalo

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Fish, wild caught

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Eggs, whole

One portion equals 2 eggs raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Pork

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Lamb

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Turkey

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Shrimp

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Beef

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Wild game

One portion equals 4 ounces measured raw. Proteins: organic, free range, antibiotic free is preferred. Select nitrite free, no additive, sugars, or preservatives.

PROTEINS

HayliePomroy.com

Brown rice

Grains: One portion equals 1/2 cup cooked.

GRAINS

HayliePomroy.com

Buckwheat

Grains: One portion equals 1/2 cup cooked.

GRAINS

HayliePomroy.com

Kamut

Grains: One portion equals 1/2 cup cooked.

GRAINS

HayliePomroy.com

Oats

Grains: One portion equals 1/2 cup cooked.

GRAINS

HayliePomroy.com

Spelt

Grains: One portion equals 1/2 cup cooked.

GRAINS

HayliePomroy.com

Beans / Legumes

Non-grain based complex carbs. One portion equals 1/2 cup cooked.
(No peanuts, peas, or soy).

NON-GRAIN BASED COMPLEX CARBS

HayliePomroy.com

Quinoa

Non-grain based complex carbs. One portion equals 1/2 cup cooked.
(No peanuts, peas, or soy).

NON-GRAIN BASED COMPLEX CARBS

HayliePomroy.com

Sweet potato / yams

Non-grain based complex carbs. One portion equals 1/2 cup cooked.
(No peanuts, peas, or soy).

NON-GRAIN BASED COMPLEX CARBS

HayliePomroy.com

Wild rice

Non-grain based complex carbs. One portion equals 1/2 cup cooked.
(No peanuts, peas, or soy).

NON-GRAIN BASED COMPLEX CARBS

HayliePomroy.com

Oils

olive, coconut, grapeseed, avocado,
walnut, safflower oil

(one portion equals 2 tbl.) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Olives

(one portion equals 8-10 olives) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Raw coconut meat

(one portion equals 1/4 cup) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Mayonnaise

(from all approved oils)

(one portion equals 2 tbl.) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Avocado

(one portion equals 1/4 medium avocado) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Hummus

(one portion equals 1/4 cup) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Raw nut and seed butter

(one portion equals 2 tbl.) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Raw nuts and seeds

(one portion equals 1/4 cup) Healthy fat can be served in combination.

HEALTHY FATS

HayliePomroy.com

Apples

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Berries, all

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Cherries

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Grapefruit

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Mangos

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Melons, all

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Nectarines

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Oranges

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Peaches

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Pears

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Pineapple

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Plums

One portion equals 1 cup.
Fruits may be fresh or frozen and may be served in combination.

FRUITS

HayliePomroy.com

Radishes

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen;
served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Squashes, all

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen;
served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Asparagus

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen;
served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Beets, all

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen;
served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Carrots

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Cauliflower

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Cucumbers

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Green beans, yellow beans, wax beans

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Mixed leafy greens and lettuces

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Mushrooms, all

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Onions, all

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Peppers, all

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Broccoli / broccolini

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com

Cabbage

One portion equals 2 cups measured raw. Vegetables may be fresh or frozen; served raw or cooked, and can be served in combination.

VEGETABLES

HayliePomroy.com