

 HAYLIE POMROY

5
INCREDIBLE



POWERFUL GREEN TREATS FOR A **FAST**

METABOLISM



POWERFUL GREENS FOR OPTIMAL HEALTH

When you eat Green Foods you are truly putting POWER on YOUR PLATE!
All veggies are alkalinizing but the green veggies are the superheroes in balancing the bodies pH.

The complex chemistry of chlorophyll (what makes veggies green) can help your body have increased energy and stimulate the Metabolism.

TOP 12 Reasons to Consume Greens Daily:

1. Promotes Brain Function
2. Promotes Gut Health
3. Vibrant Skin
4. Stimulates Stress Reducing Hormones
5. Great for Bone Density
6. Powerful Antioxidant to Slow Aging
7. Reduces Systemic Inflammation
8. Helps to Stabilize the Blood Sugar
9. Promotes Healthy Detoxification
10. Stimulates Digestive Enzymes
11. Supports a Healthy Immune System
12. Helps to balance the Body's pH

I really want you to make sure you're loading up on your greens. Use these 5 decadent recipes to get yourself started. It's amazing what we notice about how our body's feel when we put power on our plates.

In good health,

A handwritten signature in black ink, appearing to read "Ashley Fox". The signature is fluid and cursive, with the first name "Ashley" being larger and more prominent than the last name "Fox".

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ROSEMARY INFUSED CUCUMBER LEMONADE

All Phases | Serves 4 | Prep time: 10 min. | Total time: 10 min.

Herbs like rosemary are a wonderful way to spice up your lemonade. You can also try this with basil or mint. Enjoy anytime on any phase.

INGREDIENTS

- 3 large cucumbers
- 1 tablespoon chopped fresh rosemary, plus 4 sprigs for garnish
- 1 cup spring water
- 1/2 cup fresh lemon juice
- 3/4 teaspoon liquid stevia

DIRECTIONS

1. Cut 12 thin slices of cucumber for garnish. Peel and chop the rest of the cucumber and puree it with the chopped rosemary in a food processor. Strain the puree through a fine-mesh sieve, pressing on the solids to extract all of the liquid.
2. Stir the water, lemon juice, and stevia into the cucumber juice. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs.



SPARKLING GINGER MOJITO

Phase 2 | Serves 2 | Prep time: 10 min. | Total time: 10 min.

This slightly sweet, spicy and refreshing drink is a great way to end your Phase 2 dinner. Mint and ginger support the digestive system. Ginger is also warming and improves circulation!

INGREDIENTS

- 8-10 fresh mint leaves, thoroughly washed
- 1 1/2 teaspoons fresh grated ginger (or to taste)
- Juice of 1 lime
- 14 to 16 drops liquid stevia
- 2 cups sparkling mineral water
- Ice

DIRECTIONS

1. Place 4 to 5 mint leaves, 3/4 teaspoon of grated ginger, the juice of half a lime and 7 to 8 drops of stevia in each glass. Crush it all together using a mortar (or the back of a wooden spoon).
2. Add 1 cup of sparkling mineral water per glass and some ice cubes.



FROZEN LIME MOUSSE

Phase 2 | Serves 2 | Prep time: 2 min. | Total time: 5 min. plus freezing time

Anyone with a mixer can blend this up in less than five minute and throw it in the freezer. Couldn't be easier, or more satisfying!

INGREDIENTS

- 1/2 cup Fast Metabolism Quick and Easy Dessert and Snack Mix
- 3 tablespoons pasteurized egg whites
- 3 tablespoons water
- Grated zest of 1/2 lime
- 1/2 teaspoon vanilla extract

DIRECTIONS

1. Combine all ingredients in a mixing bowl and beat with an electric mixer until desired texture, about 2/3 minutes for a mousse.
2. Freeze until desired consistency.

Note:

Makes 2 servings (about 3/4 cup per serving) as a Phase 2 protein snack.

Makes 1 serving as a Phase 2 protein.

Can be incorporated on other Fast Metabolism Diet Phases as a protein.

May be used on any Burn or Food Rx program.



COOL AND CREAMY MINT-CHIP MOUSSE

Phase 3 | Serves 9 | Prep time: 15 min. | Total time: 25 min.

This creamy Phase 3 snack is a breeze to whip up. In less than 30 minutes, you will have a decadent treat that your whole family will love!

INGREDIENTS

- 1 can unsweetened coconut milk
- 1/2 cup birch xylitol
- 1 1/2 teaspoon peppermint extract
- 1 teaspoon pure vanilla extract
- Pinch of sea salt
- 1/4 cup coconut butter, melted
- 2 ripe avocados
- 1/4 cup unsweetened raw cacao nibs

DIRECTIONS

1. In a blender, combine the coconut milk, xylitol, peppermint, vanilla, and salt. Blend to combine. Add the melted coconut butter and avocados. Then blend again until creamy.
2. In individual dishes, layer about 1/4 cup of mousse followed by a scant teaspoon of cacao nibs, followed by another 1/4 cup of mousse.
3. Top with a sprinkle of cacao nibs.



SHAMROCK SMOOTHIE

Phase 3 | Serves 2 | Prep time: 5 min. | Total time: 5 min.

There's no added sugar, dairy, or artificial food coloring in this fun, healthy take on a pop-culture favorite! Just blend and serve and enjoy all those healthy fats unlock stored fat!

INGREDIENTS

- 3/4 cup unsweetened almond milk, divided
- 1/2 avocado
- 2 tablespoons xylitol, or to taste
- 3/4 teaspoon peppermint extract
- 1/2 teaspoon vanilla
- Whipped coconut cream and a fresh cherry for garnish (optional)

DIRECTIONS

1. Pour half of the almond milk into a few ice cube tray compartments and freeze until solid.
2. Blend the remaining almond milk with the avocado, xylitol, peppermint extract, and vanilla until smooth. Add the almond milk ice cubes and blend just until smooth—don't over-blend or the ice will melt and you won't get that delicious milkshake consistency.
3. Decorate your Shamrock Smoothie with coconut whipped cream and a fresh cherry!

POWERFUL GREENS FOR OPTIMAL HEALTH

MEET METABOLISM SHAKE...

THE MOST POWERFUL GREENS THERE ARE

Our #1 selling (meal replacement) Metabolism Shake contains 22 grams of vegan protein per serving. Does not contain wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

The powerful anti-inflammatory ingredients like quercetin, turmeric, and pomegranate, plus a variety of super greens like spirulina, spinach, and kale, means that it has more targeted nutrients in one serving than most people get all day through food!



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