

 HAYLIE POMROY

SUCCESS TOOLS FOR THE

FAST

METABOLISM
DIET



DO'S AND DONT'S • BLANK 7-DAY MEAL MAP • MASTER FOOD LISTS FOR EACH PHASE



THE DO'S AND DON'TS OF THE FAST METABOLISM DIET

These rules are simple and easier to follow than you may think. And if you need further incentive, know that following them makes you feel amazing. Many of my clients have loved how they felt so much that they incorporated these rules into their permanent lifestyles and never looked back. If you remember nothing else, remember this: eat five times a day, and only the foods on the list for your phase.

THE DO'S

Rule #1: You must eat five times a day. That's three meals and two snacks per day. No skipping.

Rule #2: You must eat every three to four hours, except when you're sleeping.

Rule #3: You must eat within 30 minutes of waking. Every day.

Rule #4: You must stay on the Fast Metabolism Diet for 28 days.

Rule #5: You must stick to the foods allowed on your phase. Religiously. I repeat: only eat from the food list for your phase.

Rule #6: You must follow the phases in order.

Rule #7: You must drink half your body weight in fluid ounces of water every day.

Rule #8: Eat organic whenever possible.

Rule #9: Meat choices must be nitrate-free.

Rule #10: You must exercise three times per week, according to your phase.

THE DON'TS

Rule #1: No wheat.

Rule #2: No corn.

Rule #3: No dairy.

Rule #4: No soy.

Rule #5: No refined sugar.

Rule #6: No caffeine.

Rule #7: No alcohol.

Rule #8: No dried fruit or fruit juices.

Rule #9: No artificial sweeteners.

Rule #10: No fat-free "diet foods."

CUSTOMIZE YOUR PROGRAM - MEAL MAP

Week of: _____

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	EXERCISE
PHASE 1 Monday (No Oils)	G: F: or P1 S:	F: or P1 S:	G: F: P: V:	F: or P1 S:	G: P: V:	Cardio
PHASE 1 Tuesday (No Oils)	G: F: or P1 S:	F: or P1 S:	G: F: P: V:	F: or P1 S:	G: P: V:	Cardio
PHASE 2 Wednesday (No Oils)	P: V: or P2 S:	P: V: or P2 S:	P: V:	P: V: or P2 S:	P: V:	Weights
PHASE 2 Thursday (No Oils)	P: V: or P2 S:	P: V: or P2 S:	P: V:	P: V: or P2 S:	P: V:	Weights
PHASE 3 Friday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga
PHASE 3 Saturday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga
PHASE 3 Sunday (Healthy Oils)	F: HF: P: G: V: or P3 S:	HF: V: or P3 S:	HF: P: V: F:	HF: V: or P3 S:	HF: P: OG: V:	Massage Dry Skin Brush Yoga

LEGEND:	F - Fruit V - Veggie	HF - Healthy Fat P - Protein	G - Grain OG - Optional Grain	P1 S - Phase 1 Shake P2 S - Phase 2 Shake	P3 S - Phase 3 Shake
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VEGETABLES

Arrowroot	Eggplant	Radishes
Arugula	Jicama	Rutabaga
Bamboo shoots	Kale	Spinach
Beans: green, yellow, French, string	Leeks	Spirulina
Bean sprouts	Lettuce, except iceberg	Sprouts
Beets	Mixed greens	Squash, all types
Bok Choy	Mushrooms	Sweet potato
Broccoli	Onions: all type	Tomatillo
Cabbage, all types	Parsnips	Tomatoes
Cactus	Peas: snap, snow	Turnips
Carrots	Peppers: bell, green chile pepperoncini, jalapeno	Wheatgrass
Celery	Pumpkin	Yams
Cucumbers	Radicchio	Zucchini

FRUITS

Apple	Figs, fresh	Mango
Apricot	Grapefruit	Orange
Asian pear	Guava	Papaya
Berries: blackberries, blueberries, loganberries, mulberries, raspberries, strawberries	Honeydew	Peaches
Cantaloupe	Kiwi	Pears
Cherimoya	Kumquats	Persimmons
Cherries	Lemon	Pineapple
	Lime	Pluots
	Mandarins: tangerines, clementines	Pomegranates
		Watermelon

ANIMAL PROTEINS

Beef: filet, lean ground, strip steak, flank, stew	Egg whites: egg white powder, 100%	Sardines, packed in water
Buffalo	Game: hen, partridge, pheasant	Sausages, nitrate-free: turkey, chicken
Chicken: skinless, boneless white meat	Gelatin: grass fed beef	Sole fillet
Corned beef	Guinea fowl	Tuna: fresh, packed in water, solid white
Cornish game hen	Haddock fillet	Turkey: bacon (nitrate-free), breast, lean ground
Crawfish	Halibut: fillet, steak	
Deli meat, nitrite-free: chicken, turkey, roast beef	Pollock fillet	
	Pork tenderloin	

VEGETABLES PROTEINS

Black eyed peas
Dried or canned beans: all types
Lentils

GRAINS

Amaranth	Freekeh	Rye 100%
Barley	Kamut: bagels	Sorghum
Brown rice: cereal, cheese, crackers, flour, milk, pasta, rice, tortillas	Millet	Spelt: pasta, pretzels, tortillas
Buckwheat	Oats (steel-cut or old fashioned)	Sprouted grain bagels, bread, and tortillas
Einkorn	Oat Bran	Tapioca
Farrow	Oat Milk	Teff
Fast Metabolism Baking Mix	Rice: wild, red	
	Quinoa	

HERBS, SPICES, & CONDIMENTS

Agar	Fast Metabolism Quick & Easy Dessert and Snack Mix	Nutritional yeast
Arrowroot	Frank's Hot Sauce	Pickles, no sugar added
Bragg's liquid aminos	Ginger	Pysillium Husk
Brewer's yeast	Guar gum	Salsa
Broth: beef, chicken, vegetable	Herbal tea, non-caffeinated	Stevia, pure
Cacao Powder or nibs, raw	Horseradish, prepared	Tabasco
Capers	Ketchup (with no added sugar or corn syrup)	Tamari
Coconut Aminos	Lemon and Lime Juice	Tomato Paste
Dandy Blend, Pero	Metabolism Rice/Noodles	Vinegar, all types
Dried or fresh herb and spice: all types	Monk Fruit Extract: 100%	Water chestnut
Extracts/Flavoring: all types, no sugar, alcohol free.	Mustard	Xanthan gum
		Xylitol, birch

VEGETABLES

Arrowroot	Endive	pepperoncini, jalapeno,
Arugula	Fennel	Radicchio
Asparagus	Jicama	Radishes
Beans: green, yellow, French, string	Kale	Rhubarb
Bok choy	Leeks	Shallot
Broccoli	Lettuce, except iceberg	Spinach
Cabbage, all types	Mixed greens	Spirulina
Celery	Mushrooms	Swiss chard
Collard greens	Mustard greens	Watercress
Cucumbers	Onions: all type	Wheatgrass
	Peppers: bell, green chile	

FRUITS

Lemon	Lime
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ANIMAL PROTEINS

Beef, all lean cuts: filet, tenderloin, strip, sirloin, shell steak, London broil, round steak, rump roast, stew meat, lean ground	turkey, roast beef	Oysters, packed in water
Buffalo meat	Dory fish fillet	Pork: loin roast, tenderloin
Chicken: boneless, skinless white meat	Egg whites: egg white powder, 100%	Salmon, nitrite-free, smoked
Cod/scrod fillet	Flounder fillet	Sardines, packed in water
Corned beef, nitrite free	Game: venison, ostrich, elk,	Sole fillet
Crawfish	Gelatin: grass fed beef	Tuna: fresh, packed in water, solid white
Deli meat, nitrite-free: chicken,	Halibut	Turkey: bacon (nitrate-free), breast, lean ground
	Jerky, nitrite-free: beef, buffalo, turkey, elk, ostrich	
	Lamb, lean cuts	
	Mussels	

HERBS, SPICES, & CONDIMENTS

Agar	sugar, alcohol free.	Pysillium Husk
Arrowroot	Fast Metabolism Quick & Easy	Stevia, pure
Bragg's liquid aminos	Dessert and Snack Mix	Tabasco
Brewer's yeast	Frank's Hot Sauce	Tamari
Broth: beef, chicken, vegetable	Ginger	Vanilla
Cacao Powder or nibs, Raw	Guar gum	Vinegar, any type except rice
Capers	Herbal tea, non-caffeinated	Water chestnuts
Coconut Aminos	Horseradish, prepared	Xanthan gum
Dried or fresh herbs and spices: all types	Monk Fruit Extract: 100%	Xylitol, birch
Dandy Blend, Pero	Mustard	
Extracts/Flavoring: all types, no	Nutritional yeast	
	Pickle, no sugar added	

VEGETABLES

Arrowroot	Cucumbers	Pumpkin
Artichoke	Eggplant	Radicchio
Arugula	Endive	Radishes
Asparagus	Fennel	Rhubarb
Beans: green, yellow, French, string	Jicama	Seaweed
Bean Sprouts	Kale	Spinach
Beets	Kohlrabi	Spirulina
Bok choy	Leeks	Sprouts
Brussels sprouts	Lettuce: except iceberg	Squash, all types
Cabbage, all types	Mixed greens	Sweet potatoes
Cactus	Mushrooms	Tomatillo
Carrots	Mustard Greens	Tomatoes
Cauliflower	Okra	Watercress
Celery	Onions: all type	Wheatgrass
Chicory	Palm hearts	Zucchini
Collard greens	Peppers: bell, green chile pepperoncini, jalapeno	

FRUITS

Berries: blackberries, blueberries, cranberries, raspberries	Grapefruit	Peaches
Cherries	Lemons	Plums
	Limes	Prickly pears
	Loquats	

ANIMAL PROTEINS

Anchovies	Flounder Fillet	Sardines, packed in water or oil
Beef: fillet, steaks, lean ground, flank, skirt, stew	Game: hen, pheasant, duck	Sausage, nitrate-free: chicken, turkey
Buffalo	Gelatin: grass fed beef	Scallops
Calamari	Halibut	Sea bass
Chicken: boneless, skinless dark or white meat, ground	Ham: 100% natural, nitrate free	Shrimp
Clams	Herring	Skate
Corned beef, nitrate free	Lamb	Trout
Crab	Liver	Tuna: fresh, packed in water or oil
Crawfish	Lobster	Turkey: bacon (nitrate-free), breast, lean ground
Deli meat nitrite-free: chicken, turkey, roast beef	Mussels	
Eggs, whole, egg white powder, 100%	Oysters	
	Pork: chops, loin roast	
	Rabbit	
	Salmon, fresh, frozen, or nitrate free smoked	

VEGETABLES PROTEINS

- Dried or canned beans: all types
- Lentils
- Mung Bean

GRAINS

Barley	Oat Bran	Sorghum
Black rice	Oat Milk	Sprouted grain: bread, bagels, and tortillas
Fast Metabolism All Purpose Baking Mix	Quinoa	Tapioca
Oats: steel-cut, old fashioned	Rice: wild, purple, black	
	Rye: 100%	

HEALTHY FATS

Almond: milk, cheese	Nuts, raw: almonds, cashew, chestnut, hazelnuts, pecans, pine nuts, pistachios, walnuts	Oils: coconut, grapeseed, olive, sesame
Avocado	Nut/seed butters and pastes, raw	Seeds, raw: chia, flax, hemp, pumpkin, sesame, sunflower
Coconut: coconut cream, milk	Olives	Tahini
Hummus		
Mayonnaise: safflower, avocado, olive oil		

HERBS, SPICES, & CONDIMENTS

Agar	sugar, alcohol free.	Mustard
Arrowroot	Fast Metabolism Quick & Easy	Nutritional yeast
Bragg's liquid aminos	Dessert and Snack Mix	Pickles, no sugar added
Brewer's yeast	Frank's Hot Sauce	Pysillium Husk
Broth: beef, chicken, vegetable	Ginger	Salsa
Cacao Powder or nibs, raw	Guar gum	Stevia, pure
Capers	Herbal tea, non-caffeinated	Tabasco
Coconut Aminos	Horseradish, prepared	Tamari
Coconut water	Ketchup (with no added sugar or corn syrup)	Tomato Paste
Dandy Blend, Pero	Lemon and Lime Juice	Vinegar, all types
Dried or fresh herb and spice: all types	Metabolism Rice/Noodles	Water chestnut
Extracts/Flavoring: all types, no	Monk Fruit Extract: 100%	Xanthan gum
		Xylitol, birch