

THE FAST METABOLISM DIET



Phase 1 Super Intensive: Unwind Stress*



A Complete 7-Day Meal/Supplement Program

*As described in the Fast Metabolism Diet™

www.HayliePomroy.com

Welcome to **The Fast Metabolism Diet Phase 1 Super Intensive**. In just 7 days, my specially-formulated FMD Shake and micronutrients in conjunction with my FMD supplements and targeted nutrition program will help support your adrenals. They will bring balance to some of the metabolism-specific hormones released by the adrenals including cortisol, adrenaline, aldosterone and epinephrine. An imbalance in one or more of these hormones can lead to weight-loss resistance. The secretion of these stress hormones regulates the release of glucose or sugar from the muscle and liver cells to either stimulate or slow down your body's metabolic rate.

After completing the Phase 1 Super Intensive, my clients often lose weight, reduce inflammation, have better hormone balance and enjoy healthier metabolic function. Many of my clients also report increased mental clarity, increased energy, an elevation in mood, and an improvement in the appearance and texture of their hair and skin.

Congratulations on making the critical decision to improve your health. Please know that I am with you every step of the way! Be sure to complete this program as outlined and continue to support your health and wellness goals with my full line of specially-formulated products designed to optimize your success.

Be well,



Haylie Pomroy



7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

INTRODUCTION

Calming the Adrenals

In Phase 1 of the Fast Metabolism Diet, we focus on supporting your adrenal glands with the natural sugars in pineapple, mangos, strawberries and more, along with whole grains like brown rice, quinoa and oatmeal.

This 7-Day Super Intensive repair program includes a targeted food list, FMD Shake and micronutrient-dense supplements designed to optimize your success.

1. The Fast Metabolism Phase 1 Shake is an all-natural, vegan, hypoallergenic and proprietary blend of pea isolate and rice protein that is free of corn, protein, wheat, gluten, yeast, dairy and soy. It contains macro and micro nutrients like inositol that are designed to work with your body to inhibit the accumulation of fat, stimulate the emulsification of fat, and elevate mood and mental clarity. The FMD Shake - Phase 1 also contains a patented form of amino acids, Aminogen® and Suntheanine, to promote an alert state of relaxation without drowsiness. It is designed to improve the quality of sleep, heighten concentration, promote mental clarity, improve mood and alertness, and reduce nervous tension.

2. Metabolism Multi is a high-quality, hypoallergenic, multivitamin/mineral blend containing 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 foundational wellness; antioxidant activity with vitamins C and E, selenium and beta-carotene; and Phase 1 detoxification.

3. Metabolism Control helps you take control of your inner body. It is designed to fight cravings and stimulate “feel full” hormones. It contains key amino acids to support the biosynthesis of neurotransmitters involved in appetite control. It is designed to alleviate carbohydrates or fat cravings and improve mood. Chromium is present to support healthy glucose metabolism and food intake regulation.

4. Metabolism Stress Blend is an innovative powdered drink mix. It contains a blend of ingredients that supports the body's natural synthesis of catecholamines, the inhibitory neurotransmitter GABA, hormonal balance, and healthy glucose metabolism. Metabolism Stress Blend aims to promote a calm, relaxed, well-balanced emotional, and physiological state.

5. Metabolism Energy is based on the latest Nobel Prize-winning research on nitric oxide, a naturally occurring compound in the body. Nitric oxide is an important messenger that signals a variety of responses at the cellular level, which are beneficial to circulatory, immune, and nervous system functions. Metabolism Energy is a refreshing, effervescent powder that offers therapeutic levels of L-arginine and L-citrulline, two amino acids the body uses to make nitric oxide. Metabolism Energy is designed to help burn through fat, boost performance, lower blood pressure, and enhance sex life.

GETTING STARTED

How to do the Phase 1 Super Intensive

Give your body one week to unwind stress, repair dysfunction and ignite your metabolism!

The Fast Metabolism Diet Phase 1 Super Intensive program includes one bottle of the **Fast Metabolism Phase 1 Shake**, one bottle of **Metabolism Multi**, one bottle of **Metabolism Control**, one bottle of **Metabolism Energy**, one bottle of **Metabolism Stress Blend**, and this program guide. The guide contains a sample menu and a 7-day meal map for you to customize your program. For maximum results, we recommend that you plan your meal map prior to beginning the Phase 1 Super Intensive and strictly follow this program guide.

PROGRAM TIPS

The following tips may help you as you move through the Phase 1 program:

- Read through the entire program guide before starting.
- Carefully review and follow the daily program outline and choose your food only from the Phase 1 Super Intensive Food List. Be prepared and do your shopping in advance.
- When preparing your Fast Metabolism Phase 1 Shake, you may mix it with cold or warm spring water (8-10 ounces) and you may sip it or drink it quickly. It is your choice.
- Most people feel more energized during the program. We also encourage a minimum of 2-3 days of vigorous cardiovascular exercise. If you have not exercised for some time or have health concerns, be sure to consult with your health care provider.
- Relaxation and proper rest are also vital to the success of your Phase 1 Super Intensive program to help restore your well-being.
- You can flavor your Fast Metabolism Shake with pure stevia, birch xylitol or cinnamon.

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

FREQUENTLY ASKED QUESTIONS

How will I feel on this program?

Most of the questions we have received about The Fast Metabolism Phase 1 Super Intensive relate to the symptoms that may be experienced during the program. There really is no “typical” or “normal” response to the program. Just as a person’s initial response to a new diet can vary greatly, physical responses to this program will vary as well.

How do I make the shake?

Using the scoop provided, mix two scoops of the Fast Metabolism Phase 1 Shake with 8-12 oz. of cold or warm spring water. The beverage may replace a snack or meal as displayed in the sample menu. You may add cinnamon, pure stevia, or birch xylitol to sweeten. It may be mixed in a blender with ice or simply stirred in water.

Are there things I should avoid?

Yes. Caffeine, dairy, soy, corn, wheat, sugar and artificial sweeteners; smoking and alcohol consumption are not recommended during the program. Stick to The Fast Metabolism Phase 1 Super Intensive Food List, and you won’t need to worry.

How much weight will I lose?

Weight loss can vary with each individual participant. Be sure to note all of your successes.

I have a gluten allergy, can I do the program?

Our product does not contain gluten.

Will I be able to exercise?

Yes. Exercise is an amazing way to facilitate detoxification. Cardio is ideal for the Phase 1 Super Intensive.

What if I am hungry?

Veggies are unlimited on The Fast Metabolism Phase 1 Super Intensive. If you are hungry, enjoy veggies to your heart’s content!

Can I do this if I am pregnant or nursing?

We do not suggest this program if you are pregnant or nursing.

Are there any side effects?

Before beginning a nutrition or exercise program we always recommend consulting with your healthcare provider.

What’s next after I finish the Intensive?

You may return to a whole-body holistic approach of metabolic repair by continuing with Phase 2 of the Fast Metabolism Diet.

* All recipes are located in the recipe section of this Program Guide.
Leftovers can be frozen for future use.

SAMPLE MENU
AN ACTUAL CLIENT'S INTENSIVE

	Breakfast	Snack	Lunch
MONDAY		Apple	Tuna, Green Apple And Spinach Salad* w/ Brown Rice Crackers
TUESDAY		Apple	Leftover Turkey Chili w/ 1 Cup Mango
WEDNESDAY			Leftover Filet Mignon w/ Brown Rice* on a Bed of Spinach w/ 1 Cup Tangerines
THURSDAY		1 Cup Mango	Leftover Chicken and Barley Soup and 1 Pear
FRIDAY		Asian Pear	Leftover Juicy FMD Meatloaf w/ 2 Cups Spinach Leaves and 1 Cup Pineapple Chunks
SATURDAY			Leftover Pork Tenderloin w/ Broccoli and Pineapple over 1 Cup Cooked Quinoa
SUNDAY		Watermelon Smoothie*	Open-Faced Chicken/ Turkey Sandwich w/ 1 Cup Tangerines

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

Snack	Dinner
	Turkey Chili* (Use Leftovers for Tomorrow's Lunch and Sunday's Dinner)
Snack	Dinner
	Filet Mignon w/ Brown Rice* (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
Baked Cinnamon Grapefruit*	Chicken and Barley Soup* (Use Leftovers for Tomorrow's Lunch and Saturday's Dinner)
Snack	Dinner
	Juicy FMD Meatloaf w/ 2 Cups Spinach Leaves (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
	Pork Tenderloin w/ Broccoli and Pineapple over 1 Cup of Cooked Quinoa (Use Leftover for Tomorrow's Lunch)
Snack	Dinner
1 Cup Mango	Leftover Chicken and Barley Soup
Snack	Dinner
	Leftover Turkey Chili

UNLIMITED VEGGIES

THE PHASE 1 SUPER INTENSIVE – FOOD LIST

As an alternative to the suggested recipes, you can create your own meals by using the blank meal map and this food list. When a protein is required, you may choose either animal or vegetable protein.

VEGETABLES AND SALAD GREENS

(fresh, canned or frozen – unlimited)

Arrowroot	Green onions	Rutabaga
Arugula	Jicama	Spinach
Bamboo shoots	Kale	Spirulina
Beans: green, yellow (wax), French	Leeks	Sprouts
Beets	Lettuce (any except iceberg)	Squash: winter or yellow
Broccoli florets	Mixed greens	Sweet potatoes/ yams
Cabbage, all types	Mushrooms	Tomatoes
Carrots	Onions: red and yellow	Turnips
Celery, including tops	Parsnips	Zucchini
Cucumbers	Peas: snap, snow	Metabolism Noodles*
Eggplant	Peppers: bell, pepperoncini	Metabolism Rice*
Green chiles	Pumpkin	
	Radishes	

FRUITS

(fresh or frozen) – portion is 1 piece or 1 cup

Apples	Grapefruit	Oranges
Apricots	Guava	Papaya
Asian pears	Honeydew melon	Peaches
Berries: blackberries, blueberries, mulberries, raspberries	Kiwis	Pears
Cantaloupe	Kumquats	Pineapples
Cherries	Lemons	Pomegranates
Figs	Limes	Strawberries
	Loganberries	Tangerines
	Mangos	Watermelon

VEGETABLE PROTEIN

portion is 1/2 cup cooked

Black-eyed peas	Dried or canned beans: all types (ex: black, lima, pinto, fava, etc.)	Fast Metabolism Quick & Easy Dessert and Snack Mix
Chickpeas/garbanzo beans		
Lentils		

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

ANIMAL PROTEIN

portion is 4 oz. meat or 6 oz. fish measured prior to cooking

Beef: filet, lean ground buffalo meat, ground	Game: partridge, pheasant Guinea fowl	Sausages (nitrate-free): turkey, chicken
Chicken: boneless skinless, white meat	Haddock fillet	Sole fillet
Corned beef	Halibut: fillet, steak	Tuna, fresh or solid white, packed in water
Deli meats (nitrate-free): turkey, chicken, roast beef	Pollock fillet	Turkey: breast meat, lean ground
Eggs, whites only	Pork: tenderloin	Turkey bacon (nitrate-free)
	Sardines, packed in water	

GRAINS

portion is 1 cup cooked

Amaranth	Kamut	Sprouted-grain: bagels, bread, tortillas
Arrowroot	Millet	Tapioca
Barley	Oats: steel-cut, old- fashioned	Teff
Brown rice: rice, cereal, crackers, flour, pasta, tortillas	Quinoa/Wild rice	Triticale
Brown rice cheese or milk	Rice milk, plain	Fast Metabolism Baking Mix*
Buckwheat	Spelt: pasta, pretzels, tortillas	

BROTHS, HERBS, SPICES, CONDIMENTS & SUPPLEMENTS

unlimited; use as needed

Brewer's yeast	Mustard, prepared, dry	Seasonings: black and white peppers, cinnamon, chili powder, crushed red pepper flakes, cumin, curry powder, nutmeg, onion salt, raw cacao powder, turmeric, sea salt, Simply Organic seasoning
Broths: beef, chicken, vegetable	Tamari	Vinegar: any type (except rice vinegar)
Bragg Liquid Aminos	Noncaffeinated herbal teas or Pero	
Coconut Amino	Nutritional yeast	
Dried herbs: all types	Pickles, no sugar added	
Fresh herbs: all types	Salsa	
Garlic, fresh	Sweeteners: stevia, xylitol (birch only)	
Ginger, fresh	Tomato paste	
Horseradish, prepared	Vanilla or peppermint extract	
Ketchup, no sugar added, no corn syrup		

*Items marked with an asterisk are available at HayliePomroy.com

SAMPLE MENU

AN ACTUAL CLIENT'S INTENSIVE





*Use this blank meal map to create your own meals.

NOTE: You may use animal or plant protein as the protein requirement.

	Breakfast	Snack	Lunch
MONDAY		P-1 Fruit:	P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
TUESDAY		P-1 Fruit:	P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
WEDNESDAY			P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
THURSDAY		P-1 Fruit:	P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
FRIDAY		P-1 Fruit:	P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
SATURDAY			P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:
SUNDAY		P-1 Fruit:	P-1 Grain: P-1 Fruit: P-1 Protein P-1 Veggie:

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

Snack	Dinner
	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
P-1 Fruit:	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
P-1 Fruit:	P-1 Grain: P-1 Protein P-1 Veggie:
Snack	Dinner
	P-1 Grain: P-1 Protein P-1 Veggie:

UNLIMITED VEGGIES

PHASE 1 RECIPE – LIST

Tuna, Green Apple and Spinach Salad

Serves 1

Ingredients:

- 5 ounce can solid white tuna, packed in water
- 1 cup chopped green apple (or red or pineapple)
- ½ cup peeled and diced cucumber
- ½ cup diced carrot
- 1 tablespoon minced red onion
- ½ lemon
- 1 to 2 cups fresh spinach



Drain the tuna and put in a small mixing bowl. Add the apple, cucumber, carrot, red onion and lemon juice and mix well. Serve over spinach.

Turkey Chili

Serves 6

Ingredients:

- 1 pound grass-fed lean ground beef or turkey
- 1 medium red or yellow onion, diced
- 1 tablespoon dried parsley or cilantro
- 2 tablespoon chili powder (or add more to taste)
- 2 cups chopped zucchini
- 2 large red peppers, chopped
- 2 cups sliced white or cremini mushrooms
- 1 32-oz. can crushed organic tomatoes
- 2 cups water or vegetable broth (or more if desired)
- 1 cup rinsed lentils
- 4 cans organic white, kidney, pinto or black beans
- 1 teaspoon sea salt
- 2 tablespoon minced fresh garlic
- 1 tablespoon cracked red pepper (optional)



In a large soup pot, brown the meat, onions and garlic for approximately 7 minutes. Add in remaining ingredients and simmer for approximately 1 hour. This can also be made in a slow cooker with all ingredients added and allowed to cook 4-5 hours on high or 6-8 hours on low.

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

Filet Mignon with Brown Rice

Serves 2

Ingredients:

Brown Rice

- 2 $\frac{1}{4}$ cups chicken or vegetable broth
- 1 cup uncooked brown rice
- 1 cup diced zucchini
- $\frac{1}{2}$ cup diced tomatoes
- 2 tablespoons diced red onion
- 1 teaspoon cilantro (fresh or dried)
- 1 teaspoon crushed garlic



Put broth in a saucepan and bring to boil.

Once boiling, add all remaining ingredients, cover and bring back to a boil. Allow to simmer, stirring occasionally for 30 minutes or until desired consistency.

Filet Mignon

- 8 ounce filet mignon
- Juice of $\frac{1}{2}$ of a lemon or lime
- $\frac{1}{2}$ sprig of fresh rosemary
- 1 teaspoon crushed garlic
- $\frac{1}{8}$ teaspoon sea salt
- $\frac{1}{8}$ teaspoon black pepper

Mix the lemon or lime juice, fresh rosemary, crushed garlic, sea salt and black pepper together and rub generously into the filet mignon. Broil filet on high until desired wellness.

Note: Put broiler pan in oven first to get hot and then put the filet on the hot pan. This will sear in the flavor.

Baked Cinnamon Grapefruit

Serves 1

Ingredients:

- 1 pink grapefruit
- $\frac{1}{2}$ teaspoon of cinnamon
- Pinch of cardamom (optional)
- Pinch of nutmeg (optional)

Peel and section grapefruit. Sprinkle with cinnamon, cardamom, and nutmeg. Bake for 20 minutes at 375 degrees or until cinnamon has caramelized.



Juicy FMD Meatloaf

Serves 4

Ingredients:

- 1 pound lean ground beef
- 2 egg whites
- ½ cup old-fashioned or rolled oats
- ½ cup plus 2 tablespoons organic tomato paste
- ½ cup finely minced onion
- 1 teaspoons sea salt
- ½ teaspoon black pepper



Preheat the oven to 375 degrees F.

Mix all ingredients (except the 2 tablespoons of tomato paste) in a large mixing bowl until well combined. Lightly press the mixture into an 8-by-4-inch loaf pan. Spread the remaining tomato paste on top. Bake for 30 to 35 minutes (the inside will no longer be pink). Let the meatloaf rest for 5 minutes before slicing. Serve with veggies. Serve with ¾ cup brown rice per person.

Chicken Barley Soup

Serving size 2 cups

Ingredients:

- 4 cups chicken broth
- 4 cups vegetable broth
- 2 ½ pounds organic chicken breast
- 1 cup diced onion
- 1 tablespoon crushed garlic
- 1 whole bay leaf
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 2 cups butternut squash
- 2 cups yellow squash
- 2 cups zucchini
- 1 cup broccoli
- 1 cup mushrooms
- 1 cup barley



Pour 4 cups of water into a large soup pot with the chicken and vegetable broths.

Add the chicken, onion, garlic, bay leaf, sea salt and pepper. Bring all ingredients to a boil. Turn down the heat to low and allow the soup to simmer for one hour.

Next, add the remaining vegetables and barley to the soup pot. Bring back to a boil and simmer on low for another hour or so (it gets better with time).

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

Pork Tenderloin with Broccoli and Pineapple

Serves 2

Ingredients:

Brown Rice

- Juice of 1 lemon
- ½ teaspoon garlic
- ½ teaspoon parsley
- ¼ teaspoon rosemary
- ¼ teaspoon oregano
- ¼ teaspoon sea salt
- Pinch of Stevia
- Pinch of cinnamon
- 8 ounce pork tenderloin



- 4 cups broccoli florets
- ½ cup grilled pineapple

First, prepare the marinade: mix together the lemon juice, garlic, parsley, rosemary, oregano, sea salt, stevia and cinnamon. Place the pork tenderloin in a large zip lock bag and pour the marinade into the bag. Marinate for a minimum of 30 minutes, although overnight is best. When the tenderloin is fully marinated, grill it. Cook over intense heat, turning only 1 to 2 times. Atop a hot grill, thin pork tenderloins only take 5 to 6 minutes total to cook. (If the tenderloin is on the thin side, it must be cooked fast over a high temperature so that it doesn't dry out).

When the tenderloin looks ready to serve, throw the broccoli florets and pineapple onto the grill and cook for 30 seconds on each side to heat. Remove and serve with the tenderloin. (You may need to use a grill basket for the broccoli.)

Hint: If you don't have a grill you can broil the tenderloin on high in the oven. Heat the broiling pan first to sear in the flavor and throw the pineapple onto the pan just before serving.

Open Faced Chicken/Turkey Sandwich

Serves 1

Ingredients:

- 1 slice sprouted grain bread
- 1 tablespoon mustard
- 2 large lettuce leaves
- 3 oz. of nitrite-free turkey or chicken deli meat
- A few sliced red onions
- Several tomato slices
- Sea salt and freshly ground pepper



Coat bread with mustard, layer the lettuce leaves and slices of turkey or chicken on top of the bread. Add red onion and tomato slices. Season with sea salt and ground pepper before serving.

Watermelon Smoothie

Serves 1

Ingredients:

- ½ cup watermelon cubes
- 2 tablespoons lime juice
- 2 drops of peppermint extract
- 1 mint leaf

Freeze watermelon. Blend watermelon cubes in blender with lime juice and peppermint extract. Garnish with mint leaf.



Lemon-Herb Salad Dressing

Serving is unlimited

Ingredients:

- 3 hard-boiled egg whites
- ¾ cup water
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ½ teaspoon garlic powder (or 2 cloves fresh garlic)
- 2 teaspoon onion powder
- Fresh ground black pepper



Add one or more of these to kick it up a notch:

- 1 tablespoons fresh dill (or 1 tsp. dried)
- 2 tablespoons fresh parsley (or 2 tsp. dried)
- 1 tablespoons fresh cilantro (or 1 tsp. dried)
- 1 tablespoons fresh mint (or 1 tsp. dried)
- Stevia or xylitol (to taste)

Add all ingredients to a blender or food processor and enjoy over salad and veggies.

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

ADDITIONAL PHASE 1 – RECIPES

Strawberry French Toast

Serves 1

Ingredients:

- 1 egg white
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon cinnamon
- 1 slice sprouted grain bread
- $\frac{1}{2}$ cup frozen strawberries
- 2 teaspoons lemon juice
- $\frac{1}{2}$ teaspoon of Stevia or Xylitol



Whisk together the egg white, vanilla and cinnamon in a small mixing bowl. Soak the bread well in the mix, coating both sides. Heat a non-stick pan and put the bread onto the surface, turning to toast both sides.

While it cooks, prepare the strawberries. Begin by heating the frozen strawberries in a pan on low heat. When they are halfway softened, add the lemon juice and Stevia or Xylitol to the mix. Cook the strawberries until warm. Immediately pour over French toast and eat!.

Sprouted Grain Turkey Wrap

Serves 1

Ingredients:

- 4 strips turkey bacon or $\frac{1}{2}$ cup ground turkey
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon oregano
- 2 tablespoons mustard
- $\frac{1}{2}$ to 1 cup dark leafy greens
- $\frac{1}{2}$ cup sliced tomatoes
- 1 sprouted grain tortilla



Cook turkey bacon or ground turkey in a non-stick pan. Season with the sea salt, dry mustard, pepper and oregano. Spread mustard on the tortilla and garnish with dark leafy greens and tomatoes. Top the tortilla with the turkey bacon or ground turkey, roll it up, and enjoy!

About the Fast Metabolism Diet™

Eat your way to a thinner you!

On The Fast Metabolism Diet you're going to eat a lot and still lose weight. What you're not going to do is count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week according to a simple and proven plan carefully designed to induce precise physiological changes that will set your metabolism on fire!

PHASE 1 (Monday-Tuesday):

You will enjoy lots of carbs and delicious fruits.

PHASE 2 (Tuesday-Thursday):

Indulge in proteins and veggies.

PHASE 3 (Friday-Saturday-Sunday):

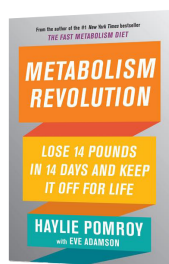
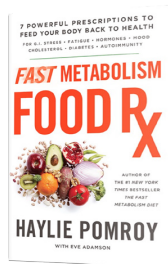
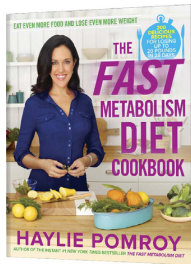
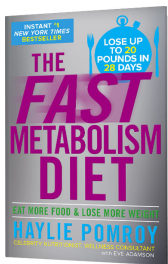
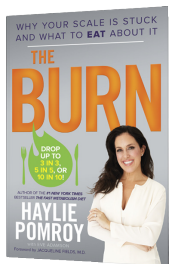
Have all of the healthy foods above, plus healthy fats and oils.

Each Phase focuses on different whole, healthy foods to calm your adrenal glands, reduce stress on your liver and feed your thyroid so it can produce the hormones T3 and T4, the superstars of a fast metabolism. You'll reduce stress too—and as a result, put the damper on the belly-fat hormone, cortisol. By keeping your metabolism guessing, you'll get it working faster. This isn't just a theory; it's the results-based product of Haylie Pomroy's successful programs. It's worked for celebrities, for athletes and for people with chronic illnesses who need to lose weight, doctor's orders.

7-DAY PHASE 1 SUPER INTENSIVE

Total body makeover from the inside out.

BUY MY NEW YORK TIMES BEST SELLING BOOKS AT ANY MAJOR BOOKSTORE AND ONLINE.



Designed To Maximize Your Efforts!

The 10-Day Fast Metabolism Cleanse Program

Looking to stimulate your metabolism, lose weight, stabilize cholesterol & lipids, regulate hormones, and increase energy?

Try my **10-Day Fast Metabolism Cleanse™**
It includes:

- Three tubs of Metabolism Shake powder (42 total servings)
- One Metabolism Colon 60 capsules
- Fast Metabolism Cleanse Program
- E-Book including recipes, food lists,
- FAQs, tips and more (delivered by email in your order confirmation).
- FREE shaker bottle to prepare shakes on the go!



You can purchase this program at HayliePomroy.com

The material in this program guide is for information purposes only and not intended as a substitute for the advice and care of your physician. As with all new weight loss, weight maintenance, or supplement regimes, the nutrition program described in this program guide should be followed only after first consulting with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that nutritional needs vary from person to person, depending on age, sex, health status and total diet. Responsibility for any adverse effects that may result from the use or application of the information contained in this program guide is expressly disclaimed.

ABOUT HAYLIE

Haylie Pomroy is a #1 New York Times bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker whose “Food is Medicine” philosophy resonates deeply with her fans. Her community includes real people who have lost millions of pounds and gained immeasurable energy and health. Through her strategic programs, Haylie has proven that there is power on your plate. She understands that people really can eat more food and lose more weight.

Haylie’s career spans more than 22 years, owning and operating integrative health care clinics, teaching patient empowerment, and being a sought-after consultant on many difficult cases by highly regarded doctors at top practices, hospitals, and educational institutions across the globe. Haylie is the founder and CEO of Haylie Pomroy Group, which houses her clinical practice, a membership website, and coaching services. As Hollywood’s top nutrition guru, Haylie Pomroy’s celebrity clients include Jennifer Lopez, Robert Downey Jr, LL Cool J, Reese Witherspoon, Raquel Welch, and Cher, along with professional and Olympic athletes and corporate executives of Fortune 500 companies.

Haylie also produces a results-driven line of targeted nutritional supplements and cleanses, including the revolutionary Fast Metabolism Cleanse. Haylie became a supplement specialist when she saw a critical need for supplements of the highest quality, purity, clinical effectiveness, and bioavailability.

Haylie’s formal education in agricultural and animal science at Colorado State University allowed her to acquire a deep understanding of how nutrition can drastically impact plants, the soil, our food sources, our bodies, and ultimately, our health. She went on to study herbal medicine, homeopathy, biochemistry, biofeedback, micronutrients, laboratory testing, and patient advocacy, in order to create a truly integrative approach for her community. Haylie considers herself a lifelong learner in awe of the complexity of the human body and its relationship to nutrients. She believes that the metabolism affects every aspect of life.

Client Testimonials

“I always turn to Haylie when I’m looking for a healthy way to get my body on track”

“It’s all about the metabolism with Haylie and I love having a FAST one!”

Connect with Us



HayliePomroy



@HayliePomroy



@HayliePomroy



HayliePomroy