



**FAST METABOLISM
DIET**

**7-DAY
HORMONE
BALANCE**



PHASE 3 SUPER INTENSIVE

Welcome to [The Fast Metabolism Diet Phase 3 Super Intensive](#). In just 7 days, my specially-formulated Fast Metabolism Phase 3 Shake and micronutrients in conjunction with my supplements and targeted nutrition program will help support hormone stabilization and the metabolism of fat. The Fast Metabolism Phase 3 Shake is enriched with DIM, turmeric, quercetin, GSG, black pepper extract, and alpha lipoic acid, to name a few. These micronutrients and phytonutrients are catalysts for the pathways of estrogen, progesterone, testosterone and thyroid hormone metabolism. These pathways are nutrient dependent, meaning they do not function properly without the proper nutrition.

The healthy fats you eat on Phase 3 are the precursors for the hormones, but the hormones must be metabolized in order to perform their thermogenic (heat producing fat burning) functions. Menopause hot flashes and waves of thyroid dysfunction are telling your body that your thermogenic balance is off.

After completing the this 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 of 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 3 SUPER INTENSIVE

Total body makeover from the inside out.

INTRODUCTION

Hormones, Heart and Fat

In Phase 3 of the Fast Metabolism Diet, we focus on healthy fats that promote fat metabolism and hormone balance such as olive oil, avocados, nuts, seeds and coconut. Targeted micronutrients and phytonutrients in this phase support the pathways of hormone conversion, detoxification and metabolism. Phase 3 is a biodiverse holistic approach to hormone-based weight loss resistance.

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

1. The Fast Metabolism Phase 3 Shake is an all-natural, vegan, hypoallergenic proprietary blend of pea isolate and flax seed that is free of corn, protein, wheat, gluten, yeast, dairy and soy. Ideal as an on-the-go snack or breakfast, it is designed to help repair a sluggish metabolism so you can maximize your workouts and enrich your body.

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 3 detoxification.

3. Metabolism DIM is designed to fight hormone-based weight gain and weight loss resistance. It represents a three-dimensional approach. Research suggests that diindolylmethane (DIM), curcumin (from turmeric extract), and the patented black pepper extract BioPerine support balanced and healthy estrogen metabolism.

4. Metabolism T4T3 is designed to support healthy thyroid function and activity. It features targeted nutrients and herbs that support healthy thyroid hormone biosynthesis. This combination may facilitate the expression of thyroid hormone genes. The addition of ashwagandha and guggul extract may aid in the conversion of thyroxine to triiodothyronine (T4 to T3) and may assist in maintaining healthy blood lipid levels already within the normal range.

5. Metabolism Fatty Acids is a nature-reflected balance of omega-3 and 6 polyunsaturated, as well as omega-9 monounsaturated, essential fatty acids that are 100% plant-based. It is designed to support healthy skin, nervous system, and hormonal functions.

GETTING STARTED

How to do the Phase 3 Super Intensive

Give your body one week to unlock stored fat for a fast metabolism!

The Fast Metabolism Diet Phase 3 Super Intensive program includes one bottle of the **Fast Metabolism Phase 3 Shake**, one bottle of **Metabolism Multi**, one bottle of **Metabolism DIM**, one bottle of **Metabolism T4T3**, one bottle of **Metabolism Fatty Acids**, 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 3 Super Intensive and strictly follow this program guide.

PROGRAM TIPS

The following tips may help you as you move through the Phase 3 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 3 Intensive Food List. Be prepared and do your shopping in advance.
- When preparing your Fast Metabolism Phase 3 Shake, you may mix it with cold or warm spring water (8-10 ounces) and you may sip it or drink it quickly.
- Most people feel more energized during the program and we encourage a minimum of 2-3 days of relaxation exercises such as yoga, meditation, massage and dry skin brushing. Consult with your health care provider.
- Relaxation and proper rest are also vital to the success of your Phase 3 Super Intensive program and to restoring your well-being.
- You can flavor your Phase 3 Shake with pure stevia, birch xylitol or cinnamon.

7-DAY PHASE 3 SUPER INTENSIVE

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FREQUENTLY ASKED QUESTIONS

How will I feel on this program?

Most of the questions we have received about The Fast Metabolism Phase 3 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 3 Shake with 8-12 oz. of warm or cold 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 3 Super Intensive Food List and you won’t need to worry.

How much weight will I lose?

Weight loss can vary with 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. Relaxation exercises such as yoga, meditation, message and dry skin brushing are great for the Phase 3 Super Intensive.

What if I am hungry?

Veggies are unlimited on The Fast Metabolism Phase 3 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 1 of the Fast Metabolism Diet.



SAMPLE MENU
AN ACTUAL CLIENT'S INTENSIVE

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

	Breakfast	Snack	Lunch
MONDAY		2 Tbls. Almond Butter Stuffed Celery	Avocado and Turkey Wrap* w/ a Plum
TUESDAY		1/4 Cup Raw Almonds w/ Cucumbers	Leftover Shrimp and Veggie Stir Fry w/ 1/2 Grapefruit
WEDNESDAY			Leftover Baked Salmon and Sweet Potatoes w/ Mixed Berries
THURSDAY		1/2 Avocado w/ Sliced Bell Pepper	Turkey, Olive and Tomato Salad* w/ 1 Plum
FRIDAY		White Bean Hummus* w/ Sliced Cucumbers	Leftover Rosemary Pork Lettuce Wrap w/ Mixed Berries
SATURDAY			Leftover Turkey Wrap* w/ 1/2 Grapefruit
SUNDAY		1/4 Cup Raw Almonds w/ Cauliflower Florets	Tuna Salad* w/ 3/4 Cup Blueberries

7-DAY PHASE 3 SUPER INTENSIVE

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Snack	Dinner
	Shrimp and Veggie Stir Fry* (Use Leftovers for Tomorrow's Lunch and Sunday's Dinner)
Snack	Dinner
	Baked Salmon w/ Sweet Potatoes* (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
Raw Almonds Sliced Bell Pepper	Coconut Curry Chicken* (Use Leftovers for Friday and Sunday's Dinner)
Snack	Dinner
	Rosemary Pork Lettuce Wrap * (Use Leftovers for Tomorrow's Lunch)
Snack	Dinner
	Leftover Coconut Curry Chicken (Use Leftover for Tomorrow's Lunch)
Snack	Dinner
Nutty Jicama w/ Lime	Leftover Shrimp and Veggie Stir Fry
Snack	Dinner
	Leftover Coconut Curry Chicken

UNLIMITED VEGGIES

THE PHASE 3 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 chose either animal or vegetable protein..

VEGETABLES AND SALAD GREENS

(fresh, canned or frozen – unlimited)

Artichoke	Collard greens	Onions
Arugula	Cucumbers	Palm hearts
Asparagus	Eggplant	Pepperoncinis
Bean sprouts	Endive	Radishes
Beans: Green, yellow, French,	Fennel	Seaweed
Beet greens	Green onion	Spinach
Beets	Jicama	Spirulina
Bell peppers	Kale	Sweet potatoes
Bok choy	Kohlrabi	Tomatoes
Brussels sprouts	Leafy greens	Watercress
Cabbage, all types	Leeks	Zucchini, Squash
Carrots	Lettuce	Metabolism Noodles*
Cauliflower	Mushrooms	Metabolism Rice*
Celery	Okra	
Chicory	Olives	

FRUITS

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

Blackberries	Grapefruit	Plums
Blueberries	Lemons	Prickly pears
Cherries	Limes	Raspberries
Cranberries	Peaches	

VEGETABLE PROTEIN

portion is 1/2 cup cooked

Adzuki beans	Kidney beans	White beans
Black beans	Lentils	Fast Metabolsim
Butter beans	Lima Beans	Quick & Easy Dessert and Sweet Mix*
Cannellini Beans	Navy Beans	
Chickpeas/garbanzo beans	Pinto beans	

Grain

portion 1/2 cup cooked

Barley, black or white	Oats / Quinoa / Wild Rice	Fast Metabolism Baking Mix*
Nut flours	Sprouted grains	

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HEALTHY FATS

Avocados	Nuts, raw: almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts	Oils: coconut, grapeseed, olive, sesame, toasted sesame (Asian)
Coconut, coconut butter, coconut milk, coconut cream, coconut water	Nut/seed butters and pastes, raw	Seeds, raw: flax, hemp, pumpkin, sesame, sunflower
Hummus	Tahini	
Mayonnaise, safflower		

ANIMAL PROTEIN

portion is 4 oz. meat or 6 oz. fish (measured prior to cooking) or 1 whole egg plus 2 egg whites

Beef: filet, steaks, lean ground, roast	Eggs, whole	Sardines, packed in olive oil
Buffalo meat	Game: pheasant	Sausage, nitrate-free: chicken, turkey
Calamari	Halibut fillet	Scallops
Chicken: boneless, skinless dark or white meat, ground	Herring	Sea bass fillet
Clams	Lamb	Shrimp
Corned beef	Liver	Skate
Cornish game hens	Lobster meat	Trout
Crab, lump meat	Oysters	Tuna, fresh or packed in water or oil
Deli meats (nitrate-free): turkey, chicken, roast beef	Pork: chops, loin roast	Turkey
	Rabbit	Turkey bacon, nitrate-free
	Salmon, fresh, frozen, or nitrate-free smoked	

BROTHS, HERBS, SPICES, CONDIMENTS & SUPPLEMENTS

use as needed

Almond milk, unsweetened	Natural seasonings: Bragg	Vinegar: any type (except rice)
Brewer's yeast	Liquid Aminos, coconut amino	Seasonings: black & white peppers, celery seed, chophouse seasoning, cinnamon, chili powder, crushed red pepper flakes, cumin, curry powder, onion salt, paprika, raw cacao powder, turmeric, sea salt, Simply Organic seasoning
Broths: beef, chicken, vegetable	Non-caffeinated herbal teas or Pero	
Carob chips	Nutritional yeast	
Cashew milk	Pickles, no sugar added	
Dried herbs: all types	Salsa	
Fresh herbs: all types	Sweeteners: stevia, xylitol	
Garlic, fresh	Tamari	
Ginger, fresh	Tomato paste	
Hemp milk, unsweetened	Tomato sauce, no sugar added	
Horseradish, prepared	Vanilla or peppermint extract	
Ketchup, no sugar added		
Mustard, prepared, dry		

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

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

SAMPLE MENU
AN ACTUAL CLIENT'S INTENSIVE

	Breakfast	Snack	Lunch
MONDAY		P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
TUESDAY		P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
WEDNESDAY			P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
THURSDAY		P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
FRIDAY		P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
SATURDAY			P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:
SUNDAY		P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Fruit:

7-DAY PHASE 3 SUPER INTENSIVE

Total body makeover from the inside out.

Snack	Dinner
	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
P-3 Healthy Fat: P-3 Veggie:	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:
Snack	Dinner
	P-3 Healthy Fat: P-3 Veggie: P-3 Protein: P-3 Optional Grain:

UNLIMITED VEGGIES

PHASE 3 RECIPE – LIST

Baked Salmon with Sweet Potatoes

Serves 2

Ingredients:

- 2 sweet potato
- 12 ounces wild-caught salmon fillet
- Olive oil
- ½ cup lemon juice
- ¼ teaspoon sea salt
- Crushed red pepper flakes to taste
- ½ teaspoon onion and/or garlic powder



Preheat the oven to 400 degrees. Wash the sweet potato and place on oven rack. Bake for about 1 hour or until easily pierced with a fork. Keep oven set at 400 degrees.

Spray or lightly brush the salmon with the olive oil. Sprinkle with the lemon juice and seasonings, Bake for 15 minutes, then transfer to broiler for 5 to 7 minutes. Serve with the potato.

Shrimp and Veggie Stir Fry

Serves 4

Ingredients:

- 1 pound extra-large cooked shrimp
- 2 cups cooked quinoa fusilli, warm or wild rice
- 2 tablespoons olive oil
- ½ cup chopped red onion
- 3 teaspoons crushed garlic
- 12 to 14 asparagus stalks, trimmed and chopped
- 1 ½ to 2 cups quartered brussels sprouts
- 3 teaspoons chopped cilantro
- 1 teaspoon crushed red pepper flakes
- ½ teaspoon sea salt
- 2 heads baby bok choy, bottoms removed



Heat the olive oil in a large nonstick skillet. Stir-fry the onion for 4 minutes over medium heat. Add the garlic and saute for another minute. Add the asparagus, sprouts, cilantro, red pepper flakes and sea salt. Stir-fry until the vegetables are crisp-tender. Add the bok choy and shrimp and continue to cook on medium-high heat until the shrimp is heated through. Serve over quinoa pasta or wild rice.

7-DAY PHASE 3 SUPER INTENSIVE

Total body makeover from the inside out.

Turkey, Olive and Tomato Salad

Serves 1

Ingredients:

- 4 oz deli turkey chopped
- 2 chopped plum or roma tomatoes
- ¼ cup diced mixed olives
- ¼ cup minced red onion
- 1 tablespoon olive oil
- ½ tablespoon balsamic vinegar
- 5 leaves fresh basil chiffonade (cut into thin strips)
- Sea salt
- Pepper



In a salad bowl, combine the turkey, tomatoes, olives and onion. Toss with the olive oil and balsamic vinegar. Top the salad with the fresh basil chiffonade, seasoning with sea salt and pepper to taste.

Rosemary Pork with Sweet Potatoes

Serves 8

Ingredients:

- 2 pounds boneless pork loin
- 2 tablespoons olive oil
- ½ tablespoon sea salt
- ½ teaspoon black pepper
- ½ dried rosemary
- ½ teaspoon dried thyme
- ¼ teaspoon dried sage
- 6 garlic cloves
- 8 small or 4 large sweet potatoes



Rub the pork with the olive oil, salt, pepper, rosemary, thyme and sage. Using a knife, make slits in the roast and insert the garlic cloves.

Put the roast in a slow cooker. Halve the sweet potatoes and place them around and on top of the pork roast (not underneath, as they won't cook as well). Cook on low for 8 to 10 hours or on high for 6 to 8 hours.

Coconut Curry Chicken

Serves 4

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 teaspoon sea salt
- 2 teaspoons curry powder
- 14-ounce can coconut milk
- 1 cup canned diced tomato
- 2 tablespoons tomato paste
- 1 pound boneless, skinless organic chicken breast, cut into 1-inch cubes
- 3 packed cups baby spinach
- 2 cup cooked quinoa, warm



Heat the oil in a large skillet. Add the onion and salt, and saute over medium heat for about 7 minutes, until translucent. Add the curry powder and saute for an additional minute, until the spice fully coats the onion.

Incorporate the coconut milk, tomatoes, and tomato paste into the mixture. Stir occasionally for 5 minutes, until sauce slightly thickens. Fold in the chicken and simmer for 5 to 6 minutes, or until cooked through.

Stir the spinach into the mixture and cook for 3 minutes or until wilted. Add a pinch more salt to taste, if needed. Serve warm over the quinoa.

Avocado Turkey Lettuce Wrap

Serves 1

Ingredients:

- 2 to 4 large romaine lettuce leaves*
- 2 tablespoons hummus
- 1 tablespoon salsa of choice
- ½ cup cooked ground turkey
- 1 cup arugula
- ¼ avocado, sliced thinly
- Sea salt and pepper



Top it with the hummus and salsa, spreading evenly. Spoon on the turkey. Top it with the arugula and avocado, adding the salt and pepper to taste, Wrap and enjoy!

*If eating for dinner, you can swap the lettuce with 1 sprouted-grain tortilla, warmed in a dry skillet or microwave.

7-DAY PHASE 3 SUPER INTENSIVE

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Tuna Salad

Serves 1

Ingredients:

- 5-ounce can solid white tuna packed in water
- ¼ chopped red onion
- ¼ cup diced celery
- ¼ cup diced cucumber
- ¼ cup diced grapefruit sections
- 2 tablespoon hummus
- Pinch of sea salt
- Pinch of ground black pepper
- Red bell pepper



Drain the tuna and place in a small mixing bowl. Stir in the onion, celery, cucumber and grapefruit. Add the hummus and stir until well combined. Top with salt and pepper to taste.

Scoop the tuna salad into a red bell pepper and serve.

White Bean and Dill Hummus

Serves 5

Ingredients:

- 1 16-ounce cans chickpeas, drained, reserving ⅓ cup liquid
- 1 can organic white beans
- ½ cup tahini
- ½ cup fresh lemon juice
- 1 to 1 ½ teaspoons kosher salt
- ½ garlic clove
- 1 teaspoon dill
- Sliced cucumbers



Using a food processor or blender, blend the first seven ingredients together until smooth.

Serve each serving of hummus with 1 cup of sliced cucumbers.

ADDITIONAL PHASE 3 – RECIPES

Lentil Stew

Serves 3

Ingredients:

- 1 tablespoon olive oil
- 1 small diced onion
- 3 cloves minced garlic
- ½ cup thinly sliced carrots
- 2 cans cooked lentils, drained and rinsed, or 4 cups pre-cooked lentils
- Bragg's amino acids to taste
- ¾ cup chicken or vegetable broth
- Salt and pepper to taste



Over medium heat, warm olive oil in a 2 quart saucepan. Add the onion and sauté for 7 minutes until translucent. Add the garlic and sauté for another minute until fragrant.

Add the carrots, salt, and pepper. Cover and stir occasionally until carrots are tender. Stir in the lentils and Bragg's liquid aminos. Allow to simmer for five minutes.

Add the broth and bring to a simmer for five more minutes before serving.

Eggs and Toast with Tomatoes and Red Onion

Serves 1

Ingredients:

- 1 piece of sprouted grain toast
- 1 egg
- Olive or grapeseed oil
- ¼ to ½ cup sliced tomatoes
- ¼ cup sliced red onion
- Sea salt
- Pepper



Toast one piece of sprouted grain bread. Meanwhile, fry the egg in the grapeseed or olive oil in a frying pan. When the egg is done, place it on the toast and top with tomatoes and onion. Add sea salt and pepper to taste before serving.

7-DAY PHASE 3 SUPER INTENSIVE

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Chicken and Quinoa Risotto

Serves 6

Ingredients:

- 1½ pounds of boneless, skinless chicken breast tenders
- 4 tablespoons olive oil
- 1 small onion, thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 1 yellow bell pepper, seeded and thinly sliced
- 5 cloves garlic, thinly sliced
- Sea salt and pepper to taste
- 4 tablespoons plain hummus
- 1 cup cooked organic quinoa
- 20 leaves fresh sweet basil cut in chiffonade



Cut the chicken into one-inch pieces and set aside.

In a large nonstick skillet, heat the olive oil on high.

Add the chicken and sauté for 5 minutes, or until golden brown.

Add the onion and bell peppers. Saute for one or two more minutes. Add the garlic and sauté until the peppers become slightly limp but still brightly colored, about one or two more minutes. Season to taste with salt and pepper. Remove the pan from the heat. Stir in the hummus. Add the quinoa and basil, and toss until the basil is wilted. Serve hot.

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 (Wednesday-Thursday):

Indulge in proteins and veggies.

PHASE 3 (Friday-Saturday-Sunday):

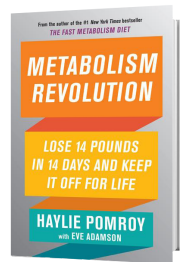
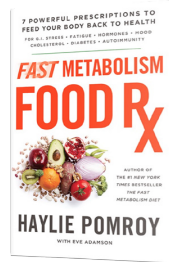
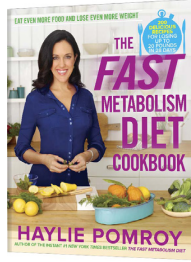
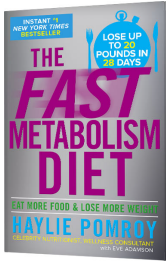
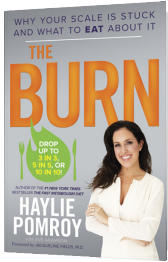
Have all of the healthy foods above, plus healthy fats and oils.

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 3 SUPER INTENSIVE

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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](https://www.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!“

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