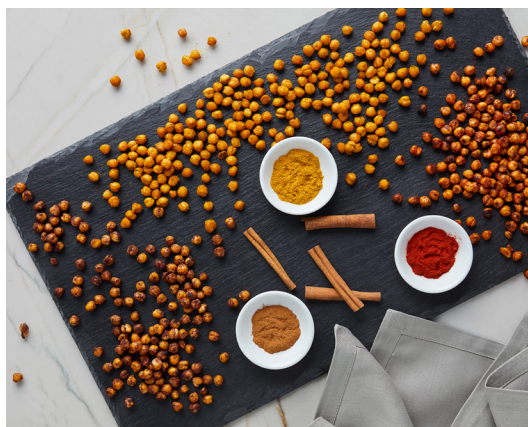


# 10-DAY & 5-DAY FAST METABOLISM CLEANSE

## *Workbook*

**POWERFUL FOOD AND SHAKE-BASED PROGRAM TO  
IGNITE YOUR METABOLISM!**



Welcome to the [Fast Metabolism Cleanse™](#). In just days, my specially formulated whole food powder and targeted nutrition program are designed to restore your natural detoxification system, returning your body to a healthy state so it can recover and function more efficiently. After completing the Cleanse my clients often have lower cholesterol, better hormone balance and healthier liver function. Many of my clients also report significant weight loss, mental clarity, increased energy and an improvement in the look of hair and skin.

Congratulations on making positive choices to improve your health. I'm with you every step of the way.

Be well,

A handwritten signature in black ink, reading "Haylie Pomroy". The signature is fluid and cursive, with a large, stylized "H" and "P".

Haylie Pomroy



# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out

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# INTRODUCTION

The Fast Metabolism Cleanse whole food powder is made with a base of MetabolismPro, a proprietary, gluten-free, vegan-approved whole food powder. Metabolism Pro is packed with targeted micronutrients, pea and rice protein, and whole foods such as organic spinach, kale, and spirulina. It is enhanced with supplements such as quercetin, rutin, turmeric, and pomegranate.

The Fast Metabolism Cleanse whole food powder is an integral part of making over your entire body – from the inside out. The Fast Metabolism Cleanse can be used as a meal replacement, a post-workout snack, or as recommended by your healthcare practitioner.

## How can it benefit me?

All day, every day, we are exposed to a variety of toxic substances in the foods we eat, the air we breathe, the water we drink and in our environment. Many of these toxins can be stored in our bodies for years or even decades. Combine toxins with stress, fatigue, extreme dieting and/or substance abuse, and it is easy to see why everyone can benefit from a detoxifying cleanse.

The Fast Metabolism Cleanse is designed to help restore your body's natural detoxification system (which may be compromised, overburdened and fatigued) and promote a healthy state in which your body can begin to recover and function efficiently. The Fast Metabolism Cleanse can promote weight loss; many of our clients lose about a pound a day. It can help stabilize high cholesterol, regulate hormones, promote mental clarity, and increase energy. The Fast Metabolism Cleanse supports healthy liver function, and many clients enjoy an improvement in the appearance of their hair and skin. We recommend cleansing every three to six months with your healthcare professional's approval.

## ABOUT THE FAST METABOLISM CLEANSE

### How will I feel on this program?

Most of the questions we have received about the Fast Metabolism Cleanse relate to the symptoms that may be experienced during the first phase of 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, too.

Symptoms that have been reported in the initial phase of the Fast Metabolism Cleanse include: disturbance in sleep patterns, “cold sweats,” changes in body temperature (either up or down), light-headedness, mood swings, headaches, joint stiffness, muscle aches and pains, inability to concentrate, marked changes in gastrointestinal function, and changes in body odor.

Constipation is counterproductive during the Fast Metabolism Cleanse. If you do experience constipation, the addition of Metabolism Colon may be helpful.

The material in this program guide is for information purposes only. It is 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.

# GETTING STARTED

## How to use the Fast Metabolism Cleanse

The Fast Metabolism Cleanse program includes a whole food powder and this program guide. The guide contains sample meal maps to help you customize your program. We recommend that you plan your meals out prior to beginning the Fast Metabolism Cleanse.

[For maximum results, strictly follow this program guide.](#)

## Mixing instructions

Using the scoop provided, mix two scoops of the Fast Metabolism Cleanse whole food powder with 8 to 12 ounces of spring water (warm or cold). You can do your mixing in a blender with ice, or by simply stirring the powder into water. You can add cinnamon, raw cacao, vanilla extract, and pure stevia or birch xylitol as sweeteners. The shake may replace a snack or meal as displayed in the sample menu.

## Using Metabolism Colon on the Cleanse

Start with one capsule at bedtime on day 1 of your Cleanse. If you are not having at least one (1-3 is ideal) soft but well-formed bowel movement each day, add an additional capsule at bedtime. You may add one or two additional capsules in the morning (a maximum of 4 per day) until your bowel movements are regular.

After the Cleanse, you may continue to take 1-2 capsules at bedtime.



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## PROGRAM TIPS

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

- Read through the entire program guide before getting started.
- Carefully review and follow the daily program outline; choose foods only from the Fast Metabolism Cleanse food list. Be prepared and do your shopping in advance.
- Allow 2-3 hours between meals and snacks. You may sip your shakes or drink them quickly. It's up to you.
- While most people feel more energized during the program, others may need to modify strenuous physical activity. Exercise 30 to 35 minutes daily if you are comfortable doing so, preferably outdoors in fresh air. Dressing so that you increase your ability to sweat is usually advised.
- Relaxation and proper rest are also vital to the success of your program, and to restoring your well-being. A massage or spa day would help rid your body of additional toxins during days 8 through 10.
- After day 7 on the 10-Day Cleanse, or after day 5 on the 5-Day Cleanse, it is best to reintroduce your permitted foods one at a time, carefully observing your ability to digest and tolerate them.
- Be sure to sign up for our weekly newsletter of healthy living tips and delicious recipes at [www.hayliepomroy.com](http://www.hayliepomroy.com).
- Be sure to drink  $\frac{1}{2}$  your body weight in ounces of spring water, in addition to your cleanse. For example, a 180 lb person would aim to drink 90 oz of water per day.

# FREQUENTLY ASKED QUESTIONS

## **Are there things I should avoid?**

Yes. Caffeine, dairy, soy, corn, wheat, sugar, artificial sweeteners, smoking, and alcohol consumption are not recommended during the program. Stick to the Fast Metabolism Cleanse 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.

## **Will I have to use the bathroom often?**

The body eliminates toxins through additional bowel movements and urine. These may go up in volume, but not typically in urgency.

## **What if I am hungry?**

Veggies on the food list are unlimited on the Cleanse. Raw vegetables are preferable, but cooked veggies are also acceptable. Allow at least 1 hour before and 1 hour after a Cleanse shake before adding additional veggies.

## **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?**

We always recommend that you consult with your healthcare provider before beginning a nutrition or exercise program.

## **What do I eat when I'm done with my cleanse?**

Gently introduce new foods to your diet, and consider long-term avoidance of the "no's" of The Fast Metabolism Diet.

## **I love the way I feel! How often can I repeat?**

Many of my clients do the Fast Metabolism Cleanse 4-6 times a year. Often, they continue to use the shake as a meal replacement or a post-workout shake to support their daily nutritional needs on Phase 3.

## **How do I use the meal map?**

If you want a quick, easy map for following the Fast Metabolism Cleanse, just eat the meals (and drink the shakes) laid out in the meal maps. If you'd like to customize your meal plan, choose recipes that include the portions laid out in the map. (In other words, if the map says to eat one serving each of grain, veggie and protein, you could eat the turkey chili which counts for all of the three mentioned.)

## **What should I do if I'm constipated?**

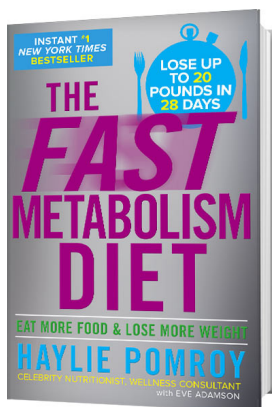
Start by making sure you're drinking enough water — at least half your body weight, in ounces, of spring water per day. If you're already drinking plenty of water, Metabolism Colon or a fiber supplement like psyllium husk is both effective and gentle on your system. Getting up and going for a walk (or any preferred type of exercise) can also help. Physical activity signals your gastrointestinal system that it's time to get things moving again.



# THE FAST METABOLISM CLEANSE™

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## THE FAST METABOLISM DIET



The Fast Metabolism Cleanse is part of Haylie’s real-food philosophy using food as medicine to improve health and lose weight.

Read the book that started the Fast Metabolism movement, and use it after your Cleanse to keep enhancing your health!

Haylie’s The Fast Metabolism Diet inked her reputation as “the metabolism guru” as she reminds us that food is not the enemy but rather the medicine and the fuel needed to rev-up our sluggish, broken-down metabolisms and turn our bodies into fat-burning machines.

FMD comes complete with 4 weeks of meal plans and over 50 recipes – including vegetarian, organic, and gluten-free options. With multiple stints on the New York Times Bestseller list, this book is the silver bullet for anyone who wants to naturally and safely eat their way to a skinnier, healthier self.

“The Fast Metabolism Diet is a strategic 28-day plan to nurture the body back to health. It uses targeted nutrients at strategic times to evoke a metabolic change in a body that’s stuck or has become sluggish at burning fat. It incorporates healthy whole foods and all of the food groups but in a way that rotates between rest and restoration and rebuild and burn cycles. It celebrates food. The recipes are delicious and decadent. It is based on the science that pleasure stimulates the metabolism and that the body needs more, not less, for true repair.”

– Lisa A. Goldstein, WomensHealth.com

You can purchase The Fast Metabolism Diet at [HayliePomroy.com](https://hayliepomroy.com/product/the-fast-metabolism-diet-book/) (<https://hayliepomroy.com/product/the-fast-metabolism-diet-book/>)

# CLEANSE AT A GLANCE – 10 DAY

Each day during your 10-Day Fast Metabolism Cleanse, you will consume a combination of shakes, snacks, and meals. This Cleanse at a glance provides a quick overview of days 1 through 10. Consume foods only from the Fast Metabolism Cleanse food list.

## Days 1 & 2

2 Shakes  
1 Meal  
2 Snacks

## Day 3

3 Shakes  
1 Meal  
1 Snack

## Day 4

4 Shakes  
1 Meal

## Days 5, 6 & 7

5 Shakes  
(Unlimited  
Vegetables)

## Day 8

4 Shakes  
1 Meal

## Day 9

3 Shakes  
1 Meal  
1 Snack

## Day 10

2 Shakes  
1 Meal  
2 Snacks

# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out

## CLEANSE AT A GLANCE – 5 DAY

Each day during your 5-Day Fast Metabolism Cleanse, you will consume a combination of shakes, snacks, and meals. This Cleanse at a glance provides a quick overview of days 1 through 5. Consume foods only from the Fast Metabolism Cleanse food list.

### Days 1

2 Shakes  
1 Meal  
2 Snacks

### Day 2

3 Shakes  
1 Meal  
1 Snack

### Day 3

4 Shakes  
1 Meal

### Day 4

5 Shakes  
(Unlimited  
Vegetables)

### Day 5

4 Shakes  
1 Meal

# SAMPLE MEAL MAP – 10 DAY

AN ACTUAL CLIENT'S CLEANSE


	Breakfast	Snack	Lunch
Day 1		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS	
Day 2		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS	
Day 3		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS	
Day 4			LEFTOVER CHILI
Days 5, 6 & 7			
Day 8			
Day 9			
Day 10		1/2 AVOCADO & 1/2 CUP SLICED BELL PEPPER	

# THE FAST METABOLISM CLEANSE™

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Snack	Dinner	At a Glance
1 APPLE & 1/2 CUP CELERY STICKS	CHILI (FREEZE LEFTOVERS FOR FUTURE USE)	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
1 APPLE & 1/2 CUP CELERY STICKS	CHICKEN & BROCCOLI BOWL	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
	TURKEY SOUP (FREEZE LEFTOVERS FOR FUTURE USE)	3 SHAKES 1 MEAL 1 SNACK

Snack	Dinner	At a Glance
		4 SHAKES 1 MEAL

Snack	Dinner	At a Glance
		5 SHAKES (UNLIMITED VEGGIES)

Snack	Dinner	At a Glance
	LEFTOVER TURKEY SOUP WITH PUMPKIN SEEDS	4 SHAKES 1 MEAL

Snack	Dinner	At a Glance
2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	BROWN RICE FUSILLI WITH OLIVES	3 SHAKES 1 MEAL 1 SNACK

Snack	Dinner	At a Glance
2 TABLESPOONS RAW ALMOND BUTTER & 1/2 CUP CELERY	SHRIMP & ASPARAGUS STIR FRY	2 SHAKES 1 MEAL 2 SNACKS


UNLIMITED VEGGIES

# YOUR MEAL MAP – 10 DAY

Use this template to fill in your meals for each day.

**F: Fruit, V: Vegetable, P: Protein, G: Grain, and HF: Healthy Fat**

AN ACTUAL CLIENT'S CLEANSE


	Breakfast	Snack	Lunch
Day 1		F: V:	
Day 2		F: V:	
Day 3		F: V:	
Day 4			G: V: P:
Days 5, 6 & 7			
Day 8			
Day 9			
Day 10		HF: V:	

# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out


Snack	Dinner	At a Glance
F: V:	G: V: P:	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
F: V:	G: V: P:	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
	G: V: P:	3 SHAKES 1 MEAL 1 SNACK

Snack	Dinner	At a Glance
		4 SHAKES 1 MEAL

Snack	Dinner	At a Glance
		5 SHAKES (UNLIMITED VEGGIES)

Snack	Dinner	At a Glance
	HF: P: V: G: (optional)	4 SHAKES 1 MEAL



Snack	Dinner	At a Glance
HF: V:	HF: P: V: G: (optional)	3 SHAKES 1 MEAL 1 SNACK


Snack	Dinner	At a Glance
HF: V:	HF: P: V: G: (optional)	2 SHAKES 1 MEAL 2 SNACKS



UNLIMITED VEGGIES




# SAMPLE MEAL MAP – 5 DAY

AN ACTUAL CLIENT'S CLEANSE

	Breakfast	Snack	Lunch
Day 1		1/2 CUP BLUEBERRIES & 1/2 CUP CARROTS	

	Breakfast	Snack	Lunch
Day 2		1 APPLE & 1/2 CUP CELERY STICKS	

	Breakfast	Snack	Lunch
Day 3			LEFTOVER CHILI

	Breakfast	Snack	Lunch
Day 4			

	Breakfast	Snack	Lunch
Day 5			


Notes:





# THE FAST METABOLISM CLEANSE™


Total body makeover from the inside out

Snack	Dinner	At a Glance
1 APPLE & 1/2 CUP CELERY STICKS	TURKEY CHILI (FREEZE LEFTOVERS FOR FUTURE USE)	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
	TURKEY SOUP (FREEZE LEFTOVERS FOR FUTURE USE)	3 SHAKES 1 MEAL 1 SNACKS

Snack	Dinner	At a Glance
		4 SHAKES 1 MEAL

Snack	Dinner	At a Glance
		5 SHAKES (UNLIMITED VEGGIES)

Snack	Dinner	At a Glance
	LEFTOVER TURKEY SOUP WITH PUMPKIN SEEDS	4 SHAKES 1 MEAL



UNLIMITED VEGGIES



# YOUR MEAL MAP – 5 DAY



Use this template to fill in your meals for each day.




**F: Fruit, V: Vegetable, P: Protein, G: Grain, and HF: Healthy Fat**

AN ACTUAL CLIENT'S CLEANSE

	Breakfast	Snack	Lunch
Day 1		F: V:	

	Breakfast	Snack	Lunch
Day 2		F: V:	

	Breakfast	Snack	Lunch
Day 3			G: V: P:

	Breakfast	Snack	Lunch
Day 4			


	Breakfast	Snack	Lunch
Day 5			

Notes:


# THE FAST METABOLISM CLEANSE™


Total body makeover from the inside out

Snack	Dinner	At a Glance
F: V:	G: V: P:	2 SHAKES 1 MEAL 2 SNACKS

Snack	Dinner	At a Glance
	G: V: P:	3 SHAKES 1 MEAL 1 SNACKS

Snack	Dinner	At a Glance
		4 SHAKES 1 MEAL

Snack	Dinner	At a Glance
		5 SHAKES (UNLIMITED VEGGIES)

Snack	Dinner	At a Glance
	HF: P: V: G: (optional)	4 SHAKES 1 MEAL

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UNLIMITED VEGGIES

# FOOD LIST

Choose foods only from this list, according to the instructions.  
You do not have to eat everything, however you might enjoy trying something new.

## VEGETABLES (fresh, canned, or frozen)

**Serving size: Unlimited**

Artichokes	Eggplant	Peppers: all types
Arugula	Endive	Radishes
Asparagus	Fennel	Rhubarb
Bean sprouts	Green chiles	Seaweed
Beans: green, yellow (wax), French (string)	Green onions	Spinach
Beets: greens, roots	Hearts of palm	Spirulina
Bok choy	Jicama	Sprouts
Broccoli	Kale	Sweet potatoes / yams
Brussels sprouts	Kohlrabi	Tomatoes, fresh and canned: round, plum, cherry
Cabbage, all types	Leeks	Watercress
Carrots	Lettuce (any except iceberg)	Winter and summer squash
Cauliflower florets	Mixed greens	Zucchini
Celery	Mushrooms	
Chicory (curly endive)	Okra	
Collard greens	Olives, any type	
Cucumbers	Onions	

## FRUITS (fresh or frozen)

**Serving size: ½ cup of fruit**

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

## GRAINS & STARCHES

**Serving size: ½ cup cooked or 1 slice**

Barley: black or white	Quinoa	Tapioca
Brown rice	Sprouted-grain: bread, bagels, english muffins, tortillas	Wild rice
Oats: steel-cut, old- fashioned		

## VEGETABLE PROTEIN

**Serving size: ½ cup cooked**

Dried (or canned) Beans: all types
Lentils

# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out

## ANIMAL PROTEIN

**Serving size: 4 ounces uncooked (meat); 6 ounces uncooked (fish)**

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

## BROTHS, HERBS, SPICES, CONDIMENTS, AND SUPPLEMENTS

**Serving size: as needed**

\*Note: All condiments should be free of additives, preservatives, and sugars.

Almond milk, unsweetened	Hemp milk, unsweetened	Salsa
Arrowroot	Horseradish	Seasonings: All Types
Brewer's yeast	Ketchup: no sugar added, no corn syrup	Sweeteners: stevia, xylitol (birch only)
Broths: chicken, vegetable*	Mustard: prepared, dry	Tamari
Carob chips	Natural seasonings: Bragg Liquid Aminos, coconut amino acids	Tomato paste, tomato sauce; no sugar added
Cashew milk	Non-caffeinated herbal teas, Pero, Dandy Blend	Vanilla or peppermint extract
Coconut water	Nutritional yeast	Vinegar: any type (except rice)
Dried herbs: all types	Pickles, no added sugar	
Fresh herbs: all types		
Garlic, fresh		
Ginger, fresh		

## HEALTHY FATS

**Serving size: 2 to 4 tablespoons**

Avocado, 1/2	Nuts, nut/seed butters and pastes, raw: almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts	Oils: coconut, grapeseed, olive, sesame (toasted sesame)
Coconut: coconut butter, coconut milk, coconut cream	Nut flours	Seeds; raw: flax, hemp, pumpkin, sesame, sunflower
Hummus		Tahini
Mayonnaise, safflower, olive, avocado		

**Beverages:** ½ your body weight in ounces of spring water, in addition to your whole food powder shakes

# CLEANSE RECIPE LIST

## TURKEY OR BUFFALO CHILI

(Serves 6)

- 1 to 1 ½ pounds lean ground turkey or buffalo meat
- ½ cup diced red onion, or more if desired
- 2 Tbls. fresh parsley or cilantro
- 1 heaping Tbls. chili powder
- 1 Tbls. minced garlic
- ½ tsp. crushed red chili flakes
- 15-ounce can white beans
- 15-ounce can kidney beans (no sugar added)



- 15-ounce can black beans
- 15-ounce can pinto beans
- 15-ounce can lentils or adzuki beans
- 4 cups chopped zucchini
- 28-oz can crushed tomatoes
- 1 heaping tsp. sea salt

Brown the turkey or buffalo meat in a skillet and drain. Turn a slow cooker to high setting. Add the meat, onion, parsley, chili powder, garlic, and red pepper flakes to the pot. Stir, cover and set aside.

Open and partially drain all 5 cans of beans; I leave a little liquid in to make my chili a little juicier. Add the beans, zucchini, and tomatoes to the cooker. Stir well. Keep the cooker set on high for 4 to 5 hours or adjust heat to low and simmer for 6 to 8 hours.

Stir and taste occasionally, adjusting seasonings as needed. Add the salt just before serving to best preserve its nutrients.

## SOOTHING TEA

- 2 tablespoons apple cider vinegar
- 9 drops liquid stevia (to taste)
- ¼ teaspoon ground ginger or 1 teaspoon grated fresh ginger
- 1 cup spring water

Combine all ingredients in a jar or glass. Cover and refrigerate for at least 2 hours or overnight. Shake or stir before serving.

If using fresh ginger, strain through a sieve. Pour over ice and serve. Also tastes great warm!

# THE FAST METABOLISM CLEANSE™

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## CHICKEN AND BROCCOLI BOWL (Serves 4)

- 1 ½ cups vegetable or chicken broth
- ½ cup chopped red onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 1 tablespoon plus ½ teaspoon chopped parsley or cilantro
- 1 teaspoon minced garlic
- 1 pound skinless, boneless chicken breast, chopped into 2-inch pieces
- 4 cups broccoli
- 1 tablespoon lime juice
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ¾ cup brown rice

Preheat the oven to 375 degrees Fahrenheit. In a large pot combine the broth, onion, carrots, celery, and 1 tablespoon of the parsley (or cilantro), and garlic. Add the rice and bring back to a boil.

Cover and simmer for 30 minutes. Remove the lid and simmer for 5 more minutes or until the rice is done. Set aside.

While the rice cooks, put the chicken and broccoli in a mixing bowl. Add the lime juice, ½ teaspoon parsley, salt, and pepper. Mix well until the chicken and broccoli are coated with the flavorings. Transfer the chicken and broccoli mixture to a baking pan, spreading it evenly across the bottom with a spatula. Bake for 30 to 35 minutes.

Remove the chicken from the oven and allow to cool. Divide chicken and broccoli into four equal portions and place each over ½ cup of the rice/veggie mixture. Serve and enjoy. (Don't hesitate to double this recipe and freeze leftover portions.)

## LIMEADE SLUSHY

- 1 lime, peeled
- ½ teaspoon lime zest
- 3 packets stevia
- 1 cup water
- 2 cups crushed ice
- 1 cup romaine lettuce



Put all of the ingredients into a blender, adding the ice last. Blend until smooth and serve. Because this delicious, refreshing, fat-burning treat has a veggie, you can have as many as you want.

# CLEANSE RECIPE LIST

## HOT AND SOUR TURKEY SOUP

(Serves 4)

- 3 ½ cups chicken broth
- 2 cups sliced fresh mushrooms
- 3 tablespoons apple cider vinegar
- 2 tablespoons tamari
- 1 teaspoon grated ginger
- ½ teaspoon black pepper
- ⅛ teaspoon powdered stevia
- 1 tablespoon arrowroot powder
- 1 tablespoon cold water
- 2 cups shredded cooked turkey breast



- 2 cups sliced cabbage
- 1 red bell pepper, sliced into strips
- 3 egg whites, lightly beaten
- 3 tablespoons thinly sliced green onions

In a large pot combine the broth, mushrooms, apple cider vinegar, tamari, ginger, black pepper and stevia, and bring to a boil.

Meanwhile, in a small bowl, stir together the arrowroot powder and cold water until there are no lumps. Slowly stir this into the boiling broth mixture. Cook and stir until the mixture is thick and bubbly, then cook and stir for 2 minutes more.

Stir in the cooked turkey, cabbage, and red bell pepper, and bring back to a boil. Pour the egg whites slowly into the soup in a steady stream, stirring two or three times to create shreds.

Remove the soup from the heat, stir in the green onions, and serve with brown rice crackers or a slice of sprouted-grain bread.

## SHRIMP AND ASPARAGUS STIR-FRY (Serves 4)

- 2 tablespoons approved oil
- 1 pound shrimp, shelled and deveined
- 1 pound asparagus, tough ends trimmed, sliced diagonally into 2-inch pieces (halve thick stalks lengthwise)
- 1 tablespoon minced garlic
- 1 tablespoon grated fresh ginger
- ¼ - ½ teaspoon crushed red pepper flakes
- 2 tablespoons tamari
- 2 teaspoons toasted sesame oil
- 2 cups cooked quinoa

Heat a large, heavy skillet over high heat. Add the oil and shrimp and stir-fry for 1 minute or until just pink. Remove the shrimp to a plate, leaving the oil in the pan. Add the asparagus and stir-fry 1 minute. Add the garlic, ginger, and red pepper flakes. Return the shrimp to the pan and stir-fry 1 minute longer. Remove everything to a bowl. Toss with tamari and toasted sesame oil. Serve over 1/2 cup quinoa.



# THE FAST METABOLISM CLEANSE™

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## CHICKEN SAUSAGE WITH BROWN RICE FUSILLI (Serves 4)

- 4 ounces brown rice fusilli
- 16 ounces chicken sausage
- 2 cups cubed zucchini
- 1 cup broccoli florets
- ¼ cup minced onion
- 1 tablespoon crushed garlic
- ¼ teaspoon sea salt
- ⅛ teaspoon black pepper
- 1 tablespoon water

Prepare pasta according to package directions, being careful not to overcook. When done, drain and rinse pasta. Set aside.

Cut the chicken sausage into 1-inch pieces.

Preheat a large non-stick skillet. Add 1 tablespoon of water and stir in the sausage, onion and garlic. Cook on medium heat until lightly browned. Incorporate the zucchini, broccoli, salt and pepper, and cook until vegetables are crisp-tender, 3 to 5 minutes. Add the pasta to the skillet, toss, and serve.

## METABOLISM FUDGESICLES (Serves 5)

- 1 ¼ cups hot water
- ¼ cup birch xylitol
- ½ cup cold water
- ¼ teaspoon vanilla
- ½ cup Fast Metabolism Quick & Easy Dessert and Snack Mix
- ⅓ cup raw cacao
- Pinch of sea salt



Stir the xylitol into the hot water until it dissolves. Add the cold water and vanilla.

In a separate bowl, whisk together the Dessert and Snack Mix, cacao, and sea salt. Whisk the wet ingredients into the dry ingredients. Pour into 3-ounce popsicle molds. Add sticks, and freeze until solid (about 5 hours).

# CLEANSE RECIPE LIST

## LOADED SWEET POTATOES WITH BLACK BEANS

(Serves 6)

- 6 medium sweet potatoes
- 1 medium yellow onion
- 2 teaspoons minced garlic
- 2 teaspoons dried oregano
- 1 teaspoon fennel seed, crushed
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon sea salt
- 3 tablespoons vegetable broth or water
- 1 14.5-ounce can fire-roasted tomatoes
- 2 15-ounce cans black beans, drained and rinsed

Preheat the oven to 450 degrees F. Scrub the potatoes, wrap each one in foil, and bake them for 1 hour. (Or you can microwave the sweet potatoes on high for 8 minutes, flipping the potatoes halfway through the cooking time.)

In a medium saucepan over medium-high heat, saute the onion, garlic oregano, fennel seed, cinnamon, cumin, nutmeg, pepper, and salt in vegetable broth until the onion softens, about 5 minutes.

Stir in the tomatoes with their juice and the beans, turn the heat to medium-low, cover, and cook until the tomatoes and beans have broken down slightly about 15 minutes.

Uncover the pot and turn off the heat (the bean mixture will thicken as it cools slightly).

Cut a lengthwise slit on one side of each sweet potato. Scoop out flesh into a bowl and mash well.

Refill each skin with the mashed sweet potato. Top with 2/3 cup of the bean mixture and a sprinkling of snipped chives or green onion.

# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out

## TUNA NOODLE CASSEROLE (Serves 4)

- 6 ounces brown rice pasta
- 1 cup chopped yellow onion
- 1 cup diced celery
- 1 cup diced carrot
- 1 1/2 cups chopped or sliced white mushrooms
- 1/2 to 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram
- 3 tablespoons arrowroot powder, brown rice flour or tapioca starch
- 2 cups organic, sugar-free chicken broth
- 1 1/4 cups unsweetened rice milk
- 3 (5-ounce) cans white tuna in water
- 1 slice sprouted grain bread

Preheat oven to 425 degrees F. Cook brown rice pasta according to package directions. Drain, rinse and place into a 2-quart casserole. Meanwhile, saute onions, celery, and carrots in a couple of tablespoons water in a saucepan over medium heat until onions are translucent and carrots and celery are soft, about 8-10 minutes. Add mushrooms during last 2-3 minutes and cook until soft.

Add salt, pepper, thyme, and marjoram to vegetable mixture. Add the arrowroot, brown rice flour, or tapioca starch to the vegetable mixture and stir to coat vegetables for about 1 minute.

Add chicken broth and rice milk. Bring the mixture to a boil, then reduce the heat and cook 5-6 minutes until the mixture thickens. Add the tuna to the vegetable mixture. Then add the tuna/vegetable mixture to brown rice pasta and stir. Toast sprouted grain bread until dry and crunchy. Then place bread in food processor to make crumbs. Add breadcrumbs to the top of the casserole. Cook the casserole in preheated oven for about 15 minutes or until breadcrumbs are slightly brown.

Let cool for 5-10 minutes and enjoy!



# CLEANSE RECIPE LIST

## TURKEY BUTTERNUT CHILI

(Serves 4)

- 1 tablespoon chili powder
- 1 tablespoon cumin
- 2 teaspoons dried oregano
- 1 teaspoon pumpkin pie spice
- 2 teaspoons sea salt
- 3 tablespoons olive oil or vegetable broth
- 1 cup finely chopped white onion
- 1 cup seeded and chopped red bell pepper
- 3 tablespoons tomato paste
- 3 cloves garlic, minced
- 1/4 teaspoon cayenne pepper
- 2 pounds lean ground turkey
- 3 cups beef broth
- 1 1/2-pound butternut squash, peeled,

In a small bowl, combine the chili powder, cumin, oregano, pumpkin pie spice, salt, and a few grinds of black pepper.

In a large pot over medium heat, add the olive oil (or a couple of tablespoons of broth for first half of Cleanse), onions, bell peppers, tomato paste, garlic cayenne, and half of the seasoning. Stir and cook until everything turns a dark reddish-brown, about 10 minutes. Add the ground turkey and sprinkle over the remaining seasoning.

Stir and cook until the turkey is browned, and then add the 3 cups of broth and the squash. Raise the heat until it comes to a boil and then lower to a simmer. Cover and cook until the squash is tender, about 30 minutes.



# THE FAST METABOLISM CLEANSE™

## Total body makeover from the inside out

### CHILI VERDE (Serves 8)

- 2 pounds boneless pork loin roast, lean, all fat trimmed off
- Sea salt and pepper to taste
- 1/2 cup low-sodium chicken broth
- 3/4 cup diced onion
- 2 cans (4.25-ounces each) diced green chiles, sliced into thick rounds
- 10-ounce can diced tomatoes and green chilies
- 2 tablespoons seeded, chopped jalapeno, or more to taste
- 1 tablespoon arrowroot
- 1 tablespoon cumin
- 1/2 teaspoon garlic powder
- Fresh cilantro

Cut the pork into 1 1/2-inch cubes. Season with salt and pepper.

Heat a large nonstick skillet over high heat; when hot, brown the pork over medium heat on all sides. Add the browned pork to the crockpot. Pour the broth into the skillet and scrape up all browned bits. Add the broth mixture to the crockpot, and stir in the remaining ingredients.

Cook on low for 6 hours or high for 3 hours (if using a Dutch oven, cook on low heat for 3/4 hours). When done, adjust salt and pepper to taste if needed. Serve topped with fresh cilantro.

### SLOW COOKER GREEK-STYLE CHICKEN (Serves 8)

- 1 tablespoon olive oil
- 8 boneless, skinless chicken thighs
- 1/2 cup chicken broth
- 3 cloves garlic, minced
- 1 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1 Meyer (or regular) lemon
- 1/3 cup pitted kalamata olives
- Wild rice, for serving

In a large skillet over medium-high heat, brown the chicken thighs in olive oil. Transfer the chicken to a slow cooker.

Add the chicken broth to the hot skillet and scrape up the browned bits from the bottom of the pan. Add the broth mixture to the slow cooker, along with the garlic, oregano, salt, and pepper.

Cut enough thin slices from the Meyer lemon to cover the chicken, and lay them on top. Squeeze the remaining lemon juice into the slow cooker. Scatter the kalamata olives on top. Cover and cook on low for 4 hours. Serve with wild rice to soak up the lemony broth.

# CLEANSE RECIPE LIST

## ONE -PAN MEXICAN QUINOA

(Serves 4)

- 1 tablespoon, plus 1 cup vegetable broth, divided
- 2 cloves garlic, minced
- 1 cup quinoa
- 2 cups canned black beans, drained and rinsed
- 14.5-ounce can fire-roasted diced tomatoes with juice
- 1 cup diced bell pepper
- 1 teaspoon chili powder



- 1/2 teaspoon cumin
- Sea salt and freshly ground black pepper, to taste
- Juice of 1 lime
- 2 tablespoons fresh cilantro leaves

In a large skillet over medium-high heat, add 1 tablespoon vegetable broth, the garlic and jalapeno, and cook, stirring frequently until fragrant, about 1 minute.

Stir in the quinoa, 1 cup vegetable broth, beans, tomatoes, bell pepper, chili powder and cumin; season with salt and pepper, to taste.

Bring to a boil; cover, reduce the heat and simmer until the quinoa is cooked through—about 20 minutes. Stir in the lime juice and cilantro. Serve immediately.

## CHICKEN BURGERS (Serves 4)

- 1 pound ground chicken
- 2 tablespoons minced roasted red peppers (jarred, water-packed are fine)
- 1 tablespoon chopped, fresh dill
- 1 tablespoon chopped, fresh chives
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 teaspoon dried italian herbs
- 1/2 teaspoon paprika or chili powder
- 1/8 teaspoon sea salt
- 4 sprouted grain bun halves
- Lettuce or baby greens
- Tomato

Combine all the ingredients (except the buns, lettuce, and tomato) in a large bowl and mix well.

Heat a nonstick skillet over medium heat. Shape the meat mixture into 4 patties and cook about 5 minutes on each side, or until cooked through.

Serve each patty on a bun half with lettuce (or baby greens) and tomato.

### “I’ve Finished the Cleanse! What’s Next?”

Congratulations! You’re likely feeling terrific after your Cleanse, so here are some great options to keep your metabolism humming.

#### **1. Plan another Cleanse.**

My clients often like to do a Cleanse once every three to six months to maintain the benefits and keep feeling great.

#### **2. Start a 28-day Fast Metabolism Diet.**

I love to jump-start my clients’ weight loss and toxin release with the Cleanse, prepping the body for my 28-day Fast Metabolism Diet, which uses three alternating phases of real food to prompt the body to burn fat like crazy.

#### **3. Get past your weight-loss blockers.**

If you want to lose more weight, yet struggle with a specific condition, try one of the targeted diet plans in my book *The Burn* for:

- Inflammation
- Digestive issues
- Hormone imbalance

#### **4. Focus on feeling better.**

If you struggle with a specific health condition, use the targeted eating plans in my book, *Fast Metabolism Food Rx*, to restore, repair and revitalize issues with:

- Gastrointestinal distress
- Fatigue
- Menopause and perimenopause
- Mood and cognition
- Cholesterol
- Diabetes and prediabetes
- Autoimmunity

Haylie’s books, *The Fast Metabolism Diet*, *The Burn*, and *The Fast Metabolism Food Rx* are Available at Amazon.com, bookstores everywhere, and at HayliePomroy.com

## Become a Member

To keep your metabolism and motivation running at an all-time high, become a Haylie Pomroy Member and receive:

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# THE FAST METABOLISM CLEANSE™

Total body makeover from the inside out

## FAST METABOLISM DIET QUICK START KIT



Along with healthy, nutrient-rich foods, the Fast Metabolism Diet Quick Start Kit contains everything you need to maximize your success on the path to a BETTER YOU with the Fast Metabolism Diet. This bundle includes a 14-Day Kick Start Program to ignite your metabolism as described in The Fast Metabolism Diet book by Haylie Pomroy.

## FAST METABOLISM DIET BAKING & DESSERT KIT

“If You Bake It, Your Metabolism Can Take it.”

Make baked items and desserts for every phase of The Fast Metabolism Diet. Make muffins, cookies, brownies and more with the Fast Metabolism Baking Mix for Phases 1 and 3. Make puddings, frozen treats, pancakes, and angel cake for all phases (including Phase 2!) with the Dessert and Snack Mix.



## FAT BLASTER BUNDLE



Did you know that fat cells never go away but they can shrink? Cells store energy in the form of fat. The more energy stored, the larger the cell hence weight gain. With the Fat Blaster Bundle, you can access the fat in the cell, eliminate fat from the cells, bind the toxins for elimination, and shrink the cell which helps you lose fat!

For more information, visit [HayliePomroy.com](http://HayliePomroy.com)

## BYE-BYE BELLY FAT BUNDLE



You CAN use specific nutrition to target belly fat, conquer bloating, and restore balanced hormones in the body. With the Bye-Bye Belly Fat Bundle, you can target the underlying causes of hormonal weight-gain, particularly around the mid-section; then aim to restore homeostasis and repair the damage caused by out-of-balance hormones.

## METABOLISM MULTI

The Metabolism Multi is high-quality, hypoallergenic, multivitamin/mineral blend that includes activated vitamins; folate as a blend of Quatrefolic<sup>®†</sup> (5-MTHF) and folic acid for optimal utilization; and patented Albion<sup>®</sup> TRAACS<sup>®</sup> 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 I detoxification.



## FAST METABOLISM DIET PHASE 2 SHAKE



Unlock Stored Fat! The Phase 2 FMD Shake is an all-natural vegan hypoallergenic proprietary blend of pea isolate and L-Carnitine that is free of corn protein, wheat, gluten, yeast, dairy, and soy. Ideal for an on-the-go snack or breakfast. Designed to help REPAIR a sluggish metabolism, MAXIMIZE your workouts and ENRICH your body.

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