

THE FAST METABOLISM CLEANSE

WHOLE FOOD POWDER AND TARGETED NUTRITION PROGRAM FOR A TOTAL BODY DETOX FROM THE INSIDE OUT



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.
- 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.)

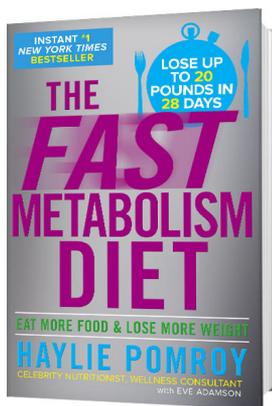
What should I do if I'm constipated?

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.

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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/>)

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

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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	

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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:	

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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:

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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:

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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

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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

CHICKEN AND BROCCOLI BOWL (Serves 4)

- 4 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
- 1 ½ 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 1 cup of water and bring to a boil. Add the rice and bring back to a boil.

Cover and simmer for 30 minutes. Remove the lid and simmer for 5 more minutes. 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 1/2 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.

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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 quinoa.

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.

CLEANSE RECIPE LIST

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.

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!

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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.



“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

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