



The Haylie Pomroy Vacation Package



Make the most of your time away by maximizing the benefits of your well-deserved R&R ... and stay healthy and balanced in the process!

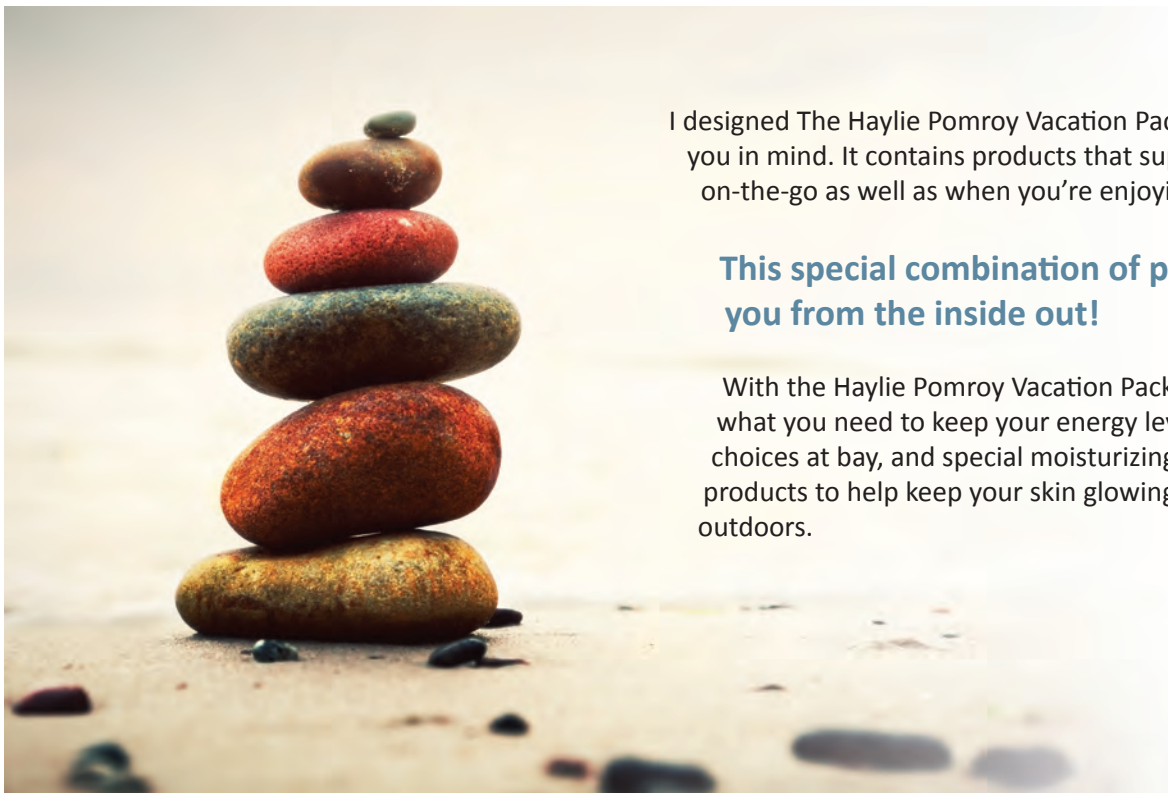
When It's Time to Escape!

It's finally time for that much-needed vacation! And you can't wait to check out, de-stress, turn your phone off, and enjoy a little R&R.

Whether you're heading out-of-town for a week long get-away or hopping in the car for a quick jaunt to the beach ... I have a "get away" package to help energize, revitalize, and inspire you to have the time of your life!

In addition to your shades, sunblock and wide-brimmed floppy hat, I've assembled a few must-haves to add to your getaway bag. These travel essentials will help you enjoy the powerful benefits of nutritional and metabolic support. Plus, they offer some extra TLC for your skin. Trust me, you have never felt rest and relaxation quite like this!

Don't miss out on this special package. Jump in and find out what it really means to escape, kick-back, and take a mind and body break!



I designed The Haylie Pomroy Vacation Package with the "whole" you in mind. It contains products that support you when you're on-the-go as well as when you're enjoying crucial down time.

This special combination of products nurtures you from the inside out!

With the Haylie Pomroy Vacation Package, you have precisely what you need to keep your energy level high, poor food choices at bay, and special moisturizing and exfoliating products to help keep your skin glowing after long hours outdoors.

METABOLISM ENERGY - *Feel Alive*

When your days are long and your energy level is low, this great tasting, caffeine-free beverage will revitalize you instantly!

High in vitamin C and the natural antihistamine quercetin, Metabolism Energy will provide you with a phyto- and micronutrient-rich boost. It nourishes your adrenals and optimizes the flow of blood and oxygen to your brain for a healthier “get away” mindset.

It also offers therapeutic levels of L-arginine and L-citrulline, two key components your body needs to make nitric oxide, a naturally-occurring compound that supports your circulatory, immune, and nervous system functions. With Metabolism Energy you’ll feel alive, energized, and primed for your vacation!



METABOLISM CONTROL - *Take Back Control*

Those boardwalk sweets, barbecue meats, and tempting fatty treats won’t have any power over you when you take back control of your metabolism!

Metabolism Control contains essential micronutrients including 5-HTP (5-hydroxytryptophan), chromium, and L-tyrosine that promote feelings of satiation, contentment, increased energy and overall well-being. These vital amino acids work together to support the neurotransmitters that control your appetite, stimulating your “feel full” hormones for better hormone balance and healthier metabolic function.

You’ll have the extra boost you need to feel “in control,” particularly around all of those enticing vacation goodies.

ORGANIC COCONUT OIL – *The Versatile Oil*

This healthy oil is a getaway must! It’s an antioxidant-rich, lightweight moisturizer that counteracts the harmful, drying effects of warm weather, sun, and pool chemicals.

Our organic coconut oil keeps your skin and hair naturally nourished and conditioned. It’s also a great cooking oil for vacationers and can be used as a butter substitute for sautéing, stir-frying, or on the grill.

With key digestive, cholesterol, and heart health benefits, coconut oil is a powerful wellness tool. With its added stress-busting and relaxation qualities, it should be packed right next to your toothbrush!



DRY SKIN BRUSHING - *The Vacay Buff and Glow*

Travel can expose your body to all kinds of environmental toxins, excessive sun, changes in temperature, and dehydration. Take a spa secret with you wherever you go!

Dry skin brushing is an easy and inexpensive way to exfoliate, stimulate the lymphatic system, boost circulation, and relieve stress. Best of all, it leaves your skin with a healthy holiday glow.

Simply stroke the natural-bristle Tampico Dry Skin Brush over your body to remove dead skin cells and to cleanse, tighten, revitalize and detoxify the complex system of glands, cells, connective tissue, hair follicles, and nerves that comprise your body’s largest organ ... your skin.

FUN, DELICIOUS and NUTRITIOUS VACATION RECIPES

Cucumber Lemonade Popsicles

Serves 6

Prep time: 15 minutes

Freeze time: 4 to 5 hours

2 cups cold water
1/4 cup fresh lemon juice
Stevia or xylitol to taste (we used 1 tablespoon plus
3/4 teaspoon of stevia)
1 cup julienned seedless cucumber

Combine the cold water and lemon juice. Sweeten the lemon water to taste. Divide the mixture among six 1/2-cup popsicle molds (each mold will be two-thirds full). Freeze uncovered for about 1 hour.



Take the pops out of the freezer. Scrape away any ice crystals that may have formed. Add a spoonful of the julienned cucumber to the pop molds. Be sure to leave a tiny bit of room at the top of each mold so it doesn't overflow when you add the stick. With a popsicle stick or butter knife, press the cucumber into the mixture so it is evenly distributed. Add popsicle sticks and freeze the pops for another 3 to 4 hours, until they're solid.

You can have these anytime during Phases 1, 2 or 3 of the Fast Metabolism Diet.

Mango and Cayenne Ices

Serves 4

Prep time: 15 minutes

Freeze time: 6 hours

These luscious popsicles are a take on traditional paletas (Latin American ice pops). This version combines super-sweet mangoes with a little kick of hot pepper.

4 medium, ripe mangoes (about 3 1/2 pounds)
1/4 cup freshly squeezed lime juice (from about 2 medium limes)
1 1/2 teaspoon stevia, to taste
3 pinches cayenne pepper, to taste
1/8 teaspoon sea salt

Peel and dice one mango into medium chunks. Set aside. Peel and cut the remaining mangoes into large chunks and place in a blender.



Add the lime juice, stevia, cayenne and salt to the blender and process until the mixture is smooth. Taste and blend in additional cayenne one pinch at a time, and additional stevia 1/8 teaspoon at a time, to taste.

Transfer the mixture to a medium bowl and stir in the diced mango. Divide the mixture into four 1/2-cup popsicle molds and freeze until solid, at least 6 hours.

Grilled Chermoula Lamb Chops

Moroccan-inspired chermoula spices taste incredible with grilled lamb.

Serves 6

Prep time: 20 minutes + marinating time (overnight)

Cook time: 6 minutes

- 1 1/2-inch piece of cinnamon stick
- 1/2 tablespoon coriander seeds
- 1/2 tablespoon cumin seeds
- 2 whole cloves
- 1 teaspoon mild paprika
- 1/4 teaspoon cayenne
- 3 tablespoons olive oil
- 1 tablespoon finely chopped garlic
- 6 lamb chops, frenched to the eye (ask your butcher)
- 3 tablespoons chopped fresh cilantro

Toast the cinnamon stick, coriander, cumin, and cloves in a dry skillet over low heat, stirring constantly, until golden and fragrant -- about 4 minutes. Finely grind the toasted spices in an electric coffee/spice grinder. Stir together with the paprika and cayenne.

Stir together the oil and garlic in a large bowl. Add the lamb chops, tossing to coat. Season with salt and toss with 1 tablespoon of the spice mixture and the cilantro. Transfer everything to a gallon-sized zip-top bag. Squeeze out the air and marinate, chilled, for at least 2 hours – preferably overnight.

Preheat the grill to medium-high heat. Season the lamb with salt and grill on an oiled rack about 4 minutes on one side, then 2 minutes on the other for medium-rare. Or broil the lamb under a preheated broiler, 2 to 3 inches from the heat. Serve the lamb warm or at room temperature.



Watermelon and Heirloom Tomato Salad

Watermelon and tomatoes taste so good together, even with nothing but a sprinkle of sea salt. Quality makes a difference, so go for the juiciest, most flavorful fruit and veggies you can get your hands on.

Serves 2

Prep time: 10 minutes

- 2 cups watermelon chunks
- 1 pound organic heirloom tomatoes (various colors and sizes), cut into chunks
- 8 mint and/or basil leaves
- 1 tablespoon red onion, sliced paper-thin
- 1 tablespoon white balsamic vinegar
- Coarse sea salt and freshly ground black pepper to taste



Arrange the pieces of watermelon and tomato on a serving platter. Sprinkle with mint/basil leaves and red onion. Drizzle with vinegar. Finish with salt and pepper.

Mix-and-Match Kebabs

Prep time: 15 minutes + marinating time (2 hours)

Cook time: 5 to 10 minutes

Kebabs are easy to make without adding extra fat. And with the right marinade, they taste terrific. Leftovers can be used in wraps or to top a salad. Here's how to assemble killer kebabs for every phase on the FMD. No grill? Make these on an indoor grill or in a grill pan.

1. Pick your protein

Lots of meats work well for kebabs, but chicken breast and steak are the most popular. Plan on 4 ounces of meat or 6 ounces of seafood per person; cut the meat into 1-inch cubes.

2. Make your marinade

- 1/4 cup water
- 1 cup balsamic vinegar
- 3 tablespoons Dijon mustard (choose a brand with no sugar)
- 1/4 cup lemon juice or lime juice
- 2 teaspoons minced garlic
- 1 teaspoon fresh or dried parsley or cilantro
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon sea salt
- 1 packet stevia or xylitol

Whisk all ingredients by hand or with a blender.

3. Choose your veggies and fruits

All of these veggies and fruits work well on skewers: carrots, whole cherry tomatoes, zucchini or summer squash, pineapple, orange wedges, red delicious apple, whole jalapeños, peeled whole shallots, asparagus (thick stalks), lime or lemon wedges, artichoke hearts, cauliflower florets, chunks of fennel, tomatoes, zucchini, grapefruit wedges, peach quarters, red or white onion, red or green bell peppers, and whole button or cremini mushrooms. Cut all into 1-inch chunks if needed.

4. Put it all together

Assemble your skewers (soak wood skewers in water for 20 minutes first). Alternate marinated meat, veggies and fruit (if using) on the skewer. Place skewers in a large, shallow dish. Pour marinade on top. Cover and refrigerate for 2 hours.

5. Grill, baby, grill!

For grilling, you only need to worry about the meat. For beef, lamb and chicken, grill about 8 to 10 minutes; for seafood and tempeh, about 5 minutes. Baste once or twice with the remaining marinade, and turn the skewers halfway through cooking. That's it!

Combo suggestions:

- Chicken breast, pineapple, red peppers, onions
- Beef, orange wedges, onion, zucchini
- Beef, lemon wedges, asparagus, shallots
- Lamb, red pepper, lemon wedges
- Tempeh, mushrooms, lime wedges, onion, green pepper
- Shrimp, tomato, zucchini, grapefruit wedges
- Scallops, lemon wedges, fennel wedges, cherry tomatoes



Stuffed Zucchini with Red Pepper and Basil

You can easily double this recipe. These will keep well for a few days in the refrigerator -- just reheat in the microwave. For vegans simply substitute plain soy tempeh for the ground beef, and veggie broth for the chicken broth.

Serves 2

Prep time: 20 minutes

Bake time: 30 minutes

2 medium zucchini (each about 8-inches long)
1/2 yellow onion, chopped
1/2 red bell pepper, chopped
1/4 cup plus 2 tablespoons chicken broth
8 ounces lean ground beef or tempeh
1 1/2 teaspoons chopped garlic
1 teaspoon Simply Organic seasoning (or another all-purpose seasoning)

3/4 teaspoon sea salt
1/2 teaspoon ground fennel seed
2 cups cooked brown rice
1/2 cup finely chopped fresh basil

Preheat the oven to 375 degrees. Trim the stem and flower ends from the zucchini. Cut the zucchini in half lengthwise then scoop out the seeds and part of the flesh, leaving 1/2-inch of flesh attached to the skin (you can reserve the scooped-out zucchini to put in a soup, or sauté it with some scrambled eggs). Microwave the zucchini shells on high for 3 to 4 minutes.

Heat a heavy skillet over medium-high heat. Sauté the onions and peppers with 2 tablespoons of chicken broth until they just begin to soften, about 3 minutes. Remove the onions and peppers to a bowl.

Add the ground beef to the hot pan, reduce the heat to medium, and cook until the meat starts to brown. Add the garlic, seasoning, salt, and ground fennel and continue to cook until the meat is browned, breaking it into small pieces. Add the remaining 1/4 cup chicken broth and scrape up any browned bits from the bottom of the pan. Remove the pan from the heat. Stir in the cooked peppers and onions, cooked brown rice, and basil.

Place the zucchini in a baking pan (cut a thin slice off the bottom of each zucchini so it'll lie flat). Divide the filling between the zucchinis, packing it tightly and mounding it up. Bake uncovered for 30 minutes, until the zucchini is tender-crisp and the filling is slightly browned.



Quick Shrimp and Asparagus Stir-Fry

Serves 4

Prep time: 20 minutes

Cook time: 3 minutes

2 tablespoons grapeseed oil
1 pound shrimp, shelled and deveined
1 pound asparagus, tough ends trimmed, sliced diagonally into 2-inch pieces (halve any thick stalks lengthwise)
1 tablespoon minced garlic
1 tablespoon grated fresh ginger
1/4 to 1/2 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 grapeseed 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 for 1 minute. Add the garlic, ginger, and red pepper flakes. Return the shrimp to the pan and stir-fry for 1 minute longer. Remove everything to a bowl. Toss with tamari and toasted sesame oil, and serve over quinoa.

QUICK and EASY TRAVEL EATING TIPS

Whether you're chasing adventure or blissing out on the beach, nothing keeps you going like delicious, metabolism-boosting food. Even if you're not cooking for yourself, these tips will help you give your body more of what it needs to enjoy every moment of your getaway!



Keep a “Crash Stash” handy. Having a healthy snack handy will help you power through anything -- even hotel-room mixups and flight delays! Some FMD-friendly foods that travel well are:

- Fresh oranges, tangerines, apples, pears, kiwis and cherry tomatoes.
- Easy-eat veggies like carrot and celery sticks, bell pepper or jicama slices, and snap peas. Add hummus or nut butter for a satisfying dip!
- Nitrite-free jerky -- yum!
- Raw almonds, cashews, pecans, pistachios, sunflower seeds or pumpkin seeds.

Continental breakfast? Look for eggs, fresh fruit and unsweetened oatmeal. (Carry your own packets of stevia or birch xylitol to sweeten it up!)

Eating out? Stick to your guns! Look for simple dishes like grilled meats and fresh or steamed veggies (hold the butter) as a side, so you know exactly what you're getting and what it's been cooked in. Whole grains like brown rice and quinoa make great side dishes too!

Beware the salad... dressing, that is! Salads are great for you, but there may be added sugar in the dressing, ready and waiting to bog your metabolism



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