The Two-Day Plan to Rejuvenate, Restore, and Revitalize

The Weekend Warrior

Burn

Haylie Pomroy
Welcome to the W-Burn! This two-day program is the perfect introduction to my book, *The Burn*, and is available exclusively to you. The W-Burn is for REJUVENATION, REVITALIZATION, and RESTORATION, and is the perfect way to start (or end) your week.

Struggling with stress and food cravings? Stuck in a rut, eating too many sugary, processed foods? In just two days, you can knock out those crazy highs and lows—the post-sugar high and the 3:00 p.m. slump later. You’ll see belly bloat and puffiness subside. Your skin and hair will regain moisture and shine. Yes—you can do all that in just two days of strategic eating.

Each of the three plans in *The Burn* is an intense and specific intervention into a blockage in your progress and health. Each Burn plan is laser-focused on your weight-loss plateaus and chronic health woes. In my world, food is medicine; my kitchen is my pharmacy, and my shopping list is my prescription pad.

So consider this your “sneak peek” into *The Burn*, which consists of 3 additional programs. Give me a weekend—just two days—and follow this easy plan to help flush toxins and get yourself on the path to better health.

Be my Weekend Warrior and let me give you a “taste” of *The Burn*.

**HERE’S WHAT WE’RE GOING TO DO**

For two days, you’ll drink the Weekend Warrior tea, enjoy a creamy breakfast smoothie, nosh on your choice of four fruits, and indulge in a hearty vegetable soup. The soup is unlimited—eat as much as you like. Plus you can enjoy additional “free foods” at any time.

To intensify your experience, add a daily Success Booster to your plan.
YOUR WEEKEND WARRIOR BURN MAP

Always drink ½ of your body weight, in ounces, in spring water per day in addition to the Warrior tea.

<table>
<thead>
<tr>
<th></th>
<th>DAY 1</th>
<th>DAY 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>Tea Smoothie</td>
<td>Tea Smoothie</td>
</tr>
<tr>
<td>SNACK</td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>LUNCH</td>
<td>Tea Soup Fruit</td>
<td>Tea Soup Fruit</td>
</tr>
<tr>
<td>SNACK</td>
<td>Fruit</td>
<td>Fruit</td>
</tr>
<tr>
<td>DINNER</td>
<td>Tea Soup Fruit Optional protein*</td>
<td>Tea Soup Fruit Optional protein*</td>
</tr>
</tbody>
</table>

*If you exercise at a high intensity on this day, you may add an optional 3 ounces wild-caught white fish, turkey, or buffalo; or ¼ cup cooked lentils.

WEEND WARRIOR FREE FOODS

Enjoy these as often as you like, and as much as you like:

- Weekend Warrior Soup
- Celery
- Cucumbers
- Jicama
- Lemons
- Limes
WARrior TEa
Serves 1

This Warrior Tea aids digestion, purifies the blood, and helps detox the liver. You’ll consume this tea at breakfast, lunch, and dinner.

1 bag organic peppermint tea
1 bag organic ginger tea
1 bag organic burdock tea

Steep all three tea bags in 10 to 12 ounces hot spring water for about 5 minutes. This tea is meant to be medicinal, but if you find the tea too strong, you may dilute with additional spring water, or you may serve over ice.

THE WARRIOR SMOOTHIE
Serves 1

Each morning, you’ll utilize the Warrior Smoothie’s protein and fiber to stack your day with micronutrients targeted to enhance your body’s rate of metabolic burn. Apple cider vinegar and lemon juice help alkalize the body and balance your pH.

1-2 cups kale, spinach, or arugula
¼ cup raw almonds
2 tablespoons lemon juice
1 tablespoon coconut vinegar or apple-cider vinegar
¼ avocado
1 pitted, unsulfured Medjool date, or 1 dried fig

6 ounces coconut milk, rice milk or almond milk
½ cup water
4 to 5 ice cubes
2 teaspoons cacao powder or cinnamon (optional)

In a blender, pulse the almonds until they just form a fine powder. Add the remaining ingredients and blend until smooth. Thin with additional water or non-dairy milk if desired.

WARrior Power Fruits
Choose one for each snack, lunch, and dinner:

Watermelon (1 cup, cubes)
Asian pear (1 medium)
Blueberries (1 cup)
Pink grapefruit (½ large)
THE WARRIOR SOUP
Makes 10 cups
PREP TIME: 25 MINUTES
TOTAL TIME: 40 MINUTES

Load up on this amazing soup, designed for its alkalizing and detoxification effects in the body. The fiber in cabbage binds with bile in your lower GI tract, easing digestion. Carrots and sweet potatoes add vitamin C and beta-carotene—powerful antioxidants that boost immunity and help neutralize free radicals. Garlic, parsley, and lemon juice fight acidity and prime the body to release toxins. One portion is 2 cups per meal, minimum. Soup is unlimited, so eat as much as you like.

¼ cup olive oil
2 cups chopped leeks, white and light green parts only (from about 2 medium leeks)
1 cup diced celery
2 tablespoons minced garlic
Sea salt
2 cups peeled, sliced carrots
2 cups peeled, diced sweet potatoes
2 cups fresh green beans, cut into bite-size pieces

2 quarts organic, sugar-free vegetable stock
4 cups thinly sliced cabbage
½ teaspoon freshly ground black pepper
¼ cup chopped fresh parsley leaves, packed
2 teaspoons freshly squeezed lemon juice

Heat the olive oil in large, heavy pot over medium-low heat. Add the leeks, celery, garlic, and a pinch of salt and cook 7 minutes, stirring occasionally. Add the carrots, sweet potatoes, and green beans and cook another 4 minutes, stirring occasionally.

Add the stock. Raise the heat to high, and bring the soup almost to a boil. Add the cabbage and black pepper. Reduce the heat to low, cover, and simmer 15 minutes or until the vegetables are tender. Remove from the heat; stir in the parsley and lemon juice. Season to taste with sea salt, and serve.
WARRIOR SUCCESS BOOSTERS

Want to enhance your experience, my Weekend Warrior? Add one of these Success Boosters every day.

EPSOM SALT AND BAKING SODA SCRUB
In a small bowl, combine ½ cup Epsom salts with ½ cup aluminum-free baking soda. Add water and stir until a paste forms. In a hot bath or shower, use the paste as a scrub, especially in your lymphatic areas:
- Under arms
- Around neck
- Groin and inner thigh area

DRY SKIN BRUSHING
Before a bath or shower, using a dry skin brush (about $10 in a bath shop), lightly brush your body.
- Starting at your ankles, use short strokes, gently brushing in an upward motion, toward your heart.
- Move up the legs to your calves, thighs, and stomach, continuing to brush toward your heart.
- Brush your back and chest with upward strokes.
- Brush your arms, starting with wrists, brushing toward the heart.
- Enjoy a hot shower to wash away dead skin cells and further soothe the lymphatic system.

SWEATING
Try any relaxing activity that evokes sweating. Examples include:
- Hot yoga
- Dry sauna
- Hot bath
- Hot body wrap

Use the two-day program anytime you feel you’ve overindulged, or your body is in need of extra TLC. Remember, food provides the best form of healing medicine!
IGNITE THE BURN
WITH THIS POWERFUL APP

Are you stuck? Hit a plateau? In need of a fast, effective intervention? The Burn App makes igniting your metabolism even easier.

No matter which plan you choose, The Burn App makes meal planning and tracking a snap!

The companion app includes strategic tools to help you stay on track and chart your success, including:

- A self-discovery quiz to help you select the Burn that’s right for you
- Advanced meal-planning tools and recipes
- Helpful tips and reminders from Haylie
- A grocery list that can be e-mailed and customized
- Syncing between iPad, iPhone, and iPod Touch for on-the-go access

STAY UP-TO-DATE ON THE LATEST RECIPES AND HEALTH AND WELLNESS TIPS!

Sign up for Haylie’s weekly newsletter: www.hayliepomroy.com

For Hollywood diet secrets and giveaways: Like Haylie at facebook.com/hayliepomroy

For nutrition tips and advice: Follow Haylie on Twitter: @hayliepomroy

Find recipe inspiration at Pinterest.com/hayliepomroy