



15 FESTIVE, FAT-BURNING MEALS AND TREATS

HEALTHY HOLIDAY RECIPES FOR THE **FAST** METABOLISM DIET

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Breakfast

PHASE 1

Apple Pie Smoothie (vv)

PHASE 1

Blueberry French Toast Casserole with
Apple Compote (v)

PHASE 3

Pumpkin Cashew Smoothie (vv)

V=VEGETARIAN

VV=VEGAN

Apple Pie Smoothie SERVES 1

The standard grain portion for Phase 1 would be $\frac{1}{2}$ cup of dry oats, but we prefer $\frac{1}{4}$ cup of dry oats in this recipe. So be sure to add a brown-rice cake or a few brown-rice crackers on the side.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

1 medium Gala apple (or other sweet variety), unpeeled, cored and chopped	$\frac{1}{4}$ teaspoon ground nutmeg
$\frac{3}{4}$ cup unsweetened rice milk	$\frac{1}{4}$ teaspoon ground ginger
$\frac{1}{4}$ cup old-fashioned (dry) oats	3 ice cubes
1 teaspoon vanilla extract	A few drops of liquid stevia to taste (optional)
$\frac{1}{2}$ teaspoon ground cinnamon	

Blend all ingredients until smooth. This is a terrific breakfast smoothie for Phase 1.



PHOTO BY TARA TUCKWILLER

Blueberry French Toast Casserole with Apple Compote

SERVES 6

This gorgeous baked French toast is wonderful for Christmas morning or as a brunch dish.

PREP TIME: 40 minutes ■ **TOTAL TIME:** 1 hour 10 minutes

8 egg whites	15 drops liquid stevia
1½ cups unsweetened rice milk	6 slices sprouted-grain bread, cubed
2 teaspoons ground cinnamon	2 cups fresh or frozen blueberries
1 teaspoon vanilla extract	Apple Compote (recipe follows)
½ teaspoon almond extract	

1. In a large mixing bowl, combine the egg whites, rice milk, cinnamon, vanilla, almond extract, and stevia. Whisk well.
2. Line a medium baking dish (about 8 by 11 inches) with parchment and fill it with the bread. Pour the liquid mixture over the bread, making sure all parts of the bread are moistened, and allow it to sit for at least 30 minutes. (Note: You can make the casserole ahead to this point, cover, and refrigerate.) Meanwhile, preheat the oven to 350°F.
3. Mix the blueberries into the bread mixture. Bake the casserole for about 30 minutes, or until there is no liquid between the bread cubs. Allow the casserole to cool a bit, and serve with about ½ cup of the Apple Compote per serving.

PHASE 3 VARIATION: Use 6 whole eggs instead of the 8 egg whites.

Apple Compote MAKES 3 CUPS

4 medium apples, peeled and sliced	1 teaspoon fresh lemon juice
2 tablespoons arrowroot powder	⅛ teaspoon sea salt
2 teaspoons ground cinnamon	20 drops liquid stevia, or to taste

Combine the apples, arrowroot, cinnamon, lemon juice, and salt in a large saucepan over medium heat. Add 2 cups water and cook, stirring often, until the mixture becomes thick and the apples soften but don't break apart, about 15 minutes. Let the compote cool a bit (it will thicken more as it cools), stir in the stevia, and serve.



PHOTO BY TARA TUCKWILLER

Pumpkin Cashew Smoothie

SERVES 1

You'll never believe this creamy, warm-spiced smoothie is dairy-free.

PREP TIME: 5 minutes ■ **TOTAL TIME:** 5 minutes

¼ cup raw cashew pieces	2 dashes ground ginger
½ cup water	2 dashes ground nutmeg
½ cup cooked or canned pumpkin	¼ teaspoon powdered stevia
1 teaspoon vanilla extract	6 ice cubes
1 teaspoon ground cinnamon	

Blend all ingredients until smooth. Garnish with a little extra cinnamon or nutmeg, if desired. This smoothie also tastes delicious warm; add 1 teaspoon of PERO coffee substitute for a pumpkin latte. You can also freeze it and serve as an icy treat.

PHASE 3

BREAKFAST



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Lunch

PHASE 1

Hoppin' John

PHASE 3

Whole-Berry Cranberry Sauce (vv)

PHASE 3

Turkey Tacos with Cranberry Salsa

VV=VEGAN

Hoppin' John SERVES 6

This rice-and-bean dish is a New Year's tradition in the South. Ring in months of good health with its proteins and whole grains.

PREP TIME: 20 minutes ■ **TOTAL TIME:** 1 hour

6 ounces nitrate-free turkey bacon, chopped

1 celery stalk, diced

1 small onion, diced

1 small green pepper, diced

2 garlic cloves, minced

½ pound dried black-eyed peas (about 2 cups)

1 bay leaf

2 teaspoons dried thyme

1 heaping teaspoon Cajun seasoning

⅜ teaspoon sea salt

⅜ teaspoon freshly ground black pepper

6 cups cooked brown rice

Sliced green onions (scallions)

Cooked collard greens or kale, beet, or turnip greens



PHOTO BY TARA TUCKWILLER

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- 1.** Place the bacon in a medium pot over medium heat. Cook, stirring often, until the bacon is browned, about 4 minutes. Add the celery, onion, and green pepper. Sauté until the vegetables begin to brown, 4 to 5 minutes. Stir in the garlic and cook for another 1 to 2 minutes.
 - 2.** Add the black-eyed peas, bay leaf, thyme, Cajun seasoning, and 4 cups water to cover. Bring the mixture to a simmer, cover, and cook until the peas are tender but not mushy, about 40 minutes.
 - 3.** When the peas are tender, remove and discard the bay leaf. Stir in the salt and pepper. Serve with the brown rice, sliced green onions, and cooked greens.

For a Phase 1 lunch, serve with a side of fruit.

Whole-Berry Cranberry Sauce

SERVES 4

We use the zest of an orange as a spice in this recipe, even though whole oranges aren't on the Phase 3 food list.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 15 minutes plus chilling time (if desired)

3½ cups fresh cranberries
Zest of 1 small orange

½ teaspoon grated fresh ginger
2 tablespoons powdered stevia, or to taste

Combine the cranberries, 1 cup water, the orange zest, and ginger in a medium saucepan over high heat. Bring the mixture to a boil, and boil until the berries pop (about 5 minutes). Remove from the heat and let cool a bit. Add the stevia a little at a time until the sauce is as sweet as you like. Refrigerate before serving if you like your cranberry sauce chilled.

A ½-cup serving is a fruit for Phase 3.

PHASE 3

LUNCH



PHOTO BY TARA TUCKWILLER

Turkey Tacos with Cranberry Salsa

SERVES 4

Tart up your Thanksgiving leftovers by adding some unexpected spice to your cranberry sauce.

PREP TIME: 35 minutes ■ TOTAL TIME: 35 minutes

FOR THE CRANBERRY SALSA:

- 1 cup leftover cranberry sauce
- 1/3 cup finely chopped white onion
- 1 teaspoon finely grated lime zest
- 2 tablespoons fresh lime juice
- 1 tablespoon finely chopped fresh cilantro
- 1 jalapeño, seeded and minced
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups leftover roast turkey, coarsely chopped
- 4 sprouted-grain tortillas
- 2 cups shredded romaine lettuce

FOR THE TACOS:

- 1 tablespoon olive oil
- 1 yellow or white onion, sliced
- Fresh cilantro
- Lime wedges

1. Combine all of the salsa ingredients in a small bowl. Set the salsa aside for 30 minutes to allow the flavors to blend.
2. Meanwhile, assemble the tacos: In a large skillet, heat the olive oil over medium heat. Add the onion and cook, stirring, until soft, about 8 minutes. Add the cumin, chili powder, salt, pepper, and turkey to the skillet. Continue to cook until the onion is lightly caramelized and the turkey is warmed through, about 4 minutes. Remove the filling from the heat.
3. Warm the tortillas, or toast them in a dry skillet. Divide the filling and shredded lettuce evenly among the tortillas. Serve with the cranberry salsa, fresh cilantro, and lime wedges.

For a Phase 2 lunch or dinner, simply skip the cranberry salsa, substitute vegetable sauce for the oil, and wrap the turkey filling in lettuce cups.

PHASE 3

LUNCH



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Dinner

PHASE 1, PHASE 2, OR PHASE 3

Roasted Turkey Breast with Sage and Cayenne

PHASE 3

Savory Sprouted-Grain Stuffing (vv)

PHASE 3

Roasted Winter Vegetables (vv)

PHASE 3

Better Green-Bean Casserole (vv)

PHASE 3

Coconut-Pecan Sweet Potatoes (vv)

V=VEGETARIAN

VV=VEGAN

Roasted Turkey Breast with Sage and Cayenne

SERVES 12

A dry spice rub adds flavor and keeps you from adding extra fat to this turkey breast—and makes it suitable for all phases on the plan.

PREP TIME: 10 minutes ■ **TOTAL TIME:** 2 hours 45 minutes

1 6-pound bone-in turkey breast
1 tablespoon coarse sea salt
1 tablespoon dried rubbed sage

1 teaspoon cayenne pepper
1 teaspoon ground cumin
1 teaspoon Hungarian sweet paprika



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ALL PHASES

DINNER

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- 1.** Place the turkey breast, skin side up, on a rack set inside a rimmed baking sheet or roasting pan. Combine the salt, sage, cayenne, cumin, and paprika in a small bowl. Rub the mixture all over the turkey skin, and let the turkey stand at room temperature for 1 hour. (Note: You can prepare the turkey to this point 1 day ahead. After seasoning the turkey, refrigerate it, uncovered, overnight. Let the turkey stand at room temperature for 1 hour before continuing.)
 - 2.** Arrange a rack in the center of the oven and preheat to 500°F. Roast the turkey for 25 minutes. Reduce the heat to 375°F and continue roasting for about 50 minutes, until an instant-read thermometer inserted into the thickest part of the breast registers 155° to 160°F. Transfer the pan to a wire rack, and let the turkey rest for at least 20 minutes before carving.

Savory Sprouted-Grain Stuffing

SERVES 10

Skip the boxed stuff. Make this easy yet traditional stuffing with savory, metabolism-boosting spices.

PREP TIME: 15 minutes ■ TOTAL TIME: 15 minutes

10 slices sprouted-grain bread	1 tablespoon fresh sage, minced
3 tablespoons olive oil	1½ to 2 cups turkey giblet broth or chicken or vegetable broth
1 small yellow onion, chopped	Sea salt
2 celery stalks, chopped	Freshly ground black pepper
1 tablespoon fresh rosemary, minced	
1 tablespoon fresh thyme, minced	

1. Toast the bread until it is dry and crispy. Cut it into cubes.
2. Heat 1 tablespoon of the olive oil in a large skillet over medium heat. Add the onion and celery and cook, stirring often, until they are translucent and soft, about 8 minutes.
3. Stir in the rosemary, thyme, and sage. Add 1½ cups of the broth and the remaining 2 tablespoons olive oil. Bring the mixture to a simmer, and stir in the toasted bread cubes until they soak up all of the moisture. Cook and stir for a few minutes, breaking up the bread cubes, until the stuffing reaches the consistency you like. Add more broth if your stuffing is too dry. Add salt and pepper to taste, and serve.



PHOTO BY TARA TUCKWILLER

Roasted Winter Vegetables

SERVES 4 TO 6

Mix and match your favorite Phase 3 veggies for this easy side dish. It's kindling for your fat-burning fire!

PREP TIME: 20 minutes ■ **TOTAL TIME:** 40 minutes

2 pounds winter squash, pumpkin, beets, carrots, or Brussels sprouts, or a mix

2 medium red onions, peeled and quartered

¼ cup extra-virgin olive oil

2 tablespoons chopped fresh rosemary and/or thyme

Sea salt

Freshly ground black pepper

1. Preheat the oven to 400°F. Peel or trim the winter vegetables and cut the larger ones into pieces about 1 inch thick. Toss the winter vegetables and onions with the olive oil and herb(s) in a large bowl. Season generously with salt and pepper.

2. Spread the pieces in a single layer on one or two foil-lined baking sheets so that the vegetables don't touch. Roast until the veggies are lightly browned and just tender, about 20 minutes. Taste and adjust seasonings if needed. Serve warm or at room temperature.

PHASE 3

DINNER



PHOTO BY TARA TUCKWILLER

Better Green-Bean Casserole

SERVES 8

Forget the stuff with the canned mushroom soup and fake fried onions. This fresh and creamy version relies on fresh veggies and healthy fats.

PREP TIME: 30 minutes ■ TOTAL TIME: 1 hour

1 pound fresh green beans, trimmed	1½ cups unsweetened almond milk
4 tablespoons olive oil	1½ teaspoons sea salt
1 medium onion, thinly sliced	½ teaspoon freshly ground black pepper
2 garlic cloves, minced	½ cup raw almonds
8 ounces mushrooms, coarsely chopped	1 slice sprouted-grain bread
2½ tablespoons arrowroot powder	

1. Preheat the oven to 350°F. Bring a large pot of water to a boil. Add the green beans and boil for 5 minutes, or just until crisp-tender. Drain the beans and set them aside.
2. Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat. Add the onion and cook, stirring often, until it begins to soften, about 4 minutes. Add the garlic and mushrooms. Continue to cook and stir until the mushrooms have cooked down and are golden, about 4 minutes. Transfer this vegetable mixture to a separate bowl and return the skillet to the heat.
3. In a bowl or measuring cup, whisk the arrowroot into the almond milk until it dissolves. Add 1 tablespoon of the olive oil to the skillet, along with the almond milk mixture, salt, and pepper. Bring the mixture to a simmer, whisking constantly, until the sauce thickens to the texture of heavy cream, about 5 minutes. Remove the pan from the heat and stir in the mushroom mixture and green beans.
4. Pour the bean mixture into a 9-inch square casserole dish. Cover tightly with foil and bake for 15 minutes.
5. Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium heat. Grind the almonds and bread in a food processor to the consistency of crumbs. Add them to the skillet and stir constantly for a minute or two, until the mixture is golden and fragrant. Remove the beans from the oven. Sprinkle the crumb mixture evenly over the casserole and bake uncovered for another 5 minutes, or until lightly browned. Let the casserole sit for about 10 minutes before serving.

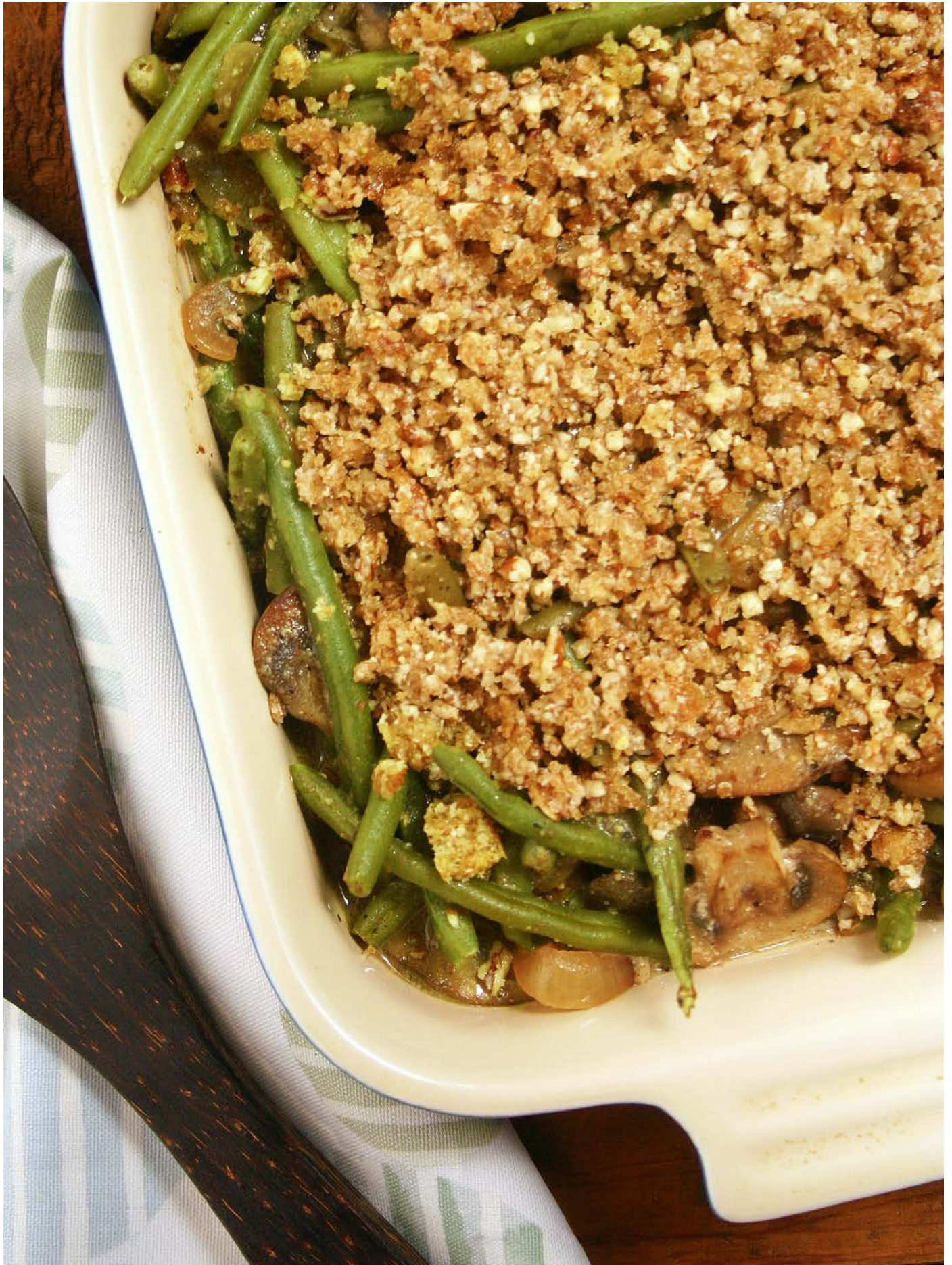


PHOTO BY TARA TUCKWILLER

Coconut-Pecan Sweet Potatoes

SERVES 12

You won't miss the marshmallows in these coconut-infused sweet potatoes, and using a slow cooker makes them effortless.

PREP TIME: 15 minutes ■ **TOTAL TIME:** 4 hours 15 minutes (slow cooker)

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|---|------------------------------|
| 4 pounds sweet potatoes, peeled and cut into chunks | 1 tablespoon powdered stevia |
| ½ cup chopped raw pecans | ½ teaspoon ground cinnamon |
| ½ cup unsweetened shredded coconut | ¼ teaspoon sea salt |
| ¼ cup raw coconut oil, melted | ½ teaspoon vanilla extract |

Place the sweet potatoes in a slow cooker. In a medium bowl, combine the pecans, coconut, coconut oil, stevia, cinnamon, and salt. Sprinkle over the sweet potatoes. Cover and cook on low for 4 hours, or until the sweet potatoes are tender. Gently stir in the vanilla and serve.



PHOTO BY TARA TUCKWILLER

Dessert

PHASE 3

Festive FMD Eggnog (v)

PHASE 3

Perfect Pumpkin Pie (v)

PHASE 3

Raspberry-Cream Roll-Out Cookies (vv)

PHASE 3

Sprouted-Wheat Ginger Cookies (v)

V=VEGETARIAN

VV=VEGAN

Festive FMD Eggnog SERVES 6

This dairy-free eggnog will satisfy your craving for a creamy treat. Plus, its healthy fat helps you burn fat. Cheers!

PREP TIME: 15 minutes ■ **TOTAL TIME:** 15 minutes plus chilling time

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|---|--|
| 4 beaten egg yolks | ½ teaspoon ground cinnamon, plus extra for dusting |
| 3 cups unsweetened almond or coconut milk | ½ teaspoon ground nutmeg, plus extra for dusting |
| 1 teaspoon vanilla extract | |
| ¾ teaspoon powdered stevia, or to taste | |

1. In a medium saucepan, combine the egg yolks and 2 cups of the almond milk. Stir constantly over medium-low heat until the mixture thickens enough to coat the back of a spoon, 5 to 10 minutes. (Be patient—if you heat it too fast or don't stir, you'll get scrambled eggs!)
2. Remove the pan from the heat and set it in a bowl of ice water. Stir for 2 to 3 minutes and then add the remaining cup of almond milk, the vanilla, stevia, cinnamon, and nutmeg. Cover the eggnog and refrigerate. The longer it chills, the thicker it will get. Pour into glasses or mugs, dusting the eggnog generously with cinnamon and nutmeg before serving.

One serving equals your healthy-fat portion for a Phase 3 snack or meal.



PHOTO BY TARA TUCKWILLER

Perfect Pumpkin Pie SERVES 8

Pumpkin pie on the Fast Metabolism Diet? Absolutely!

PREP TIME: 15 minutes ■ **TOTAL TIME:** 1 hour 5 minutes

FOR THE NUT CRUST:

2 cups almond flour
1 egg
2 tablespoons raw coconut oil
¼ teaspoon powdered stevia
Pinch of sea salt

1 cup unsweetened coconut milk

1 tablespoon arrowroot powder

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1 teaspoon ground ginger

¼ teaspoon ground nutmeg

Large pinch of sea salt

Pinch of ground cloves

1 tablespoon powdered stevia, or to taste

FOR THE FILLING:

1 15-ounce can organic pumpkin

3 large eggs

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1. Make the crust: Preheat the oven to 350°F. In a bowl, mix all the crust ingredients thoroughly. With your fingers, press the mixture onto the bottom and sides of a 9-inch pie plate. Bake for 8 to 12 minutes, or until lightly browned. Cool completely before filling.
 2. Make the filling: Whisk all the filling ingredients in a bowl until thoroughly combined. Pour the filling into the cooled crust. Bake for 40 minutes or until the filling is just barely set on top but still quite moist. Cool completely on a rack. Serve at room temperature or chilled.



PHOTO BY TARA TUCKWILLER

Raspberry-Cream Roll-Out Cookies

MAKES ABOUT 16 COOKIES

Traditional sugar cookies get a tangy twist.

PREP TIME: 25 minutes ■ TOTAL TIME: 55 minutes

1½ tablespoons raw coconut oil, melted	¼ teaspoon almond extract (optional)
1 tablespoon unsweetened almond milk	1 cup almond flour
15 drops liquid stevia, or to taste	⅛ teaspoon sea salt
½ teaspoon vanilla extract	⅛ teaspoon baking soda

1. Combine the coconut oil, almond milk, stevia, vanilla, and almond extract (if using) in a medium mixing bowl. In a separate bowl, combine the almond flour, salt, and baking soda. Mix the wet ingredients into the dry ingredients and keep stirring, breaking up clumps as you mix, until you can form the dough into a ball with your hands. Flatten the dough ball into a disk, wrap it in plastic wrap, and refrigerate for 10 minutes.
2. Preheat the oven to 325°F. Place the chilled dough ball between two sheets of parchment paper and roll it out ¼-inch thick. Cut shapes out of the dough with cookie cutters, transfer the shapes to a parchment-lined cookie sheet, and freeze for 20 minutes.
3. Bake the cookies for 10 minutes, or until the edges are barely golden. Remove the cookie sheet from the oven and let the cookies cool on the sheet. Cool the cookies completely before icing.

Raspberry-Coconut Cream Icing

MAKES 1 CUP

¼ cup coconut cream (from 1 can full-fat unsweetened coconut milk)	¼ teaspoon vanilla extract
¼ cup defrosted frozen raspberries (with juices), pureed	15 drops liquid stevia, or to taste
	7 to 8 tablespoons arrowroot powder

1. Refrigerate the can of coconut milk overnight to make the cream rise to the top. Scoop out ¼ cup of the cream, and reserve the rest for another use.
2. In a small bowl, whisk the coconut cream, pureed raspberries, vanilla, and stevia. Add the arrowroot 1 tablespoon at a time to thicken the icing to your liking. Whisk after each addition until there are no clumps. Refrigerate for 20 minutes before using. (If you are using a ziplock bag, cut off a tiny corner of the bag to squeeze the icing out onto your cookies.)



PHOTO BY TARA TUCKWILLER

Sprouted-Wheat Ginger Cookies

MAKES ABOUT 18 COOKIES

Leave these fat-burning ginger cookies on the plate for Santa . . . maybe he'll drop a few pounds!

PREP TIME: 20 minutes ■ **TOTAL TIME:** 30 minutes

1 cup sprouted-wheat flour	1 egg
½ tablespoon ground ginger	2 teaspoons grated fresh ginger
½ teaspoon baking soda	½ tablespoon fresh lemon zest
¼ teaspoon ground cinnamon	¼ cup grapeseed or coconut oil
¼ teaspoon sea salt	¼ teaspoon vanilla extract
⅓ cup xylitol, plus optional 1 tablespoon for baking	

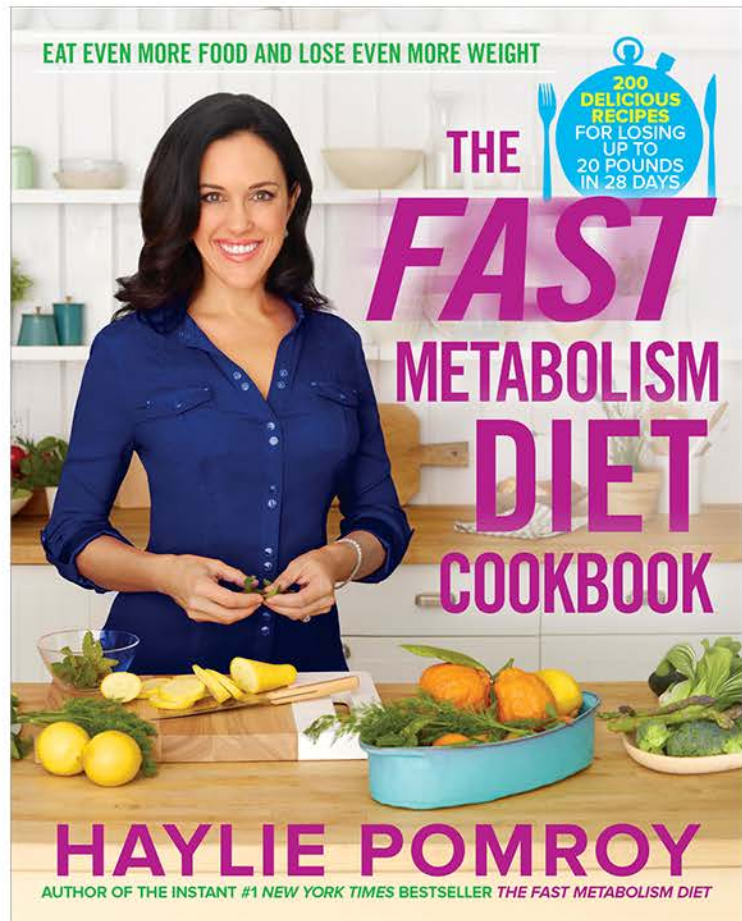
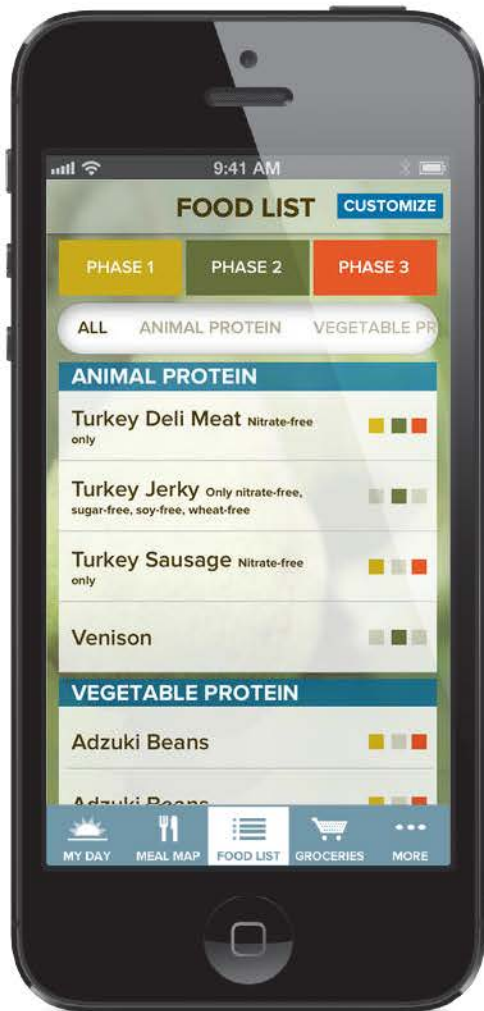
1. Preheat the oven to 350°F.
2. In a bowl, whisk together the flour, ginger, baking soda, cinnamon, and salt. In a separate large mixing bowl, combine the ⅓ cup xylitol, egg, ginger, lemon zest, coconut oil, and vanilla. Combine the flour mixture with the egg mixture. Roll the dough between your palms into 1-inch balls. Dip their tops in the remaining 1 tablespoon xylitol (if desired), and place on parchment-lined baking sheets. Bake for 7 to 9 minutes. Transfer the cookies to a rack to cool.



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