

LynFit Nutrition Metabolic Boosting Food Journal

Use this check list to help you stay on track every day. Be sure to write down everything you eat each day and mark off the corresponding box. The number of boxes shown for each food group is the number of servings to be eaten each day. If you notice several blank boxes, focus in eating foods from the missing groups to BOOST your metabolism! Don't forget to check off your exercise and supplement boxes!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○
Protein Shake/Lean Bar	○○	○○	○○	○○	○○	○○	○○	○○
Vegetables	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○
Fish/Protein	○	○	○	○	○	○	○	○
Fruit	○	○	○	○	○	○	○	○
Snack	○	○	○	○	○	○	○	○
Supplements/AM	○	○	○	○	○	○	○	○
Supplements/PM	○	○	○	○	○	○	○	○
Sleep (list hours)								WORSHIP!
Pray/Meditate (check)								
Cardio (list length)								
Metabolic Workouts #								
Body Weight/BMI								

Lean Proteins

LynFit Protein Shake
egg whites - 3
all fish - 4oz.
turkey - 3oz.
chicken breast - 3oz.
LynFit Lean Bar

Veggies

all lettuce - 3 cups
spinach - 1/2 cup
all green veggies - 1/2 cup
cabbage - 1 cup
broccoli
string beans
brussel sprouts
zucchini
yellow squash

Low Sugar Fruits

apple - 1 small
blueberries - 1/2 cup
raspberries - 1/2 cup
grapefruit - 1/2 cup

Calorie Free Beverages

water
green tea
black coffee
calorie-free seltzer

Snacks

LynFit lean bar
cut up veggies
complete protein shake
sugar-free, fat-free Jell-O
15 calorie popsicles/fudgesicles
3 cups air-popped popcorn
pudding cups < 100 calories
100 calorie popcorn
(6) almonds < 100 calories
yogurt < 100 calories
Tic Tacs

Supplements For Fat Loss

LynFit Complete Protein Shake
LynFit Lean Bar
LynFit Cutting Edge
LynFit Carb Edge
LynFit Raspberry Ketone Cleanse
LynFit Lean Sleep
LynFit Pure Omega-3
LynFit Daily Power Shot (if needed)
LynFit Recovery Agent (if needed)

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