



## **FAT BLASTING PROTEIN SHAKE COMBOS & RECIPES**

Do you know that drinking a protein shake boosts your metabolism 25%? Drinking a high quality protein shake like LynFit's Complete Protein shake will amplify your metabolism BUT drinking inferior or less expensive they can do the exact opposite because they are loaded with carbohydrates and sugar and some even contain high amounts of fat.

High quality whey regulates appetite and turns off hunger signals and curbs cravings. Every time you drink a **LynFit Complete Protein Shake** you give your metabolism a jolt and it reverses metabolic syndrome by blocking cortisol from rising and helping to lower blood sugar levels.

Failing to eat enough protein is the reason we gain weight around our stomach and thighs. It's so important to take in sufficient protein from lean sources that promote fat loss versus high fat proteins. Aim for 1 gram of lean protein per pound of your target weight daily and watch your fat melt. **LynFit's Complete Protein** helps reduce belly fat, boost immunity, keeps blood sugar stable, and delivers sustainable energy so your brain is sharp all day!

Studies show that overeating may dampen your dopamine response. Then, that weak response may make you overeat even more! Drinking a **LynFit Complete Protein Shake** INSTEAD of starving yourself is the perfect way to offset the "not-so-good" eating days!

These recipes are specifically designed to encourage fat loss because they are low in sugar and fat. Feel free to experiment BUT be careful NOT to add any additional calories or carbs that may interfere with the fat loss process. Smoothies made with **LynFit Complete Protein** taste so delicious you won't believe that they are so good for you!

### ***Basic Blender Mixing Steps for the Best Tasting Shake***

- 1- Pour ½ cup cold water and begin mixing on lowest speed.
- 2- Add 2 scoops desired flavor LynFIT Complete Protein powder and blend 10 seconds.
- 3- Gradually add ice cubes until completely blended
- 4- Blend on high speed for 1 minute.

Want a thicker shake?

*Use less water and more ice*

Want a creamier shake?

*Blend for a longer time at a low speed.*

No time to use a blender?

*NO problem try adding protein powder to ½ of water and eat it like cake batter*

*You can also use a shaker cup for those days when you're on the go!*

### **SHAKE RECIPES**

#### **KILL the Craving Peanut Butter and Chocolate**

2 scoops of Chocolate Complete Protein, 1 tsp of PB2 Peanut Butter Powder

#### **FLAT ABS Forbidden Fudge**

2 Scoops Complete Protein, 1tsp Sugar Free Fudge Pudding mix (can be enjoyed warm)

#### **Lean OUT Lemon Tart**

2 Scoops Vanilla Complete Protein, 1 -2 tsp Sugar Free Lemon Jell-O mix

#### **Blast Fat Banana BOMB**

2 scoops of Vanilla or Chocolate Complete Protein, 1 tsp sugar free Banana Jell-O mix

#### **Fat blasting Berry BOMB**

2 Scoops Strawberry Twist, 1 1/2 tsp Sugar free chocolate pudding mix

#### **Metabolic Boosting Mocha**

2 scoops Vanilla or chocolate Complete Protein, 1-1 1/2 tsp granulated coffee

#### **Cinnamon Vanilla Decadence**

2 scoops of Vanilla Complete Protein powder, 1 teaspoon cinnamon

#### **Carb free Creamsicle-Orange Vanilla**

2 Scoops Vanilla Complete Protein, 1 tsp Sugar free orange Jell-O

### **TOP 10 BEST WAYS TO USE PROTEIN**

- 1- Nourish the muscle by drinking a complete Protein shake immediately after your workout.
- 2- Add 1 tbsp to your morning coffee instead of milk
- 3- Add 1-2 scoops of Complete Protein to your morning oatmeal
- 4- Add Complete Protein to your favorite baked goods
- 5- Add 1 tbsp to your yogurt or cottage cheese
- 6- Enjoy Complete Protein as hot chocolate or Light Latte
- 7- Sprinkle on top of fruit or dunk your fruit into a pile of powder!
- 8- Add 1 tbsp to your Jell-O mold
- 9- Make popsicles by freezing already made shakes
- 10- Sprinkle on top of popcorn!