

LynFit Nutrition

Slimmer by Dinner Meal Plan

Lose one pound per day or up to 10 pounds in two weeks!

Here are FIVE things you can do to lose weight quickly and safely.

- Drink a minimum of two Complete Protein Shakes everyday to BOOST your metabolism 25% and to keep it active throughout the day..
- Eat a minimum of FIVE vegetables everyday (minus any fatty dressings). For optimal weight loss results, consume TEN servings of vegetables per day.
- Drink at least 80 oz. of water everyday.
- Snack LEAN two times a day (see the LynFit Nutrition Food Journal for lean snack ideas).
- Have a FAT METABOLIZING dinner that consists of 3–4 ounces of lean protein, a salad consisting of three or more vegetables and a side vegetable such as sauteed onions and peppers or steamed broccoli.

THE SLIMMER BY DINNER MEAL PLAN

Meal One: Protein Shake w/ 1 Cutting Edge, 1 Carb Edge and 1 Accelerator (if needed) and Black Tea or Coffee

Meal Two: Small green apple and 8 oz of water

Meal Three: Protein Shake w/ 1 Cutting Edge, 1 Carb Edge and 1 Accelerator (if needed) and Black Tea or Coffee

Meal Four: LynFit Lean Bar or snack from approved list w/ 1 Cutting Edge, 1 Carb Edge and 8 oz of water

Meal Five: Four Ounces of Lean Protein, large tossed salad, side of sauted vegetables and clear broth soup or vegetable juice (low sodium and starch free)

HELPFUL HINTS

- This is not only a “take weight off plan,” but a dietary regimen that promotes optimum health and fat loss that can be followed as a way of life!
 - Always keep carbs under 75 grams per day; fat grams under 20 grams per day (YES, this includes any supplements you take like Omega 6, etc.); and aim to consume 1 gram of Lean Protein per every pound of lean body mass (AKA your goal weight). For example: If you weigh 120 lbs., aim to consume a minimum of 120 grams of lean protein per day to stay lean and maintain taught skin.
- Want to eat BREAKFAST for dinner? No problem! Meals are interchangeable to fit busy schedules. Also, it is STRONGLY suggested to drink a protein shake within 1 hour of waking to boost your metabolism right from the start.
- Like to eat late at night? Not a problem...however, aim to eat your meals within a 12 hour window each day for optimal fat burning. If your last meal is at 9 p.m., do not start eating again until 9 a.m. This allows the body to fully digest meals, making it easier to burn off fat!
- ALWAYS keep a minimum of 3 hours in between meals to allow the body to metabolize each meal and to prevent storing meals as fat. The shake is an exception to the rule, as it is digested and quickly used by the body. Create a meal plan and note the times you plan to eat meals. This will allow you to plan ahead.
- WEIGHT LOSS IS GUARANTEED if you follow this plan even without exercise, regardless of your weight or rate of metabolism! People are losing 1 pound per day on the Slimmer by Dinner Meal Plan. Leave your bad eating habits behind you and get on the plan TODAY!
- Exercise amplifies the fat burning process and tightens and tones your body. Working out for fat loss is different from a typical workout at the gym (Need Help? Check out The Leaner Lifestyle DVD Series). Be sure to walk everyday for 45-60 minutes at a decent pace, and lift weights 2-3 times per week to push your results into the fast lane!
- Hate taking supplements? No worries! Weight loss on the Slimmer by Dinner Meal Plan is possible with or without the use of supplements, however supplements increase energy levels and PERSUADE your body to burn fat as fuel. Supplements also create a feeling of fullness, helping to combat cravings. Supplements are highly beneficial for weight loss, but NOT mandatory for everyone. If you use only two supplements, start with the Complete Protein Shake and Cutting Edge and add as needed. Shelf all other supplements except LynFit supplements, as they are designed specifically for fat loss.
- Need to reduce cholesterol, lower blood sugar and incinerate cellulite? The Slimmer by Dinner Meal Plan does all of this AND leans out and tones your body (especially in the stomach, waist, hips and legs). Other benefits to the Slimmer by Dinner Meal Plan are increased energy levels and the elimination of unhealthy food craving

*LynFit products are always gluten and dairy free and always made from the purest ingredients.
Please feel free to contact me at lisa@lisalynfitness.com if you have any questions or concerns.*