

## Lose 1 Pound Per Day & Melt Belly Fat Metabolic Boosting Plan

By Lisa Lynn — Fitness & Weight Loss Expert

***This plan will boost metabolism by 25 percent, block cortisol, and kill cravings and hunger***

**Meal #1 @ 7:30 am (Breakfast) — 12 hours after your last meal:**

Complete Protein Shake with (2) scoops of LynFit Complete Protein  
(1) LynFit Accelerator Advanced  
(1) LynFit Cutting Edge

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**Meal #2 @ 10:00 am (Mid-Morning) — 3 hours after last meal:**

Black Tea or coffee  
(2) Full droppers LynFit Thyro-Boost

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**Meal #3 @ 12:00 pm (Lunch) — 3 hours after last meal:**

Complete Protein Shake with (2) scoops of LynFit Complete Protein  
(1) LynFit Accelerator Advanced  
(1) LynFit Cutting Edge

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**Meal #4 @ 3:00 pm (Mid-Afternoon) — 3 hours after last meal:**

(1) Celery, green apple or low-sugar fruit from list  
(1) LynFit Cutting Edge  
(2) Full droppers LynFit Thyro-Boost  
(1) LynFit Pure Omega 3

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**Meal #5 @ 6:00 pm (Dinner) — 3 hours after last meal:**

(3 oz) of Lean Protein — preferably fish. *If you don't like fish, you can leave the protein out or substitute (2–3 oz) of turkey breast, or see list for options — never ground meat or sausage.*  
(5–6 servings) Vegetables  
(2–3) LynFit Raspberry Ketone Cleanse

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**8:00–9:00 pm:**

(1–2) LynFit Lean Sleep to boost fat loss by forcing your body to burn off excess fat around the clock  
(1) LynFit Pure Omega 3

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**Weight loss is 90 percent diet. Eating thermogenic foods like the ones on this list is the best way to convince your body to burn fat. Clean eating will also help you avoid cravings.**

*Choose foods found on this list only.*

**Lean Proteins: Serving Size — 3 ounces**

**Complete Protein Shakes**

Lean Bar  
All white fish  
Turkey Breast  
Egg whites  
\*LynFit Pure Egg White Protein

**Hydrating Fluids: Calorie-free only**

Green tea, herbal tea  
Black coffee  
Warm water w/ lemon  
Sparkling water  
All Calorie-free waters

**Thermogenic Vegetables: Serving Size = ½ cup unless noted**

**All lettuces serving size = 3 cups**

Cabbages  
Broccoli ½ cup  
Cauliflower ½ cup  
Yellow Squash  
Zucchini  
Peppers

**Low Glycemic Fruits: Small fruit or ½ cup**

Berries (all)  
Green Apple  
Banana ½ — limit  
Grapefruit ½

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**11 Steps to weight loss success:**

1. **Throw all the “junk” out of your house and surround yourself with supportive people who will help you on your journey rather than stop you.**
2. **Eat between the hours of 7 am – 7pm and keep three hours in between meals for the best metabolic boosting results and to reduce blood sugar levels.**
3. **Drink 8–10 glasses of water daily (hot, cold, or warm). Tea is unlimited (brewed, not bottled)**
4. **Eat 6–10 servings of vegetables daily to keep you feeling full and help keep you regular.**
5. **Aim for 7–8 hours of sleep to lower cortisol levels.**
6. **Take a short 20-minute nap or hit pause, and pray.**
7. **Make sure you haven’t missed your supplements. If you did, take them now!**
8. **Take a shot of LynFit Daily Power Shot between meals or add it to your Shake.**
9. **Place two (2) full droppers of LynFit Thyro-Boost under your tongue. It will help to control stress.**
10. **Grab a LynFit Lean Bar instead of junk food, or have another LynFit Shake.**
11. **Call a friend in need or clean out a junk drawer**

**Boosting your metabolism is more than a diet; it’s a way of life. In order to outsmart your metabolism it’s important to cleanse and detox your body and make better, healthier choices. Consider making your household a natural environment by replacing your medicine cabinet with a natural approach.**

- **Can’t sleep? Add LynFit Lean Sleep**
- **Stressed? Add LynFit Thyro-Boost**
- **Stubborn metabolism? Add LynFit Lose 1 Pound Per Day Kit**
- **Cravings killing your weight loss? Add LynFit Lean Bars**
- **Depressed or anxious? Add LynFit Accelerator Advanced**
- **High blood sugar? Add LynFit Complete Protein Shakes**
- **Thyroid issues? Add LynFit Thyro-Boost**
- **Aches, pains, arthritis? Add LynFit Recovery Agent**

## **WANNA LOSE MORE WEIGHT AND SAVE MONEY?**

**SAVE 20%**, lose more weight and keep it off with LynFit AutoShip. Select “Subscribe for the convenience of monthly delivery” on your favorite products and enter discount code **AUTOSHIP** at checkout. Visit [HERE](#) for more information on the LynFit AutoShip Program.

## **LOOKING FOR DELICIOUS, METABOLIC, FAMILY-FRIENDLY, THERMOGENIC RECIPES?**

Consult ‘The Metabolism Solution’ by Lisa Lynn or [LynFit.com](http://LynFit.com)

**Above all: BELIEVE. BEGIN. BECOME.**