



Advanced Metabolic Boosting Meal Plan

Lose 7 Pounds in 7 Days

By Lisa Lynn — Fitness & Weight Loss Expert

Meal #1 @ 7:30 am (Breakfast):

Complete Protein Shake with (1) scoop of LynFit Complete Protein
(1) LynFit Accelerator
(1) LynFit Cutting Edge
(1) LynFit Vitamin D3 Boost (optional)

Meal #2 @ 10:00 am (Mid-Morning):

Black Tea or coffee
(1) LynFit Cutting Edge
(1) LynFit Carb Edge

Meal #3 @ 12:00 pm (Lunch):

Complete Protein Shake with (1) scoop of LynFit Complete Protein
(1) LynFit Vitamin D3 Boost (optional)
*(1) LynFit Accelerator

**(We suggest switching to decaf when using Accelerator so you can take both doses without becoming over-caffeinated. When it comes to losing weight, Accelerator provides benefits and energy that caffeine cannot.)*

Meal #4 @ 3:00 pm (Mid-Afternoon):

(1) Green apple or low-sugar fruit
(1) LynFit Cutting Edge
(1) LynFit Carb Edge

Meal #5 @ 6:00 pm (Dinner):

(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 — never ground meat or sausage.
(5–6 servings) Vegetables
(2) LynFit Raspberry Ketone Cleanse (optional)

9:00 pm:

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

BLAST FAT; CRUSH CRAVINGS by choosing the right foods!

Choose foods found on this list only.

Lean Proteins: Serving Size — 3 ounces

All white fish
Turkey Breast
Egg whites
Complete Protein Shakes
Lean Bar

Fluids: Calorie-free only

All Calorie-free waters
Black, green tea and coffee

Fruits: Small fruit or ½ cup

Green Apple
Banana ½
Berries (All)

Vegetables: Serving Size = ½ cup unless noted

All lettuces serving size = 3 cups
Cabbages
Broccoli
Cauliflower
Mushrooms

Feeling tired and it's ramping up cravings?

Try a 20-minute nap
Stop and read a motivating book
Escape a slump with 20 minutes of exercise

Weight loss success tips:

1. **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.
2. **Tea is unlimited (brewed, not bottled)**
3. **Drink 8–10 glasses of water daily (hot or cold)**
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. **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.
7. **Consult *The Metabolism Solution*** for fast, easy vegetable recipes. Soups are a great way to get your vegetables in and help you feel full.

Other LynFit supplements you may want to consider that are not included in the LynFit Lose 1 Pound Per Day Kit:

- **LynFit Lean Bars:** Can be used as a grab-and-go meal or snack. They may also be used in place of the Complete Protein Shake, if you prefer.
- **LynFit Vitamin D3 Boost:** To ensure you get your daily dosage of Vitamin D.
- **LynFit Daily Power Shot:** Liquid multi-vitamin and mineral supplement that also provides energy.

SAVE \$20.00 on *The Metabolism Kit* today. Get it for \$9.95 today at LynFit.com using discount code **TMS at checkout. Kit includes: “*The Metabolism Solution*” book, “*The Metabolism Solution*” Audiobook, *Metabolic Boosting Workout DVD*, and *Metabolic Boosting Weight Loss System DVD*!**