

# CHEAT DAY CHEAT SHEET

*A cheat day, done the right way, can provide a metabolic and psychological boost*

Believe it or not, cheat days can be part of a successful weight loss plan IF you follow a few specific steps. It can provide a metabolic and psychological boost, as well as stimulating your thyroid gland because it allows your body to get a break from the plan you've been sticking to all week. This upzig, a.k.a. cheat day principle can become a diet game-changer, allowing yourself the wiggle room to keep the weight off.

Every diet out there will teach you how to eat, but they won't show you how to cheat without wrecking your diet. Let's face it...we're all going to cheat every occasionally, so why not do it correctly, in a way that will benefit you? Cheating, the right way, can be your weight loss' best friend if done correctly following these seven cheat day tips.

## 1 CHOOSE YOUR CHEAT DAY

Decide each week, ahead of time, which day you want to make your cheat day. This will give you something to look forward to, turning deprivation into delayed gratification. No one likes to be told they "can't" have something, so knowing you only have to wait five days makes passing up the not-so-healthy foods easier. In other words, keep a cheat day schedule. Even though you may be taking a day off your diet, you still need that structure to help keep you safe in the same way guard rails on the highway help protect you and keep you inside the lines.

## 2 AIM FOR AT LEAST FIVE DAYS OF DIETING

Following your meal plan for five days will help fire up your metabolism. That way, you won't gain weight when you go off-plan. A good recommendation is to cheat on either a Saturday or Sunday and hop right back on your plan the very next day. The younger you are (under age 30), you can get away with a lot more. As you age, your metabolism slows, and the margin for error is decreased.

Control the food  
instead of it  
controlling you!



## 3 THINK LOW-CALORIE, CARB, & FAT FOR FIVE DAYS

Fats and carbs will always be the go-to food when you cheat, so decreasing them before you cheat is the best way to budget your calories. It also sets your body up to burn fat faster. It's a great weight loss and fat-burning approach that's beneficial for health and anti-aging. The easiest way to accomplish this is to replace two meals daily with [LynFit Whey Protein](#) or our new [Egg White Protein](#). Have one at breakfast and another at lunch to boost your metabolism by up to 25 percent, so your body is burning more calories. Protein also blunts insulin spikes and makes you feel fuller longer.

## 4 THINK BEFORE YOU CHEAT

Don't let your cheat day turn into an all-out, all-day binge. Odds are, that if you need to lose weight, your food perceptions may be off, so it's best to proceed with caution. Avoid eating with people who encourage gorging (their body weight will probably tell you everything you need to know) and don't eat at locations that allow you to eat mindlessly. Often, eating in your car, eating while watching television, or eating while standing in front of the refrigerator can be danger zones. Don't eat straight out of a bag or carton, and set some "selfie" rules, such as:



*Don't eat at locations that allow you to eat mindlessly*

- Sit down
- Plate your food (a small plate is best)
- Chew your food 60 times for proper digestion to occur
- Put your fork down between bites
- Don't eat and talk

You want to focus on what you're eating, so embrace every bite!

## 5

## DON'T SKIP MEALS TO COMPENSATE FOR YOUR CHEAT DAY

Skipping meals slows down your metabolism which is the last thing you want to do. You do, however, want to lower your daily caloric and fat intake. This is best done using the two LynFit Shakes to replace your current meals. This will keep your metabolism fires running hot. Drinking the shakes will also help to block the cortisol levels that can wreak havoc on your waistline.

## 6

## YOU'VE GOTTA BOOST, BLOCK, &amp; BURN

You have to convince your body to boost metabolism, block carbs and fats while burning off what you eat versus storing it as fat. [LynFit Accelerator Advanced](#) was born for this very reason! Take at least one (1) Accelerator Advanced first thing in the morning and then again at lunch. On your cheat day, take an additional Accelerator Advanced to help combat cravings and keep your metabolism fires blazing. It's best to take 30 minutes prior to indulging to block the absorption of fats and carbs without harmful side-effects.

Accelerator Advanced provides extra metabolic support through its thermogenic formula by boosting your metabolic rate and balancing blood sugar levels that help you lose weight faster and kill cravings for the wrong foods, while also preventing new fat cells from being formed.

LynFit Accelerator Advanced contains a unique blend of ingredients, inspired by nature and perfected by LynFit Nutrition.

- Raspberry Ketones — Supports appetite control and mood enhancement
- Forskolin — Promotes thyroid health
- Green Tea Extract — Supports and encourages calorie and fat-burning
- L-Tyrosine — Helps reduce stress hormones in the body
- Banaba Leaf Extract — Helps balance blood sugar levels
- White Kidney Bean Extract — Helps block the absorption of carbs
- Guggul Extract — Stimulates metabolism and lowers cholesterol
- Cocoa Bean Extract — Helps suppress appetite and shed water weight



*Accelerator Advanced—Allows you to eat more and safely absorb less using natural, botanical extracts*

## 7

## DETOX, CLEANSE, &amp; RESTORE



*Raspberry Ketone Cleanse & Restore—Natural, safe ingredients that replenish healthy bacteria and restore intestinal balance*

Take two (2) [Raspberry Ketone Cleanse & Restore](#) right before you start eating your cheat meal...or as soon as you remember. This will help reduce belly bloat and waste build-up, so you'll feel lighter and energized, even on your cheat day. This cleanse is very different than all the rest. It contains digestive enzymes that help you digest and assimilate your food, so you'll have less gastric distress that can often occur when eating off-plan—you'll suffer a lot less.

Raspberry Ketone Cleanse & Restore helps to jumpstart your metabolism and promote weight loss by removing unwanted toxins. The better your body digests food, the more your body will be able to absorb and fully benefit from the nutrients you're feeding it. And the more nutrients you absorb, the less fat your body will store. Your liver will thank you!

## DON'T FORGET YOUR OTHER LYNFIT SUPPLEMENTS!

Cheat day is the most important time to use all your other LynFit metabolic-boosting supplements. Don't leave home without them. They will help boost, block, protect, and nourish—especially on your cheat day. You'd never take the race tires off a race car on race day, would you? So you shouldn't stop using the weight loss tools that are particularly beneficial to you on not-so-good eating days. Take them with you...vacation, backyard barbecue, or the local restaurant. They just may well be a weight loss lifesaver!