LynFit Nutrition Metabolic Boosting Food Journal

Use this check list to help you stay on track every day. Be sure to write down everything you eat each day and mark off the corresponding box. The number of boxes shown for each food group is the number of servings to be eaten each day. If you notice several blank boxes, focus on eating foods from the missing groups to BOOST your metabolism. Don’t forget to check off your exercise.

**GOAL WEIGHT:** _______________

**TIMELINE:** _______________

<table>
<thead>
<tr>
<th></th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Water</strong></td>
<td>⃝</td>
<td>⃝</td>
<td>⃝</td>
<td>⃝</td>
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<tr>
<td>LynFit Protein Shake/Lean Bar</td>
<td>⃝</td>
<td>⃝</td>
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<tr>
<td>Thermogenic Vegetables</td>
<td>⃝</td>
<td>⃝</td>
<td>⃝</td>
<td>⃝</td>
<td>⃝</td>
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<tr>
<td>Lean Fish/Protein</td>
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<tr>
<td>Low Glycemic Fruit</td>
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<tr>
<td>Optional Snack</td>
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<tr>
<td>Supplements/AM (Accelerator Advanced, Cutting Edge)</td>
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<tr>
<td>Supplements/Mid-Day (Accelerator Advanced, Cutting Edge)</td>
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<td>Supplements/PM (Raspberry Ketone Cleanse)</td>
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<tr>
<td>Sleep Lean (list hours &amp; check if LynFit Lean Sleep taken)</td>
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<td>Pray/Meditate (check)</td>
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<td>Daily Activity (walk 10,000 steps)</td>
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<tr>
<td>Metabolic Boosting Workouts (circle)</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
<td>1, 2, 3</td>
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<tr>
<td>Body Weight/BMI</td>
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</table>

BELIEVE. BEGIN. BECOME.
Most of us journal our good eating days, but if you’re serious about making real, lasting changes, it’s important to be able to see what you need to change. The best way to do this is journal your not-so-good eating days or your days off-plan. That’s where your real answers can be found.

### LEAN PROTEINS
- LynFit Complete Protein (All)
- LynFit Egg White Protein (All)
- LynFit Lean Bars (All)
- All white fish
- Turkey breast
- Egg whites (2-3)
- All seafood

### THERMOGENIC VEGGIES
- All lettuce & leafy greens (3 cups = 1 serving)
- Broccoli (½ cup)
- Cauliflower (½ cup)
- Peppers (½ cup)
- Cabbage (½ cup)
- Yellow squash (½ cup)
- Zucchini (½ cup)
- Cucumber
- Radish

### SNACKS & LEGAL CHEATS
- LynFit Protein Shake (All)
- LynFit Lean Bars (All)
- Unlimited veggies
- Sugar-free Jello®
- Popsicles
- Clear broth (low-sodium, gluten-free)

### HYDRATION OPTIONS
- Green tea, herbal tea
- Warm water with lemon
- Black coffee
- Sparkling water
- All caloric-free waters

### HERBS, CONDIMENTS, SPICES
- Bay leaves
- Coriander
- Parsley
- Cilantro
- Cumin

### ESSENTIAL FATS FOR FAT LOSS
- BEST OPTION: (2) LynFit Pure Omega 3 daily
- Flaxseed oil (limit to 1-2 times weekly)
- Sesame oil
- Extra virgin olive oil (limit to 3 times weekly)

**OILS MUST BE ORGANIC AND COLD-PRESSED ONLY, FOR PURITY.**

### LOW GLYCEMIC FRUIT
- Small green apple
- Pear (½ - limit)
- Grapefruit (½ small)

### SNACKS & LEGAL CHEATS
- Apples
- Berries – all (½ cup)
- Small green apple
- Pear (½ - limit)
- Grapefruit (½ small)

**LynFit Lean Bars (All)**

**Unlimited veggies**

**Sugar-free Jello®**

**Popsicles**

**Clear broth (low-sodium, gluten-free)**

**LynFit Complete Protein (All)**

**LynFit Egg White Protein (All)**

**LynFit Lean Bars (All)**

**All white fish**

**Turkey breast**

**Egg whites (2-3)**

**All seafood**

**ALL SEAFOOD**

**Baby leafy greens (3 cups = 1 serving)**

**Broccoli**

**Cauliflower**

**Cabbage**

**Yellow squash**

**Zucchini**

**Cucumber**

**Radish**

**Flaxseed oil (limit to 1-2 times weekly)**

**Sesame oil**

**Extra virgin olive oil (limit to 3 times weekly)**

"When you feel like quitting, remember why you started!"