

LynFit Nutrition is the only plan that boosts metabolism naturally and addresses the underlying issues that are preventing you from losing weight. It has been formulated by a team of medical experts and recommended by physicians for 28 years, so you can be sure it's safe and it works.



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Metabolic Boosting Tips for Navigating Holidays and Special Events

The #1 Success Tip... Be Mindful

Gatherings can be very distracting and take your mind off what and how much you're eating. Faster than you can say *Weight Gain* you can look down and realize your plate is suddenly empty. The best way to lose weight and keep it off is to stay mindful and focused when you're interacting with food and drink. **Stop** eating if you feel like you're losing control, and don't start eating until you're focused again and conscious and present for each and every bite, to make sure that your choices line up with your goals.

Boost Your Metabolism and Fill Yourself Up First... Don't Go Hungry!

Stay on plan the day of your event or holiday and **don't go hungry!** Have a Metabolic Boosting Protein Shake or Lean Bar and take (1) one Accelerator Advanced and (1) one Cutting Edge an hour prior to help you stay full and energized so you're less likely to eat something on impulse. If this isn't your UPZIG meal, remember you can have your lean protein and green vegetables there—just make sure you stay within Plan guidelines.

Control Your Portions to Control Your Weight

If you're served too much food at a sit-down event, push the extra amount to the side of your plate and aim to eat half. Stop when you've eaten an appropriate amount and stop eating before you're full. At a buffet, choose a small plate and line it with salad, stick to right-sized servings of lean proteins, and load up on veggies to fill you up without filling you out. Choose the lower calorie, nutrient-rich foods, preferably from the food list. Walk away if you need to or distract yourself with conversation. When in doubt... don't! Take (2-3) Raspberry Ketone Cleanse to help digest the food you've eaten and to help keep you feeling full.

Look for Lean, Metabolic Boosting Healthy Foods

Just about every event or party has healthy food. Lean roasted proteins, shrimp cocktail without sauce, raw veggies, and leafy greens are some good examples. Drink sparkling water with lemon or hot tea to really fill you up. Stick with calorie-free soda, sparkling water, sugar-free iced tea, or black coffee.

Be a Great Guest

It's always a good idea to be a good guest and bring what you can eat and help the hostess. A plate of shrimp, a huge salad loaded with veggies, or a special bottle of Italian sparkling water. Your guest will appreciate it and you won't get stuck. **#noexcuses**

Eat Slow and Mindfully

We are supposed to chew our food 60 times per bite, chew your food and don't talk with your mouth full, so you can enjoy what you're eating. Wait until the conversations stop before indulging and put your fork down in-between bites. Remember, you want to enjoy your food. It takes the stomach 15-20 minutes to signal the brain that you've had enough food and feel full, so wait before going for seconds. Sometimes, all you have to do is hit the pause button to prevent overeating.

Eat Only What You Love and Choose Wisely

If you've reached your weight loss goal, and you're exercising regularly, you have earned the right to UPZIG (AKA splurge) with a small serving of something you love once a week. Always think first, *do I love this food or am I just eating on auto pilot?* Don't waste extra calories on subpar food that you'll regret the next day. Choose extraordinary food over ordinary.

Skip Seconds, Unless It's Green Salad

Second servings and double helpings mean you doubled up on calories too. Start with a huge green salad and then move to your lean protein. Once you've finished your meal, move away from the main table and join a lively conversation, or otherwise enjoy the company of those around you. You could even go brush your teeth if you're struggling. It helps distract you while freshening your breath.

Its Wine or Your Waistline

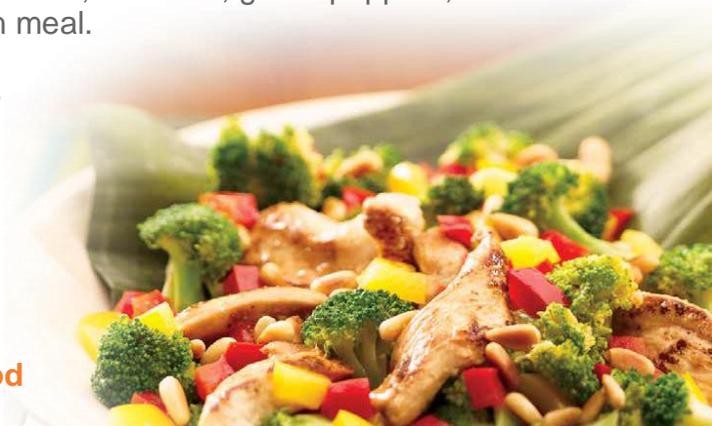
Rethink what you drink. Alcoholic beverages are loaded with calories, and if you're serious about losing weight and boosting your sluggish metabolism, it's better to avoid them. If you've reached your weight loss goal and choose to indulge, stick with one or two, and make it light beers, 4 oz. glasses of wine, or cocktails made with spirits and zero-calorie mixers. Best yet, volunteer to be a designated driver; your friends (and your waist) will appreciate it.

Bring It! Bring It!

Whether you're attending a friend's dinner party or potluck at church, picnic, or tailgate party, it's always best to bring something healthy that you can enjoy rather than eat food you don't really like and regret the next day. Popular crowd favorites include Metabolic Boosting Crunchy Cabbage Slaw, or a Southwest-Style Salad made with salad greens, tomatoes, scallions, green peppers, and taco-seasoned ground turkey. It makes a great clean and lean meal.

Bless People with Gifts of Health Versus Edible Gifts

Consider a new gift-giving habit for birthdays and throughout the holiday season. Give gifts of health instead of edible gifts. Candles, pre-arranged flowers, or plants are a nice alternative to the food gifts that can get us all into trouble.



Focus on the People and Conversations, Not the Food

Social gatherings are about being with people you enjoy and can strengthen bonds between people. Food shouldn't be your first focus and shouldn't take center stage. Concentrate on really getting to know people and the conversations. Try to plan non-food activities through the holidays like hikes or family walks, volunteering, attending plays or parades, kids' arts and crafts, and cultural events. Try playing board games or looking at photos when you get together with friends and family. You'll have more fun when you're not fighting with food, and you'll all appreciate new traditions and make lasting memories to cherish.

Remember the Three Bite Rule!

You can taste anything for three bites. If you can't stop at three bites then don't start. This makes it easier to avoid trigger foods. Trigger foods are foods that increase hunger and cravings that you lose control over and can't seem to stop eating them or sticking to a reasonable portion.

Make a Plan or Plan to Gain

Without game plan, weight gain is inevitable. Set a weight gain limit (we suggest a two-pound max weight gain) and stick to it. Determine ahead of time what days or meals will be your UPZIG meals, so you can plan to eat extra clean the days leading up to it and after. Be realistic and commit only to what you know you can accomplish without making yourself crazy. **Remember How You'll Feel if You Go Off-Plan.** You'll feel better and you're better for everyone around you if you stay on track with your positive lifestyle. When time gets tight, make sure you have plenty of Metabolic Boosting Protein Shakes premade, and carry extra Lean Bars with you so you're never stuck without something healthy to eat.

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Take Care of Yourself

Imagine how you'll feel at the next celebration at your goal weight, feeling fitter and happier, and radiating health. You can decide to be that person when you take care of yourself by eating clean, drinking plenty of water, exercising regularly, and getting enough sleep every night. When others see you at your best, you're carrying a powerful message about living well—and that's something to celebrate.

Inspire Others by Sharing Your Story

If being overweight has made you avoid social activities in the past, you may feel a little nervous about joining the party. People will most likely notice your glow and the positive changes you've made in your appearance, as well as your attitude. Relax and embrace the chance to inspire others and to model healthy behaviors such as making smart nutrition choices. People will most likely ask you what you're doing, so why not share your story and your secret—living leaner and healthier with LynFit Nutrition!



When You're the Host or Hostess

Simply Modify or make over Your Favorites

Eating clean is easy when you're cooking food yourself; you don't have to completely give up your traditional party favorites, just make cleaner versions of them. Mocked mashed potatoes using cauliflower makes a tasty alternative to high-carb mashed potatoes. Try sautéing in broth instead of butter and use low-carb alternatives. Use sugar and fat-free ingredients whenever you can. Your guests will never know the difference, and everyone is happier when they eat cleaner! You can try adding more spice to make up for flavors lost when fat is reduced. For Halloween, give out treats that won't tempt you. Treats like sugar-free gum, packets of pretzels, peanuts, or gift vouchers so you don't have a lot of fun-sized temptation haunting your home.



Learn How to Ask for Help (and Accept It)

Honesty brings people closer together, so ask for help from your friends and family to get involved in the planning and delegate out some tasks. Send your spouse to the store (with a very specific list); or better yet, have your food delivered from the store and assign each kid a specific area of your home they are responsible for. Don't be afraid to ask your guests to bring a dish for all to enjoy. And when someone offers to take on a favor, say yes! We are all happier when we serve and everyone has task to do. If mama ain't happy, nobody's happy!

Let Go of Leftovers or Freeze Them

Delegate the task of packaging leftovers to someone else. If possible, when you're cleaning up, you wash the dishes, sweep up, or take out the trash. Be sure to send cookies, cakes, pies, and any tempting extras home with friends, or take them into the office for co-workers. I have even brought them to the homeless shelters, which made me feel good that I didn't eat them and good I was blessing others with something delicious. For healthy items, portion them out into ready-made containers in specific meal portions and refrigerate or freeze them to save you time later.

Wait Until the Last Minute

If you're baking or preparing calorie-rich foods for a gathering, wait and do so at the last minute so you spend less time looking at and smelling them. It's also a good idea to buy them so you're not tempted.

Make Things You Don't Love and Focus on Your Non-Favorites

If you're preparing party food, make it something that's easier for you to resist. For example, if your weakness is chocolate, go with fruit. Not a huge fan of coconut or licorice? Bake macarons or anise-flavored cookies so you're not interested. It's never a good idea to buy or bring foods you can't resist—that's setting yourself up for failure.

Mind Over Matter: Keep Your Eye on Your Goal & Behavioral Tricks to Keep You on Track

Emotions Drive Overeating

Emotions are underneath our desire to overeat, whether it be a holiday, party, or any other event. They are almost always a combination of fun, food, and emotion. Whether you're watching your favorite team compete in the championship, sitting down with family for a Thanksgiving feast, or celebrating your daughter's wedding day, good food usually accompanies good feelings.

Emotions play a bigger role than we realize in our eating patterns. At big events, we eat to create or enhance pleasurable feelings: bonding with others, recapturing the past, and comforting ourselves. While these are the reasons, they aren't an excuse to let go and over-indulge, which never makes us feel good and is dangerous to our health.

Out-of-control eating is what caused you to gain weight and creates great emotional pain. Years of unhealthy choices have made us feel unhappy, tired, discouraged, and even ashamed to the point of giving up.

The trick is to focus on new healthier habits versus wasting time fighting old ones. You can learn how to experience the good feelings without overeating. Yes, this takes time, so be patient with yourself and seek progress, not perfection. If you fall, the best tip of all is **get back up fast!**

Be Ready with Your Response!

If you're on a healthy eating plan, parties and events will no doubt test your commitment, so be prepared for the following:

- What if I am bored or tired?
- What if I get stressed?
- What if someone offers me my favorite food?
- What if someone gives me a hard time about my choices?

By mentally "walking yourself through" the situations you're likely to encounter at the event, you'll be better prepared to handle them with serenity. With a little commitment, handling food-laden social festivities will become easier and more enjoyable.

By consuming 200 extra calories daily you can gain 20 pounds over the course of a year. Consuming extra calories on holidays or special events is no different. When it comes to losing weight and protecting your health, PREVENTION IS ALWAYS THE BEST CURE!

Write Your Intentions

Develop a plan using the form below.

My Action Plan for _____
(EVENT)

Date and time: _____

My goal for this event is to:

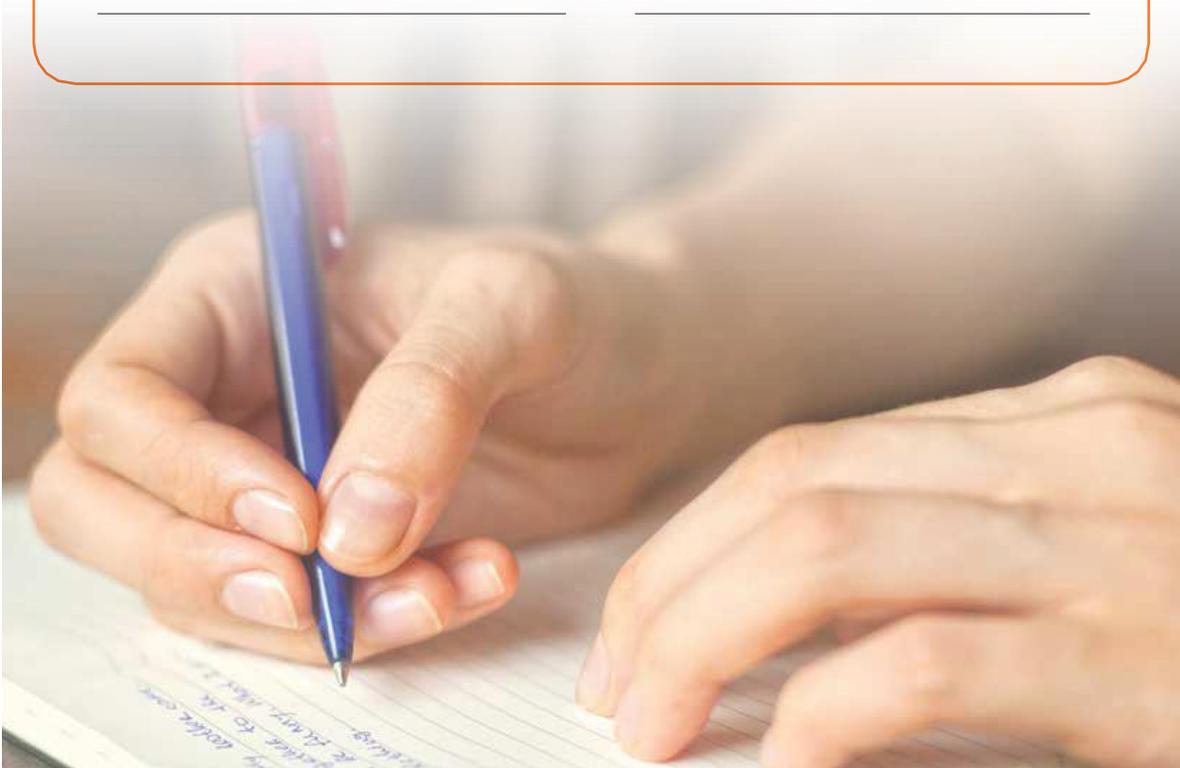
1. Stay committed to my weight loss and maintenance programs and my health goals.

2. (List other objectives) _____

3. (List other objectives) _____

Obstacles I may need to overcome:

How I will respond to them?:



Control What You Can: Your Surroundings

You may not have a say in what's served at a party or whether or how your second cousin behaves at the dinner table, but there are some techniques you can use to manage your surroundings, so stress and unhealthy habits stay in check.

A Buddy

A great way to navigate celebrations is to stick close to someone who understands and supports what you're trying to do. If your host or hostess is someone close to you, you might even ask them to help you by providing a healthy food option for you. If a friend, spouse, or family member isn't available in person at the event, you might have someone available to call for a few seconds of support—or even text—if you're feeling overwhelmed. Just knowing someone is in your corner cheering for your success can be tremendously powerful.

Avoidance

Getting out of the way of temptation is not a sign of weakness or poor self-control, but rather an intelligent response to avoid problems, especially when you're in the early stages of learning to eat healthy. If there's a buffet, a trusted friend or family member can go get your food for you. If there's a dessert table in one room, you can stay out. When cake is served, you can politely excuse yourself.

Visualization

Like an athlete preparing for a big game, you can use visualization to rehearse the behavior and outcome you'd like to have happen. Use your imagination to mentally “see” yourself politely declining the offer of a second helping, explaining to a family member that you're going to pass on cocktails, or getting up to dance when the desserts are passed around.

Reminders

Set up positive, motivating messages on your cell phone to pop up during the event, or write them down on small slips of paper to hide in your purse or pocket. Some ideas:

- You're doing this for your kids—and future grandkids.
No food tastes better than healthy feels.
- Your spouse is so proud of your success.
You're one step closer to your goal.
- You're becoming your true self every day.



Accept the Things You Cannot Change & Change the Things You can... Yourself

It's not what happens to us but how we get through the tough situations that matters. We usually can't control the things that happen to us, but we can control or adjust how we respond to them. Here are some powerful behavior modification tools recommended by experts that are easy to use, anywhere and anytime, including at parties and events.

Just Breathe... and Breathe Deep

One of the best and the easiest ways to handle an unhealthy eating urge is to stop, hit pause, and take a few deep cleansing breaths. Close your eyes and concentrate on your breath, feeling your lungs slowly fill up and empty as your mind quiets down and you reboot your stress levels, improving your awareness. Find a quiet place if this is challenging. When you open your eyes you'll feel better and more relaxed and you can continue enjoying yourself.

Change a Thought, Move a Muscle (AKA Distract Yourself)

If you're thinking obsessively about the food, learn to switch gears by distracting yourself. Focus on something positive or something that makes you happy. Try joining an interesting conversation or stroll around the grounds. If the urges are strong, go for a walk break or go to the bathroom for a makeup refresher—anything that gets you in a quiet zone to reboot. You can even call a friend for support or offer to take a photo of someone. If at a wedding, go meet the bride's family to comment on the beautiful bride, the birthday boy, or your brother's new outdoor deck. Do anything that prevents you from obsessing.

Wait it Out

Food craving are also anxiety attacks that act like an ocean wave. It builds, crests, crashes gently onto shore, and fades away into the sand. As compelling as the urge is, it's temporary. If you don't give in, you'll find the feeling passes in a few minutes. Most food cravings and anxiety attacks will last 1-2 minutes max. You can hold out that long!

Walk it Out

Physical activity and avoidance are the best ways to conquer cravings by giving them a one, two punch. Remove yourself from the temptation and take a walk, then return to the event refreshed, re-energized, and ready for more fun.

Talk it Out

Talking about the urge to eat with someone who understands can provide relief as you recognize it's not a sign of weakness or failure to have these feelings from time to time. Plus, that person can give you valuable support as you stick to healthy choices.

Remember, weight loss and good health are now your lifestyle so one meal or slip up won't ruin you. This is a marathon, not a sprint. Long-term weight management is lived one-day-at-a-time, one-meal-at-a-time. Slip-ups can only hurt you if you wait to get back on track. If you fall off the wagon, the best thing to do is get back on right away at the next meal. Get up, take your supplements, and drink your metabolic boosting shake, and hit the restart button. If you keep doing this you'll be fine. The idea is to prevent an unhealthy decision from becoming a complete relapse into old eating habits. **Attitude is everything and the only limitation is YOU!**

Talk Back to Your Negative Thoughts

It's our inner dialogue that gets us into trouble when we worry that refusing food or drinks will hurt or offend someone or call attention to ourselves in a negative way. Likewise, we may tell ourselves that if we have a bite of cake, it's all over and we've failed in our attempt to get healthy once again. This negative self-talk needs to be addressed and counterbalanced by having more positive and constructive thoughts such as, instead of saying, "It's going to be tough to avoid having dessert at this party" say instead, "I'll be okay. I've got this because I now have techniques I can use, and my health goals are definitely worth it."

Be Assertive and Ask for Your Needs

Sometimes things don't go the way we planned, such as a pushy person pressuring you to eat something you know isn't in line with your weight loss and health goals. You can stand up for yourself and it's important to learn how to ask for your needs. You have the right to be heard, and don't have to apologize or explain yourself to anyone. You can respectfully communicate your wishes, thoughts, and feelings, and not have to feel powerless or fall hopelessly at the mercy of anyone who doesn't understand how critically important your weight loss goals or healthy eating is to your well-being. Sometimes all you need is a few good one liners:

- "Thanks, but no thanks. I'm completely committed to eating healthy right now."
- "No thanks. I'm full because I ate before I came."
- "I wish I had room left, but I had a late lunch."
- "I'll pass. I'm not a big fan of xyz... "
- "I'm on my way to another party and I'm saving room. Thanks, anyway!"

Most people who aren't eating healthy will try to bring you down with them, but **don't let them!** This can be avoided, but it's probably best if you don't say, "I'm on a diet." This only encourages people to over-feed you, so do yourself a favor and arm yourself with these behavior modification tools instead. The best thing you can do is expect interference, so you're ready and not shocked when it happens!

Power Yourself with the Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next.
Amen.

The Morning After

One of the most important things to learn is that we all fall down at one time or another. It's inevitable because we are human. The most important exercise you'll ever learn is how to pick yourself back up and keep moving forward. It's not the fact that we fall off plan that hurts our weight loss, it's whether we decide to get back up again, or allow the slip up to keep us down. **We get to decide!** Brush yourself off, forgive yourself, restart, and keep repeating as many times as it takes: **Quitting is not an option!** Going off plan has its drawbacks, and one of them is that it throws our blood sugar levels off balance, making us hungry, even though we just overate and gained weight due to the excess. This requires an aggressive approach to get our blood sugar levels stable again. This is especially true if you drank too much. Here is the fastest way to get your weight loss and your health back on track fast (AKA: my Slimmer by Dinner Meal Plan)

Keep in mind, rehydrating your body is critical, so **hydrate, hydrate, hydrate!**

- Do not skip meals (punishing yourself does not work, and it damages your metabolism)
- As soon as you wake up start your day off with one (1) shot of Daily Power Shot to help regulate blood sugar levels caused by eating too many carbs and or drinking too much. It also replaces lost nutrients that can cause cravings.
- Drink a large glass of water and have a glass every hour until you've reached eight glasses. If you don't like cold water, drink warm water with lemon.
- Follow this Slimmer by Dinner version of the Metabolic Boosting Meal Plan (also known as the Morning After Diet) to help rebalance blood sugar levels quickly and help you drop those extra pounds by the next day. This plan works because it quickly restores and rebalances blood sugar levels, getting your body back to its healthy state. You'll feel slimmer by dinner and full of energy!

#1: Have a morning Metabolic Boosting Breakfast Complete Protein Shake (12 hours after your last meal) made with black coffee or water and 2 scoops of Complete Protein Advanced Protein. Also, take one (1) Accelerator Advanced and one (1) Cutting Edge.

#2: Mid-morning metabolic boost of one (1) scoop LynFit Egg White Protein made with water or black coffee (it's okay to use zero-calorie flavors like Skinny Girl Caramel Syrup). We tend to crave more the morning after but do it legally. If you have Thyro-Boost, take one (1) dropper full and one (1) dropper full of D3 Boost. If not, don't worry, but they do help detoxify the system. Make sure to drink more water or green tea.

#3: Mid-day metabolic boosting Leaner Lunch of a Complete Protein Shake (12 Hours after your last meal) made with black coffee or water and 2 scoops of Complete Protein Advanced Protein or Regular Protein. Also, take one (1) Accelerator Advanced and one (1) Cutting Edge.

#4: - Metabolic boosting Slimmer Snack of one (1) Lean Bar or Skinny Hot Chocolate (recipe found on LynFit.com) and one (1) green apple. Also, take one (1) Cutting Edge and one (1) Pure Omega 3.

#5: Slimming Dinner of (3-4 oz.) white fish (Hate fish? Skip the protein tonight.), green salad, and one warm green vegetable (you can turn this into a stir fry). Also, take (2-3) Raspberry Ketone Cleanse & Restore. **NO FOOD AFTER DINNER:** Drink warm fluid like warm water with lemon or hot tea.

Sleep Lean Stack: 60-90 minutes before bed, take (1-2) Lean Sleep and one (1) Pure Omega 3.