

Prevention can begin the day before and continue afterward for as long as you need it. It's the best way to Live Lean.

- 1** **Leading up to the Cheat Day** — Drink warm water with lemon or Green Tea four (4) times daily

The Big Meal Day

- 2** Metabolic boosting, macronutrient-rich smoothie before 10:00 a.m.
 - (2 scoops) LynFit Complete Protein Shake
 - (½ cup) Water or black coffee
 - (5–6) Ice cubes
 - (¼ tsp) Cinnamon
 - (1–2 droppers) LynFit Thyro-Boost

SUPPLEMENT SUPPORT

- (1) LynFit Accelerator
- (1) LynFit Cutting Edge
- (1) LynFit Vitamin D3 Boost (optional)

Mid-day: Metabolic boosting, macronutrient-rich smoothie or Lean Bar
(Same smoothie recipe as above)

SUPPLEMENT SUPPORT

- (1) LynFit Accelerator
- (1) LynFit Cutting Edge
- (1) LynFit Carb Edge

- 3** Afternoon snack or 1–2 hours prior to party or event
 - (3 stalks) Celery or (1) small green apple

SUPPLEMENT SUPPORT

- (1) LynFit Carb Edge
- (1) LynFit Cutting Edge
- (1) LynFit Pure Omega 3

- 4** Start your dinner with:
 - (1) LynFit Carb Edge
 - (2) LynFit Raspberry Ketone Cleanse
 - Warm water with lemon or hot/warm tea
 - Salad (leafy greens) with apple cider vinegar (helps reduce carb absorption)

- 5** For dessert:
 - Only eat the pie filling — Save 125 calories and 7 grams of fat

- 6** Night time (with a glass of water):
 - (1) LynFit Lean Sleep
 - (1) LynFit Pure Omega 3