

LOSE 1 POUND PER DAY METABOLIC BOOSTING CLEANSE

*Boost, Cleanse, & Restore
To Burn More Fat*

1

HOW TO MAKE DELICIOUS, CLEANSING, METABOLIC BOOSTING COMPLETE PROTEIN SMOOTHIES

Smoothies are the best way to cleanse, detox, and boost your metabolism. They make the process faster and easier while saving you time and money – and a whole lot more delicious! While LynFit Complete Protein Shakes are delicious on their own, you can take them to a whole new level by adding just a few simple ingredients. LynFit Shakes are the only shakes that will boost your metabolism by up to 25 percent and block cortisol levels (stress hormones) while also lowering blood sugar, blood pressure, and cholesterol levels.

These recipes are designed specifically for this cleansing and detox plan. They use pure ingredients that allow your organs to work less and are low-calorie, low-sugar, low to no-fat, and gluten and soy-free. Keep it simple over the next two weeks and allow the detox process to unfold organically. **Shake your way to a leaner body by having a detoxing smoothie daily!**

Blender Mixing

(½ cup) Water (not too hot or cold while cleansing)
(2 scoops) LynFit Non-GMO Complete Protein or Egg White Protein
Handful of ice

- Pour water into blender first and begin mixing on lowest speed (this adds air to the smoothie making more filling)
- Add (2 scoops) LynFit Non-GMO Complete Protein Powder and blend until thoroughly mixed (about ten seconds)
- Gradually add ice cubes until completely blended
- Add any additional ingredients from the approved list below and blend on high speed for one minute or until desired consistency is reached.

FOR A THICKER SHAKE:

Increase ice or use frozen berries and blend less

FOR A CREAMIER SHAKE:

Blend longer at a lower speed

FOR A FROTHER SHAKE:

Blend until froth appears

Choose from the ingredients below ONLY while cleansing and add to (2 scoops) of LynFit Non-GMO Complete Protein to add detox benefits and flavor. **Remember**, fruit is limited to one serving daily, which is ½ cup.

Melt Fat Mochaccino: Replace water with ½ cup of organic coffee

Be Lean & Clean Berry Blast: Add ½ cup of any organic berry (frozen is great too)

Metabolic Boosting, Detoxing Green Machine: Add (1 cup) cubed cucumber, (13) mint leaves, and the juice of ½ a lemon or lime

Instant Energizer: Add (1 oz.) of LynFit Daily Power Shot in place of LynFit Thyro-Boost (do not add both)

Hunger & Cravings Killer: Add (3 scoops) of LynFit Non-GMO Complete Protein Powder rather than two scoops

Lean Out Lemonade: Add the juice of ½-1 lemon for a deliciously satisfying smoothie

Slimming Cinnamon Smoothie: Add (1 tsp.) of organic cinnamon to your smoothie

Daily Joint Recovery & Repair Tropical Smoothie: Add (1 oz.) of LynFit Daily Recovery & Repair to your smoothie

Salad Shake: Add a handful of romaine lettuce or spinach to your shake

Clean Out Quick Tips

- Experimenting is good, but using something that may affect the detox process defeats the purpose
- Always choose organic ingredients
- Bottled, purified, filtered water works best
- Do not add any additional fiber of any kind
- Do not use LynFit Daily Power Shot and LynFit Thyro-Boost in your shake together