

The Lean Bar Diet Plan

Satisfy your cravings and make losing 1 pound per day and melting belly fat faster and easier



Lose 7 pounds in 7 days, or 10 pounds in 10 days — it's your plan, you get to decide!

The Lean Bar Diet Plan

Lose weight today and discover a new, healthier you with the Lean Bar Diet Plan. The Lean Bar Diet Plan is a unique way to lose weight, expressly designed for our fast-paced society. It makes losing weight faster and easier by removing the decision making, thinking, planning, and calorie counting. All you have to do is replace two meals daily with a nutritious [Lean Bar](#). Enjoy a delicious metabolic boosting meal each night, snack on a green apple, drink a protein shake, and.....You're losing!

This plan not only helps you lose weight, but it also helps you keep the weight off when used in conjunction with the healthy meal and exercise plan. You already know that you are supposed to eat less and exercise more, yet you just can't seem to go one day without falling into the *cravings trap*. That's what makes the Lean Bar Diet Plan different. It satisfies those hard-to-kill cravings before they overcome you.

The secret to lifelong weight loss success is to exchange your favorite foods that you crave with healthier replacements that help reduce your caloric intake. You begin to lose weight right away, keeping you motivated to stay on track.

WHAT MAKES IT DIFFERENT?

The Lean Bar Diet is different from other diet plans because it doesn't just taste good, it's also good for you. As with the [LynFit Advanced Metabolic Boosting Meal Plan](#), it helps boost your metabolism. You get to satisfy your cravings while losing weight at the same time.

Other diet plans use inferior ingredients in their protein bars. They use discarded whey, are too high in calories, carbohydrates, sugar, and fat. For women over 40, they are very little help.

[LynFit Lean Bars](#) are:

- High in metabolic boosting, high-grade, whey protein
- High in fiber — 10–12 grams made from a unique prebiotic source
- Low in fat
- Low in carbohydrates
- Low on the glycemic index — perfect for pre-diabetics and diabetics
- Low in sodium

The LynFit Lean Bar is the cleanest, purest, most natural protein bar you can buy. It's also the best tasting. They allow you to satisfy your cravings and feel fuller longer. Due to the purity of the ingredients, they are easier to digest. Combine all of this with the fact that they are gluten-free, soy-free, nut-free (peanut butter Lean Bars excluded), hormone-free, and non-GMO makes the LynFit Lean Bar perfect for weight loss.

Unlike other protein bars that are made with leftover and low-quality whey protein, [LynFit Lean Bars](#) are the only protein bar made with high-quality whey. You'll love the taste, lose weight faster and easier, and feel better than you have in years.

The Lean Bar Diet Plan

According to The Food and Drug Administration (FDA), diets low in saturated fat and cholesterol, that are also high in fiber, have been known to reduce the risk of heart disease, lower blood sugar, lower your risk of diabetes, and melt off belly fat. The [LynFit Lean Bar](#) — the protein bar doctors love!

One [LynFit Lean Bar](#) has 10 grams of fiber from a prebiotic, low-glycemic source. Nutritionists refer to this as a low-glycemic response—having a slower, and more sustained effect on blood sugar and energy levels than when consuming high-glycemic carbohydrate foods. Foods such as cereals, pasta, and grains, as well as other so-called healthy foods, fall into the high-glycemic category. Low-glycemic response allows for efficient weight loss while also encouraging fat loss. Say goodbye to belly fat and the stubborn fat from your hips, thighs and buttocks.

The Lean Bar Diet and [LynFit Lean Bar](#) offer a healthy, easy method of weight loss over time. Combine the use of these convenient on-the-go meal replacement bars with the [LynFit Advanced Metabolic Boosting Meal Plan](#) to see the best results.

By eating just two delicious [LynFit Lean Bars](#) daily, plus implementing a few simple lifestyle changes, you can be on your way to an entirely new leaner, happier, healthier, more satisfied, and energized **YOU**. Perfect for the person who is always on-the-go, and with very little time to spare.



WHAT'S THE COST?

[LynFit Lean Bars](#) cost less than the average cup of coffee from a café. Add into that the value of your savings due to becoming healthier, and you have tremendous cost savings. All while providing you with the most beneficial daily value percentages and lowest total fat grams in a most delicious and flavorful protein bar.

Enjoy two guilt-free, fat-burning, energy-inducing, [LynFit Lean Bars](#) for less than the cost of a glass of wine or frozen yogurt. Both of which will lead weight gain.

For a better glimpse at how [LynFit Lean Bars](#) compare to other national brands, please refer to the chart on the next page.

The Lean Bar Diet Plan

WHEY PROTEIN COMPARISON — LYNFIT VS. POPULAR BRANDS					
	LynFit Lean Bar	Power Bar	Quest Bars	Lara Bars	Pure Protein
	1 Bar (50g)	1 Bar (2.oz)	1 Bar (60g)	1 Bar (45g)	1 Bar (50g)
Calories	150	210	170	190	180
Fat Calories	30	45	50	90	40
Total Fat	2.5g	5g	6g	10g	4.5g
Saturated Fat	2g	3g	1g	1g	3g
Cholesterol	2.2mg	<5mg	5mg	10mg	10mg
Total Carbs	21g	27g	24g	31g	17g
Fiber	10g	4g	19g	4g	2g
Sugar	2.5g	14g	1g	23g	3g
Protein	19g	20g	20g	4g	21g
Calcium	70mg				
Iron	0.5mg				
Sodium	85mg	130mg	340mg	30mg	85mg
Potassium	160mg	120mg	380mg	330mg	115mg

WHY IS FIBER IMPORTANT FOR WEIGHT

Fiber is vital when trying to lose weight because it keeps you feeling fuller longer while providing multiple health benefits.

Dietary fiber is found in fruits, vegetables, whole grains, and legumes—and that's exactly where the problem lies. Most of us don't eat enough fruits and vegetables to reach your goals. You need to limit whole grains when trying to lose weight, making it difficult to reach your daily quota of fiber.

Enter, the [LynFit Lean Bar](#). The [LynFit Lean Bar](#) is the only protein bar of its kind that uses the metabolic boosting, good-for-your-health prebiotic fiber. They contain 10–12 grams of filling fiber to help keep you feeling fuller longer and keep you regular. Additionally, [LynFit Lean Bars](#) will contribute to lower cholesterol levels, balance and reduce blood sugar levels, and boost immunity while helping to keep your weight within a healthy range.

LynFit Lean Bars are physician approved. Show them to your doctor and be sure to bring him one!

The Lean Bar Diet Plan

You need to eat 20-30 grams of fiber every day, and unless you are consuming (10–12) ½ cup servings of vegetables daily, you're not meeting that goal. The Lean Bar Diet has that problem solved because all you need to do is eat one bar daily and you're ½ way toward your goal. If you consume two bars daily, you have surpassed your fiber goal. You'll feel so full that you won't be tempted to eat the not-so-good foods that you are exposed to on a daily basis.

ARE YOU READY TO JUMPSTART YOUR WEIGHT LOSS TODAY?

THE LEAN BAR DIET EXERCISE PLAN!

Congratulations on choosing to improve your health and fitness. This plan will help you take control over your body, and your health, **TODAY!**

It's not easy to commit to a healthier lifestyle. The most important step has already happened—your decision to do it. Mentally, you've set your goal and are creating the right environment to win the war on weight loss by removing the trigger foods, and replacing them with healthier alternatives.

Tackling this obstacle is more important than you think. In fact, it affects your weight loss by 90 percent. Exercise only makes up the last 10 percent. You don't have six hours daily to live in the gym, so eating clean needs to be your #1 priority.

Of course, you need exercise to tighten, tone and force your body to burn fat, so we included a Fit List called "30 Ways to Move Daily" in this guide to remove any obstacles that may be keeping you from staying active every day. You only need one minute daily and the will to change.

The most common exercise barriers are a lack of time, motivation, pain, or injuries. We've removed those obstacles, and more, by creating a plan that can be done by anyone, anywhere, without the risk of injury.

By just replacing two meals daily with a delicious [LynFit Lean Bar](#) and performing the exercise move listed will put any obstacle behind you and bring radical transformation faster than any other program available. You will be boosting your metabolism and burning more calories all day long, even when resting.

GOT A MINUTE?



The Lean Bar Diet Plan

GREAT FOR BEGINNERS!

With this program, it doesn't matter if you've never exercised or haven't been exercising. Anyone can do these one-minute drills anywhere, anytime. There is no excuse.

Aim to do at least one drill daily, and make it a priority. It might even be a good idea to place a sticky note on your bathroom mirror to remind yourself to do them.

If you want even faster results, try doing the [Metabolic Booster Workout](#) or the [Metabolic Boosting Workout found in The Metabolism Solution](#). These workouts are specifically designed to bring about radical change quickly. They only require three workouts weekly and take 30 minutes. And don't forget your daily steps—you need to be getting in 10,000 steps daily to maintain health and wellness.

THE ONE-MINUTE MOVEMENT MISSION LIST:

(Photos and videos of the movements can be found in [The Metabolism Solution](#), [LynFit.com](#), and on [Facebook—@LisaLynnFitness](#))

- Push-ups
- Deep Squats
- Tricep Dips
- Jog in Place
- Jumping Jacks
- Plank
- Walking Lunges
- Standing Rear Leg Kicks
- Standing Side Leg Lifts
- Standing Leg Circles
- Back Lunges
- Seated Rear Flies
- Side-to-Side Lunges
- Front Lunges
- Standing on one Leg Arm Circles (don't forget to do both legs)
- Standing on one Leg Arm Push Backs (do both sides)
- Lying on Back Chest Flies (you can do these in bed)
- Lying on Back Triceps one Arm Extensions (Can be done in bed or on couch)
- Lying on Back Pullovers
- Lying on Back Arm Curls
- On all Fours Rear Hydrants
- On all Fours Side Leg Raises
- Lying on Back 90° Hamstring Stretch for 30 seconds on each side
- Lying on Back Inner Thigh Stretch
- Lying on Back Outer Thigh Stretch
- Lying on Back or Sitting in Chair Hip Stretch (do 30 seconds on each side)
- Step-Ups (40 seconds on each side)

The Lean Bar Diet Plan

TURBOCHARGE WITH METABOLIC BOOSTING SUPPLEMENTS



COMPLETE PROTEIN

An irresistibly delicious meal replacement drink that contains the perfect combination of complete protein (from 100% whey protein, 99% lactose-free) and essential nutrients that is fat-free and low in sugar.



COMPLETE PROTEIN ADVANCED

It's the cleanest and purest high-quality whey you can find and tastes so good you'll be craving it. Hence the names, Chocolate Bliss and Vanilla Dream. No question - everyone should be drinking this shake.



ACCELERATOR

A unique specially blended supplement that helps boost the fat burning process and is more efficient than single nutrient supplements.



CUTTING EDGE

An all-natural stimulant-free blend that prompts the body to burn fat and carbohydrates more efficiently. L-Carnitine acts as a shuttle pulling fat into the cells to be burned as fuel helping to melt fat faster and easier.



CARB EDGE

Taken 30 minutes before a meal that has carbs, will block 65% of the starch from being absorbed. Assists your body in weight loss by burning fat and carbohydrates for fuel while controlling appetite and food cravings.



DAILY POWER SHOT

Loaded with the highest quality vitamins, minerals, and antioxidants to maintain optimum health and generate elevated energy levels to maximize exercise and weight loss efforts.



RASPBERRY KETONE CLEANSE

Made up of fat flushing ingredients that are gentle to your system. The Raspberry Ketone Cleanse helps rid your body of unwanted toxins while setting the stage for fat burning.



LEAN SLEEP

Drug-free sleep aid for the relief of occasional sleeplessness that can contribute to abdominal fat storage. It promotes restful sleep and better overall health while reducing anxiety that causes fat to be stored. It is specifically designed for weight loss.

The Lean Bar Diet Plan



PURE OMEGA 3

The first fish oil supplement geared specifically towards weight loss. Additionally, science has shown that the DHA and EPA in fish oil both contribute to the healthy and comfortable function of joints, the maintenance of cognitive abilities, healthy looking skin and maintenance of cardiovascular health.



RECOVERY AGENT

Brings you the most advanced natural relief for joint pain, body aches, and ailments associated with Arthritis, Bursitis, and Tendinitis.



VITAMIN D3 BOOST

D3 Boost is the perfect way to nourish your body without harming your weight loss. LynFit's Vitamin D3 Boost is specifically formulated for weight loss programs and delivers a concentrated dose of the most usable form of vitamin D3 with immune boosting ingredients.



SUPPLEMENT PROTOCOL IS AS FOLLOWS

Follow the protocol using what you need to use and don't worry if you don't use all the supplements listed. As long as you're getting results, that's what matters.

The supplements have been stacked in such a way for:

- Metabolic boosting
- Fat loss
- Maximum energy
- Appetite control

*The Daily Power Shot can be used whenever you feel you need it.

**Recovery Agent should be used according to the label instructions. You may want to take a break from using other supplements if you feel it's too much.

MORNING

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

The Lean Bar Diet Plan

MID-MORNING

- (1) [Cutting Edge](#)
- (1) [Carb Edge](#)

LUNCH

- (1) [Accelerator](#)
- (1) [Cutting Edge](#)

MID-AFTERNOON

- (1) [Carb Edge](#)
- (1) [Pure Omega 3](#)

DINNER

- (2) [Raspberry Ketone Cleanse](#)

9 PM

- (1) [Lean Sleep](#)
- (1) [Pure Omega 3](#)

THE LEAN BAR DIET MEAL PLAN!

The Weight Loss Meal Plan:

BREAKFAST

- (1) [LynFit Lean Bar](#)
- Black Coffee or Tea

MORNING SNACK

- (1) Small piece of fruit

LUNCH

- (1) [LynFit Lean Bar](#)
- (1) Small piece of fruit or (1 cup) Cut up vegetables

AFTERNOON SNACK

Fruit or vegetable of choice (go for a fruit that needs peeling, like a grapefruit)

The Lean Bar Diet Plan

DINNER

(3oz) Lean protein (white fish is best for weight loss)
(2 cups) Steamed vegetables
Tossed salad

AFTER DINNER SNACK (Keep snacks to 100 calories or less)

Sugar-free Jell-O, or
Sugar-free popsicles, or
(1) Small piece of fruit, or
(1) Small serving of frozen yogurt

PRINCIPALS TO A SUCCESSFUL DIET

- Choose only foods from the suggested list
- Weigh and measure all food (If you're not losing weight, you're eating too much. Remember, your stomach is the size of your cupped hand.)
- Drink (8) 8oz glasses of water daily
- Don't skimp on vegetables, and be sure to eat 8–10 servings daily
- Weigh yourself prior to beginning the plan

Have fun with the Lean Bar Diet by playing games with your meal plans each day. This will help you focus on what you can eat, versus what you can't.

For instance:

- Monday is Chewy Chocolate Lean Bar Day
- Tuesday is Vanilla Lean Bar Day
- Wednesday is Toffee Lean Bar Day
- Thursday is Peanut Butter Chocolate Lean Bar Day
- Friday is Peanut Butter Lean Bar Day

A TYPICAL DAY MIGHT LOOK LIKE THIS

BREAKFAST

(1) [Chewy Chocolate Lean Bar](#)

MORNING SNACK

(½) Cup of strawberries

The Lean Bar Diet Plan

LUNCH

- (1) [Toffee Lean Bar](#)
- (½) Cup of strawberries

AFTERNOON SNACK

- (1oz) Favorite nuts

DINNER

- (3oz) White fish
- (2 cups) Asparagus
- Tossed Salad

DESSERT

- (½ cup) Strawberry frozen yogurt

**Beverage of the day Strawberry Tea (Iced or hot)*

METABOLIC BOOSTING FOOD SUGGESTIONS

THERMOGENIC PROTEINS (3oz Serving Size)

- Fish (best choice for weight loss)
- Lean Poultry (must be at least 97 percent lean)
- [LynFit Protein Shakes](#)
- Nonfat Cottage Cheese

THERMOGENIC FIBROUS CARBS (½ cup Serving Size)

- Vegetables — All

FATS FOR FAT LOSS (1 tbsp Serving Size)

This includes salad dressings and any condiment that contains fat such as all butters, milks (coconut and soy) and mayonnaise, etc.

The Lean Bar Diet Plan

LOW-SUGAR FRUIT (1 cup Serving Size)

Grapefruit (Super Star)
Green Apples (Best)
Tomatoes
Pears
Plums
Melons
All Berries

CARBOHYDRATES (the less you eat of these the more weight you'll lose)

Root Vegetables
Brown Rice
Breads, Crackers, Chips
Pasta
Hummus
Popcorn
All Grains that contain carbohydrates — it doesn't matter how healthy it is
All Berries

**Choose foods that won't trigger a binge. A binge is when you can't stop, or eat more than a portion size.*

THERMOGENIC CONDIMENTS

All Vinegars
Low-Sodium, Gluten-Free Bouillon
Mrs. Dash Seasoning
Oils: Canola, Olive, Flax, Sprays
Celtic Sea Salt
Iodized Table Salt (if your thyroid is slow)
All Herbs and Spices (Salt & Gluten-free)

LEGAL SNACK ATTACK

Smoothie
100-Calorie Snacks (Gluten-free)
Sugar-free Popsicles
Sugar-free Jell-O
Low-fat, Low-sugar Frozen Yogurt
Nuts (1 oz)

The Lean Bar Diet Plan

MEAL PLAN DO'S & DON'TS

It's important that you have fun doing the Lean Bar Diet and [Meal Plan](#), but if you want real, lasting results, there are some do's and don'ts along the way. Bottom line — Relax and Enjoy the Journey!

- Always choose fresh fruit and vegetables. It's okay to use frozen, but stay away from canned
- Fresh fruit is best for weight loss. Dried or canned fruit, as well as juice, are not good options for losing weight.
- Nuts should be raw and unsalted, and be sure to measure your serving size
- Try to avoid processed, refined, and pre-packaged foods
- It's ok to use Stevia or Splenda, but not agave nectar, honey or maple syrup; as they raise blood sugar levels
- Be especially careful not to overeat on health halo foods (Greek Yogurt, Avocados). Just because they are healthy, doesn't mean the food is good for weight loss.
- Limit the foods that caused your weight gain to begin with. Most of the time we can't limit the amount we eat, so it's best to avoid them altogether. You'll lose weight faster, and you'll do less suffering.
- Use [LynFit Lean Bars](#) only, and other [LynFit products](#), to improve your well-being and health

METABOLIC BOOSTING RECIPES — QUICK FIX MEALS AND COMBOS

Healthy Huevos Rancheros

Egg whites + veggies + salsa

Slimming Shrimp Stir-Fry

Frozen veggies + frozen shrimp + your favorite condiment (I love salsa)

Low Carb Tuna Wrap

Tuna + mixed veggies + nonfat mayo * Use lettuce instead of bread as your wrap

The Clean Turkey Wrap

Low salt turkey breast + apple slices wrapped in lettuce * It's ok to add a little mustard or non-fat mayo

Health Salad

Tuna, chicken breast or egg whites Greens + chopped vegetables from salad bar + nonfat dressing

The Lean Bar Diet Plan

Steamed Chicken or Shrimp and Broccoli

Chicken breast + Broccoli

Broccoli and Tilapia Marinara

Bag of frozen broccoli + 1 piece of cooked tilapia + your favorite sugars free & low fat marinara sauce

Thin-Thighs Thanksgiving Dinner

Turkey breast + mashed cauliflower + steamed assorted veggies + low fat - low salt gravy

Power Pizza

Cooked portabella mushroom: topped with onions and peppers and your favorite low salt, no sugar, low fat marinara sauce and grated cheese sprinkled on top

Low Carb Spaghetti and Turkey Meatballs

Cooked spaghetti squash + lean turkey meatballs + your favorite low salt, low sugar no fat marinara sauce

AVOID THE EATING OUT TRAP

When trying to lose weight, it's better to avoid eating out altogether, but when you can't, remember these tips:

- "Know before you go" — View the menu online before you arrive at the restaurant so you can make better choices
- Swap the starch restaurants serve for more salad, or another vegetable instead
- Ask the server to not bring bread
- Sauces on the side, and make sure they are low fat. A little sauce, that's full of fat, can destroy your weight loss.
- No alcohol — Zero — None. Drink water instead.
- When in doubt — Don't!

SWEET TOOTH CALLING?

- Hit pause and have a cup of tea to relax you
- Eat a Green Apple to shut off cravings and blunt hunger
- Break your [LynFit Lean Bar](#) into little pieces and microwave them for 10 seconds for a treat
- Have a [LynFit Protein Shake](#) instead
- Chew sugarless gum — spearmint or peppermint flavor
- Take a walk break
- Call a friend