

Lose 1 Pound Per Day & Melt Belly Fat In 7 Simple Steps

- Fast for fat loss — STOP eating by 7 p.m.
- Swap out / replace two meals daily with a LynFit Complete Protein Shake or Lean Bar
- Become a drinker — drink 8 cups of water daily, minimum (1 cup= 8 oz.)
- Boost your metabolism by taking (1) LynFit Accelerator Advanced in the morning and another midday
- Burn more fat (visceral belly fat) by taking (2) LynFit Cutting Edge in the morning, mid-morning, and again at lunch
- Eat from the metabolic boosting food list ONLY
- Sleep! Aim for seven hours of good quality sleep ev

