



LOSE 1 POUND PER DAY & BURN FAT FASTER

Boost metabolism 25%, Cleanse & Detoxify, Burn Fat Faster, Prevent Metabolic Slowdown, Kill Hunger & Cravings... Naturally!

CONGRATULATIONS — You did it!

You've taken the first step and decided to lose weight. Taking that first step is the hardest obstacle to overcome, and now you're on your way to a healthier, happier, leaner you. Throw away all the excuses (and the junk food) because this is a system that works every time and you now have everything you need to be successful.

Before you begin, I'd like to remind you that it's critical to your success to have the right mindset and weigh yourself. You can't manage what you can't measure. Here are a few mental boosts to help get you started.

Believe: Your attitude is your altitude, and you'll want to make sure to get your head in the game. You've gotta believe if you want to achieve. **The only limit is you!**

Begin: Start your plan the very next meal. You'll lose 1 pound per day if you follow the instructions.

Become: **This is your pivotal moment!** Own it, embrace it, and step into your new future, remembering to relax and enjoy the journey—it's life-changing.

Losing weight is hard, but this plan makes it easy. Be courageous, determined, and willing to change. I believe in you, so now it's time for you to believe in yourself, to become the very best and healthiest "you."

Stay strong and LIVE LEAN, one day at a time. God bless you!

Lisa Lynn

P.S. Need a little more direction on what to eat, healthy recipe ideas, or what to do when you crave dessert? Everything you need is inside! For more detailed information, please visit LynFit.com and make sure you're subscribed to our newsletter for weekly metabolic boosting tips, weekly product specials, and exercises to help you reach your goals.



JANINE
Lost 85+ Pounds!



MATT
Lost 63+ Pounds!

Be sure to "like" us on Facebook (@LisaLynnFitness) & join our private Facebook group (@groups/LynFitNutrition) for support!

ACCELERATED METABOLIC BOOSTING MEAL PLAN

First Thing When You Wake Up	Drink warm water with lemon or a large glass of water
7:30 a.m. – Boost 1	LynFit Protein Shake (per directions on container)
Supplement Boost	(1) LynFit Accelerator Advanced (1) LynFit Cutting Edge
Hydration Boost	Water, black coffee, or tea
10:30 a.m. – Boost 2	Small apple (for faster weight loss, skip fruit to lower blood sugar)
Supplement Boost	*Optional: LynFit Thyro-Boost (to accelerate weight loss and boost extremely stubborn metabolisms)
Hydration Boost	Water, black coffee, or tea
12:30 p.m. – Midday Boost 3	LynFit Protein Shake (per directions on container) <i>*Having a serving of vegetables or a salad is suggested mid-day, but not necessary</i>
Supplement Boost	(1) LynFit Accelerator Advanced (1) LynFit Cutting Edge
Hydration Boost	Water, black coffee, or tea
3:30 p.m. – Boost 4	Raw vegetable, celery, or (1) serving of fruit from approved list
Supplement Boost	(1) LynFit Cutting Edge *Optional: (2 droppers) LynFit Thyro-Boost and (1) LynFit Pure Omega 3 (to accelerate weight loss and boost extremely stubborn metabolisms)
Hydration Boost	Water, black coffee, or tea
6:00 - 6:30 p.m. – Boost 5	(3-4 oz.) of Lean Protein from approved list
Lean & Leafy Metabolic Boosting Meal	Weight loss slow? Choose white fish. It promotes faster weight loss and is better for metabolism than chicken. <i>Hate fish? (3 oz.) of turkey breast or another option from approved list. Avoid ground meats, sausages or meatballs. Cleaner = leaner!</i> Plus, a minimum of (5) servings of vegetables from approved list... leafy greens are best. It's critical to eat your veggies to keep your metabolism thriving and keep you regular.
Supplement Boost	(2-3) LynFit Raspberry Ketone Cleanse & Restore
8:00 - 9:00 p.m. – Bedtime Boost 6	(1-2) LynFit Lean Sleep to improve sleep *Optional: (1) LynFit Pure Omega 3 (to reduce blood sugar and cortisol levels)

LOSE 1 POUND PER DAY & BURN FAT FASTER

The foods listed are the best for boosting sluggish metabolisms. Choose foods that appear on this list **ONLY** until you reach your goal weight. If you don't see a food listed, **DON'T EAT IT!** Even a little bite can disrupt blood sugar levels and make your body resist weight loss. Don't forget to weigh and measure your food for accuracy.

THERMOGENIC, CLEAN EATING FOOD LIST

Lean Proteins (3 oz.)

- LynFit Complete Protein (All)
- LynFit Egg White Protein (All)
- LynFit Lean Bars (All)
- All white fish
- Turkey breast
- Egg whites (2-3)
- All seafood

**Red meat may be consumed once monthly*

Thermogenic Veggies

- All lettuce & leafy greens (3 cups = 1 serving)
- Broccoli (½ cup)
- Cauliflower (½ cup)
- Peppers (½ cup)
- Cabbage (½ cup)
- Yellow squash (½ cup)
- Zucchini (½ cup)
- Cucumber
- Radish

IF YOU'RE HYPOTHYROID, LIMIT THESE VEGGIES TO 3-TIMES WEEKLY

(they are goitrogenic and known to inhibit thyroid function):

Cabbage, Cauliflower, Broccoli,

Snacks & Legal Cheats

- LynFit Protein Shake (All) *See recipes on next page
- LynFit Lean Bars (All)
- Unlimited veggies (use in soups & salads as well—great way to fill up)
- Sugar-free Jello®
- Popsicles
- Clear broth or soup from list (low-sodium, gluten-free)

Low Glycemic Fruit

- Berries – all (½ cup)
- Small green apple
- Pear (½ - limit)
- Grapefruit (½ small)

**LIMIT FRUIT TO 1-2 TIMES DAILY
MAXIMUM TO AVOID
BLOOD SUGAR SPIKES**

Hydration Options

- Green tea, herbal tea
- Warm water with lemon
- Black coffee
- Sparkling water
- All caloric-free waters

See water recipes for delicious ideas

Essential Fats for Fat Loss

LIMIT AND USE SPARINGLY TO PROMOTE FAT LOSS

- BEST OPTION: Take (2) LynFit Pure Omega 3 daily
- Flaxseed oil (limit to 1-2 times weekly)
- Sesame oil
- Extra virgin olive oil (limit to 3 times weekly)
- Use fat-free chicken broth or spray oils for cooking

OILS MUST BE ORGANIC AND COLD-PRESSED ONLY, FOR PURITY.

Herbs, Condiments, & Spices

- Apple cider vinegar
- Cayenne
- Dried mustard
- Ginger
- Dill
- Garlic
- Fennel
- Cinnamon
- Bay leaves
- Coriander
- Parsley
- Cilantro
- Cumin

THESE SPECIFIC HERBS ACCELERATE METABOLISM, IMPROVE DIGESTION, AND LOWER INSULIN LEVELS.

FOR MORE LEAN, METABOLIC BOOSTING COOKING TIPS, BE SURE TO READ *THE METABOLISM SOLUTION*.

PREPARING THE PERFECT METABOLIC BOOSTING PROTEIN SHAKE

Smoothies make the cleansing and detoxing process faster, easier, and a lot more delicious! They also save you time and money – making the weight loss process more convenient. LynFit Complete Protein Shakes are delicious on their own, or you can take them to a whole new level of delicious 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 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. Adding nut butter, milk (all kinds), fruit, yogurt, or coconut oil can stop weight loss and prevent your body from burning fat. Stick to cleaner recipes, unless it's your cheat meal.

Delicious Smoothie Recipes that Won't Slow Weight Loss

(½ cup) Water (not too hot or cold while cleansing)
(2 scoops) LynFit Complete Protein of choice
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 Complete Protein of choice 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:

Use less water & blend until froth appears

Choose from the ingredients below and add to LynFit Complete Protein to boost benefits without the guilt. **Remember**, fruit is limited to one serving daily, which is ½ cup.

Melt Fat Mochaccino: Replace water with ½ cup of coffee

Be Lean & Clean Berry Blast: Add ½ cup of any 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

Low Carb, Metabolic Boosting Salted Caramel: Add (1-2 scoops) Egg White Protein & (1 tbsp.) zero-calorie caramel flavoring

The Energizer: Add (1 oz.) of LynFit Daily Power Shot

Cinnamon Roll : Add (3 scoops) of LynFit Complete Protein Powder rather than two scoops & (1 tsp.) cinnamon

Skin Tight Smoothie: Add (1 scoop) LynFit Egg White Protein and (½ cup) raspberries

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

Thyroid Boosting: Add (1-2 droppers) LynFit Thyro-Boost

The 5 Most Popular Ways to Eat Your Shake as a Dessert (Click on recipe name for recipes)

- Craving pancakes? [Powering, Slimming Pancakes](#)
- Craving ice cream? [Protein Powered Ice Cream and Gelato](#)
- Craving bread? [Fat Blasting Breads](#)
- Craving cupcakes or muffins? [Good-for-You Cakes and Muffins](#)
- Addicted to yogurt every day? Add (1 scoop) of LynFit Complete Protein Powder to get your protein in

HYDRATION BOOST

Dehydration can prevent you from losing weight, stop fat burning, make you feel tired and irritable, and slow down your metabolism. That's why staying hydrated is critical when it comes to losing weight and burning fat. It's also the best way to reduce cellulite and help your body flush out the toxins and waste that are being cleansed out because of your fat-burning efforts. Drinking water makes it easier for your organs to do their job, and in turn, making your weight loss easier. Being dehydrated is the #1 reason for constipation and water retention. Not sure if you're drinking enough water? Check your pee... it will be clear when you're hydrated.

The refreshing blends below will satisfy your taste buds, making it easier to reach your daily quota, which is ½ your goal weight in ounces of fresh water daily (Example: If your goal weight is 120 pounds, drink 60 ounces of water daily). Bottled, purified, filtered water works best.

Lemons, Limes, Cucumbers, Mint, Cinnamon & Ginger

- **Lemons & Limes:** Help stimulate and regulate the digestive track which is why they're so helpful with constipation, heartburn, and gas.
- **Cucumber:** Contains the organic compound citrulline, which is an amino acid that has been shown to help the liver and kidneys filter and remove ammonia.
- **Mint leaves:** Mint is refreshing and helps with digestion, improves the flow of bile from the liver, gallbladder, and small intestine, where it breaks down dietary fats.
- **Cinnamon:** Helps lower blood sugar levels
- **Ginger:** While ginger has the same qualities as mint, add only if you like it.

You'll need:

- (1-2 liters) Fresh filtered water (not bubbly) – You can also use green tea as your base
- (1) Cucumber
- (1) Lemon or lime
- Handful of fresh mint leaves
- Ice cubes

Directions:

- Slice cucumber and put into large jug or pitcher
- Cut (1) lime or lemon and toss in with cucumber
- Add fresh mint leaves
- Pour in (2 liters) of cool, filtered water, filling the jug to the top and let the water sit overnight in the refrigerator to allow the flavors to infuse the water



LynFit Boosting Health Waters – They Don't Just Taste Delicious, They Help Your Body Heal!

- **Energy:** Water + ice + (1 oz.) LynFit Daily Power Shot
- **Natural Pain Relief:** Water + ice + (1 oz.) LynFit Daily Joint Recovery & Repair
- **Chocolate:** Water + ice + (1 tbsp.) LynFit Chocolate Protein Shake
- **Italian Muddy Water:** Splash of coffee over water and ice
- **Cinnamon:** Add ½ tsp. of cinnamon to warm or cold water (helps lower blood sugar)

Lean Hydrating Tips

- Use organic whenever possible
- Use glass pitchers, keeping it out on the counter and take a drink every time you walk by
- Your daily water goal should be eight (8) glasses per day, minimum
- Try it warm! You can even enjoy it as a soup. Chilled in warm weather, warm in cooler weather.
- Pre-fill mason jars with the water for an easy on-the-go cooling, flavored sensation
- It's your water – enjoy it the way you like it
- Set the timer on your smartphone to remind yourself to drink water every hour

SET YOURSELF UP FOR SUCCESS

1. **Weigh yourself before you begin each day at the same time.** You can't manage what you can't measure.
2. **Throw all the "junk" out of your house** and surround yourself with supportive people who will help you on your journey rather than stop you. You can't eat it if it's not around!
3. **Eat between the hours of 7 a.m. – 7 p.m.** and keep three hours in-between meals for the best metabolic boosting results and to reduce blood sugar levels—no eating or drinking calories. You may adjust your meal timing to fit your life schedule, but remember, 12 hours between your last meal and first meal of the day.
4. **Drink 8–10 glasses of water daily (hot, cold, or warm).** See the previous section for delicious ways to drink your water. Tea is unlimited (brewed, not bottled)
5. **Eat 6–10 servings of vegetables daily (mostly leafy greens)** to keep you feeling full and help keep you regular.
6. **Aim for 7–8 hours of sleep** to lower cortisol levels. Having trouble sleeping? Use LynFit Lean Sleep! Do not take over-the-counter sleep aids... they slow metabolism. Choose a natural approach instead.
7. **Take a short 20-minute mid-afternoon nap** or hit pause and pray.
8. **Make sure you haven't missed your supplements.** If you did, take them now! They provide the nutrients your metabolism and body need and prevent your metabolism from slowing down, despite the reduction in calories, while lowering blood sugar levels, so you burn fat faster.
9. **Craving? Need to chew? Can't get to a shake? Grab a LynFit Lean Bar instead of junk food** or have another LynFit Shake. Or, **when cravings and hunger hit hard due to stress and anxiety**, have a cup of tea and use LynFit Thyro-Boost to help combat cravings and reduce cortisol levels. And, always remember to say the Serenity Prayer.
10. **Walk it off! Get your steps in.** Walking produces endorphins, killing cravings and easing anxiety. Walking in place works as well.
11. **Follow us on social media (@lisalynnfitness) and join our private group on Facebook (@groups/LynFitNutrition/)** for support from friends who share the same goal as you.
12. **Expect challenges.** If it doesn't challenge you, it won't change you. Be ready when challenges occur and fight back with the information we've armed you with.
13. **Remember, the only obstacle is you.** If you fall, get right back up and keep going until you get the hang of it.

Consider making your household a natural environment by replacing your medicine cabinet with a natural approach.

- **Can't sleep?** Add LynFit Lean Sleep
- **Stressed?** Add LynFit Thyro-Boost
- **Stubborn metabolism?** Add LynFit Lose 1 Pound Per Day System & Thyro-Boost
- **Cravings killing your weight loss?** Add LynFit Lean Bars
- **Depressed or anxious?** Add LynFit Accelerator Advanced, Thyro-Boost, & Pure Omega 3
- **High blood sugar?** Add LynFit Complete Protein Shakes
- **Thyroid issues?** Add LynFit Thyro-Boost & Lose 1 Pound Per Day System
- **Aches, pains, arthritis?** Add LynFit Recovery Agent, Pure Omega 3, & Daily Joint Recovery & Repair
- **Need energy and nourishment?** Add LynFit Daily Power Shot

CHEAT DAY CHEAT SHEET

My favorite part about this plan is that it considers the fact that we are human and perfection does not exist. Most weight loss plans tell you what to eat but forget to teach us how to cheat, and how not to. The Metabolic Boosting Lose 1 Pound Per Day System creates a little wiggle room for the extra bites and tastes we do that affect our metabolism and keep us from losing weight. Not that we are recommending that you cheat daily when you're trying to lose weight, but a cheat meal or two, if done correctly, can provide a metabolic and psychological boost.

Additionally, it can nourish your body and help stimulate the thyroid gland. It allows your body to get a break from the plan you've been sticking to all week, which helps with compliance during the week.

Following the "upzig day eating" (a.k.a. cheat day) can be a real game changer. It also helps you live lean for life because you know there is always a cheat day right around the corner.

1 CHOOSE YOUR CHEAT DAY

Decide each week, ahead of time, which day you want to make your cheat day. This will give you something to look forward to, turning deprivation into delayed gratification. No one likes to be told they "can't" have something, so knowing you only must wait five days makes passing up the not-so-healthy foods easier. In other words, keep a cheat day schedule. Even though you may be taking a day off your diet, you still need that structure to help keep you safe.

2 AIM FOR AT LEAST 5 DAYS OF METABOLIC BOOSTING BETWEEN CHEATS

Follow your food plan for at least five consecutive days to help get your metabolism fired up. That way, it won't be as easy to gain weight when you go off-plan. A good recommendation is to cheat on either a Saturday or Sunday (for 24 hours) if you're under 30-years-old. If you're over 30, your cheat days will be more like cheat meals. Immediately after your cheat day, or meal, hop right back on your plan to switch the weight gain switch off and the weight loss switch on. The younger you are (under 30) and the leaner you are, the more you'll get away with. As we age, our metabolism slows.

HINT: Fat and carbs (sugars count here too) will always be the go-to food when you cheat, so decreasing them the day before and the day after you cheat is the best way to budget your calories. This lowering of calories and following the plan is a great weight loss and fat burning approach, it's beneficial for optimal health and anti-aging. The easiest way to accomplish this lowering of calories is to replace two meals daily with a LynFit Complete Protein Shake. The best choice is the new Egg White Protein because it's lower in carbs. Have one at breakfast and another at lunch as the plan suggests, boosting your metabolism 25 percent. These metabolic boosting protein shakes also blunt insulin (blood sugar) spikes. They make you feel fuller longer so you end up eating less.

3 THINK BEFORE YOU CHEAT

Don't let your cheat day turn into an all-out, all-day binge. Odds are, that if you need to lose weight, your food perceptions may be off, so it's best to proceed with caution. Avoid eating with people who encourage gorging (their body weight will probably tell you everything you need to know) and don't eat at locations that allow you to eat mindlessly. Often, eating in your car, eating while watching television, or eating while standing in front of the refrigerator can be danger zones. Don't eat straight out of a bag or carton, and set some "selfie" rules, such as:

- Sit down
- Plate your food (a small plate is best)
- Chew your food 60 times for proper digestion to occur
- Put your fork down between bites
- Don't eat and talk
- Avoid buffets — the food is inferior, and the calories are super-sized

You want to focus on what you're eating, so embrace every bite!

Take an additional (1-2) Accelerator Advanced because it contains White Kidney Bean Extract and a powerful blood sugar lowering complex to block carbs and fats from being absorbed, without any harmful side effects.

4

DON'T SKIP MEALS TO COMPENSATE FOR YOUR CHEAT DAY

Skipping meals slows down your metabolism which is the last thing you want to do. You do, however, want to lower your daily caloric and fat intake. This is best done using the two LynFit Shakes to replace your current meals. Drinking the Complete Protein Shakes trick your body into thinking it received a big meal because it's so nutritious, yet low in carbs and fats. It blocks cortisol levels that cause us to store all the calories we eat.

5

YOU'VE GOTTA BOOST, BLOCK, & BURN

A little protection goes a long way on cheat days or meals. Following the plan will keep your metabolism revved, but when we cheat, we tend to do it with foods that slow our metabolism. That's where a little extra support from LynFit Accelerator Advanced and Cutting Edge comes in.

Thirty minutes to one hour before you begin to indulge, take an additional dose of (1-2) Accelerator Advanced and (1) Cutting Edge to block carbs and fats from being stored. Taking an extra Cutting Edge will also help shuttle the calories into mitochondria, where they are more apt to be burned off.

This dynamic duo provides extra metabolic support when you need it the most!

Accelerator Advanced contains a unique blend of ingredients, inspired by nature and perfected by LynFit Nutrition.

- Raspberry Ketones — Supports appetite control and mood enhancement
- Forskolin — Promotes thyroid health
- Green Tea Extract — Supports and encourages calorie and fat-burning
- L-Tyrosine — Helps reduce stress hormones in the body
- Banaba Leaf Extract — Helps balance blood sugar levels
- White Kidney Bean Extract — Helps block the absorption of carbs
- Guggul Extract — Stimulates metabolism and lowers cholesterol
- Cocoa Bean Extract — Helps suppress appetite and shed water weight

Cutting Edge contains B-complex vitamins that help break down foods, making them easier to be burned off, boosting mood, and killing hunger and cravings. L-Carnitine, CLA, and many more fat burning agents transport fat and calories into the cells so they can be burned off as fuel versus stored as fat. L-Carnitine acts as a transporter, making sure these calories get to the right place on time.

6

DETOX, CLEANSE, & RESTORE

Take two (2) Raspberry Ketone Cleanse & Restore right before you start eating your cheat meal, or as soon as you remember. This will help reduce belly bloat and waste build-up, so you'll feel lighter and energized, even on your cheat day. This cleanse is very different than all the rest. It contains digestive enzymes that help you digest and assimilate your food, so you'll have less gastric distress that can often occur when eating off-plan—you'll suffer a lot less.

Raspberry Ketone Cleanse & Restore helps to jumpstart your metabolism and promote weight loss by removing unwanted toxins. The better your body digests food, the more your body will be able to absorb and fully benefit from the nutrients you're feeding it. And the more nutrients you absorb, the less fat your body will store. Your liver will thank you!

DON'T FORGET YOUR OTHER LYNFIT SUPPLEMENTS!

Cheat day **is the most important time** to use all your other LynFit metabolic-boosting supplements. Don't leave home without them. They will help boost, block, protect, and nourish—especially on your cheat day. You'd never take the race tires off a race car on race day, would you? So, you shouldn't stop using the weight loss tools that are particularly beneficial to you on not-so-good eating days. Take them with you... vacation, backyard barbecue, or the local restaurant. They just may well be a weight loss lifesaver!