QUICK KETO METABOLIC RESET
LOSE 1 POUND A DAY ACTION STEPS

1. Fast (refrain from eating, drinking, or ingesting all calories) overnight for 12 hours; no more no less. Example: Stop eating at by 8 pm and don’t start eating again until 8 am.

2. Replace breakfast and lunch (or whichever two meals you prefer) with a LynFit Complete Protein Shake or Lean. Space protein shakes 3-4 hours apart, no more, no less. *Breakfast and lunch are best.

3. Take the Quick Keto nutritional supplements as directed: (1) Keto Carb Edge twice daily [morning and midday], (2) Cutting Edge three-times daily [morning, lunch, and mid-afternoon], (1) Raspberry Ketone Cleanse & Restore with dinner, (1) Lean Sleep at 9 pm. Take the Quick Keto nutritional supplements every day, especially when, or if, you decide to enjoy an “UPZIG” (aka cheat meal). Until your metabolism is fully reset and boosted, indicated by your weight loss, or you’ve lost 20% of your weight loss goal before going off-plan (upzigging) to avoid interrupting the process.

4. Prepare a metabolic dinner meal as suggested, making sure to eat at least (6 cups) of leafy greens. Use approved seasonings and dressings only to avoid blocking weight loss and fat-burning. Dress your salad using approved spices and apple cider vinegar, lemon juice, and (1 tsp.) of oil from the approved list for the best results.

5. Drink ½ your body weight in water daily. Hot tea (without milk, sugar, or honey) is okay. Stick to regular black tea for the best results. Splenda is okay as it doesn’t spike blood sugar levels.

6. Walk 10,000 steps daily. Avoid strenuous exercise until your metabolism is fully reset and boosted. Wait to work out vigorously until you’ve lost 20% of your weight loss goal.

7. Track your success! Make sure to weigh yourself before starting and every day, at the same time of day. We suggest measuring your waistline before beginning and then weekly thereafter (or at least every two weeks).

MEASURE YOUR SUCCESS! The best way to stay motivated and on-plan is to track your success. If you don’t measure it, you can’t manage it. The scale can be your best friend. Weigh yourself daily. Don’t eyeball your food portions – weigh them. Live by the two-pound rule: If you gain two pounds, hit reset, and go back to basics.

For a full list of approved foods, smoothies, metabolic meal dinners, spices, seasonings, condiments, and supplements that won’t stop weight loss and fat-burning, visit the Learning Center at LynFit.com/learningcenter.

Should you need additional nutritional support, the following supplements listed below can be added to your Quick Keto Metabolic Reset supplements. For additional nutrient support, you can add the following if needed:

- 5-HTP Lean: Maximum strength hunger and cravings support. Natural mood boost and anxiety reducer.
- Thyro-Boost: For thyroid, autoimmune, adrenal support and stress reduction, anxiety, sleep issues.
- Recovery Agent: Fast-acting natural pain relief that won’t slow weight loss. Works better than CBD and won’t raise blood pressure, damage the kidneys or liver that can affect weight loss and cause weight gain. Helps reduce systemic inflammation.
- Daily Repair Liquid: Collagen plus nutrients proven to work for healthier hair, skin, and nails. Promotes hair regrowth and improves joint health and healing. *For severe hair loss, we suggest adding LynFit Biotin 10,000 (coming soon).
- Daily Power Shot: High absorption daily multivitamin-mineral to strengthen immune health and protect cells, formulated for weight loss and fat-burning.
- Pure Omega 3: Pharmaceutical grade, clinically dosed, concentrated purified omega 3 essential fatty acid that’s been molecularly distilled so it won’t stop weight loss or block fat-burning.
- Evening of Primrose Oil (coming soon): Plant-based, pharmaceutical grade, clinically dosed essential fatty acid for both men and women that’s been molecularly distilled/purified, so it won’t stop weight loss or block fat-burning. Provides natural hormonal balance for menopause, andropause, PMS, and improve skin, hair, and nail health. Promotes hair regrowth.

Before starting any diet, it is always good practice to consult a physician, especially if you have a diagnosed medical condition or are taking prescription medications. Supplements should be used in conjunction with a healthy diet and regular physical activity. We suggest that you stop taking any non-LynFit supplements while on this plan to avoid interrupting the reset, fat-burning process (especially gummies, collagen powders, green powders, etc.).
QUICK KETO METABOLIC RESET PLAN

You’ve taken an important first step in controlling your weight and improving every aspect of your health, including reducing systemic inflammation. This plan addresses the underlying issues that cause weight gain and has a 100% success rate when followed. It removes the guesswork and provides adequate protein, prebiotic fiber, amino acids, vitamins, minerals, and natural botanicals developed by physicians, proven safe and highly effective for weight loss.

The Quick Keto Metabolic Reset Plan creates a fat-burning state in your body while keeping you feeling fuller longer and preventing cravings before they begin. You can lose weight quickly (most lose one pound per day) while preserving lean muscle tissue, which prevents metabolic slowdown. This plan never stops working unless you do!

Here are a few of the many benefits you can expect:

- Boosts metabolism
- Naturally energizes
- Burns off more belly fat
- Reduces blood sugar, cholesterol, triglycerides
- Improves gut health
- Strengthens immunity
- Rebalances cortisol (stress hormones)
- Reduces inflammation
- Kills cravings
- Prevents hunger

Clean keto diet + nutritional supplement support + intermittent p.m. fasting = Faster, easier weight loss, and a healthier, happier you!

For 30+ years, LynFit Nutrition® has been helping people succeed at losing weight, even when other plans failed them.

QUICK KETO METABOLIC RESET
LOSE 1 POUND PER DAY ACTION PLAN

Reset Breakfast:
- (1) Complete Protein Shake or Lean Bar, water, black coffee, or tea
- (2) Cutting Edge and (1) Keto Carb Edge

Reset Lunch:
- (1) Complete Protein Shake or Lean Bar, water, black coffee, or tea
- (2) Cutting Edge and (1) Keto Carb Edge

Mid-Afternoon:
- (1) Small apple or (1-2) large celery stalks
- Water, black coffee, or tea (hot tea kills cravings)
- (1) Cutting Edge

Dinner/Metabolic Reset Meal:
- CHOOSE: (3 oz.) Chicken breast OR (5 oz.) White fish
- Huge leafy green salad made with a minimum of (6 cups) of leafy greens (lettuce or spinach) and (1 cup) of broccoli or cauliflower (Refer to the list for more approved proteins, veggies, seasoning, dressings, etc.)
- (1) Raspberry Ketone Cleanse & Restore

After Dinner:
- Hot tea (decaf - no milk, sugar, or honey)

STILL HUNGRY? Go for a walk or have a LynFit Complete Protein Shake or ½ of a Lean Bar. It’s better to eat additional healthy calories from the plan than end up in front of the refrigerator and overeating standing up.

Bedtime:
- Take (1-2) Lean Sleep at 9 pm or as soon as you remember. Take it regardless of whether or not you sleep well.

THE METABOLIC BOOSTING PROTEINS
CHOOSE (1) FOR YOUR METABOLIC BOOSTING DINNER

- Chicken or turkey breast (3 oz.)
- All white fish, shellfish (4-5 oz.)
- LynFit Complete Protein Whey, Vegan, or Lean Bars
- Egg whites/Eggbeaters [white only] (1 serving) *Limit to twice weekly and allow 4 days in-between

METABOLIC BOOSTING-FIBROUS VEGETABLES

- Leafy greens (minimum of 6 cups – more is better)
- Lettuces (all), spinach (3-6 cups daily are required)

HIGHER CARB FIBROUS VEGGIES

- Broccoli (1 cup)
- Cabbage (1 cup)
- Cauliflower (1 cup)
- Celery (1 cup)
- Cucumbers (1 cup)
- Zucchini/Squash (1 cup)
- Red, green, yellow, orange peppers (1 cup)

THE LOW GLYCEMIC FRUITS (1 PER DAY)

- Apple
- Berries [all] (½ cup)
- Grapefruit (½)
- Pear

THE METABOLIC BOOSTING GOOD FATS
(1 SERVING PER DAY (CAN BE DIVIDED IN HALF)

- BEST: Pure Omega 3 Or Evening Primrose Oil
- Canola Oil [1 tbsp.] (cold-pressed) *Extra Virgin olive oil may be substituted. Limit to twice weekly - four days in-between.

SPICES, DRESSINGS, CONDIMENTS

- All non-caloric herbs, spices, and vinegar. *Apple cider is best. You can mix for salad dressings using (1 tsp.) per serving of oil.

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