



HOW TO RESET METABOLISM AND LOSE 1 POUND A DAY

Congratulations on starting your weight loss journey. Before you start, read through ALL the instructions, weigh yourself, remember to drink eight glasses of water daily, and begin your overnight 14-hour metabolic boosting fast. Repeat these healthy habits daily and get at least seven hours of sleep.

STEP 1



REPLACE TWO MEALS A DAY WITH A LYNFIT PROTEIN SHAKE

Boost metabolism 25%, fuel weight loss, balance cortisol levels, and accelerate fat-burning. To avoid blocking the reset process, make it as directed on the label, and do not add milk or fruit.

*LynFit Metabolic Boosting Lean Bars may replace one meal daily.

LYNFIT TIP: Boost your morning coffee using Natural Whey instead (milk and cream should be avoided). LynFit Collagen Boost Coffee Creamer is allowed.

STEP 2



TAKE YOUR LYNFIT RESET SUPPLEMENTS AS SUGGESTED

A.M.: Take (1) Keto Carb Edge + (1-2) Cutting Edge within 30 minutes of waking.

NOON.: Take (1) Keto Carb Edge + (1-2) Cutting Edge.

3 P.M.: Take (1) Cutting Edge.

P.M. WITH METABOLIC MEAL: Take (2) Cleanse & Restore.

BEDTIME: Take (1) Lean Sleep. *Stack with 5-HTP Lean and/or Stress Gummies for advanced sleep, hunger, and cravings support.

Supplements may be used independently. When taken as suggested, they provide 24-hour maximum strength support.

STEP 3



ENJOY A DELICIOUS METABOLIC RESET MEAL

Choose the foods you love from the approved food list provided in the specified amounts to create a simple, delicious metabolic reset meal.

CHOOSE:

- (1 serving of) Lean Protein
- (2-3 servings of) Leafy Greens
- (1 serving of) Crunchy, Higher-Carb Veggies
- (1 serving of) Essential Oil [optional]
- Fresh herbs, spices, and seasonings

Combine your desired metabolic food choices and season to create a Super-Boosting Salad, Healthy Stir Fry/Sauté, or Slimming Soup.

Remember to take your (2) Cleanse & Restore with your meal or as soon as you remember.

QUICK KETO METABOLIC RESET LOSE 1 POUND A DAY APPROVED FOOD LIST

Create a simple, delicious, nutritious, metabolic boosting meal by choosing your favorite foods from the approved list. If you don't see a food listed, SKIP IT; it will disrupt the reset process. Choose a food from each food group in the specified amounts listed and combine them to make Super Boosting Salads. Or, if you prefer a warm, more filling meal, add sodium and fat-free vegetable broth in a bowl and season for Slimming Sautés, Soups, or Stews.

CLEAN, LEAN PROTEINS

CHOOSE ONE SERVING

(In addition to your two Protein Shakes daily)

- (5 oz.) Seafood [limit salmon to 2x weekly]
- (4 oz.) Turkey breast [chicken breast is okay]
- (3) Egg whites [limit to 2x weekly]

*Advanced Metabolic Proteins

- (1 scoop) LynFit Natural Whey (Best)
- (1 scoop) LynFit Essential Amino Acids
- (1) LynFit Vegan Metabolic Lean Bar
- (1 scoop) LynFit Vegan Protein
- (1 scoop ea.) LynFit Essential Amino Acids + Metabolic Collagen Powder

- Weigh/measure after cooking
- Ground turkey must be 93% or less lean

*Advanced Metabolic Proteins can be used instead of Clean, Lean Proteins to break through weight loss plateaus and/or to accelerate the reset process and reach ketosis faster, for advanced hunger control, or as a healthy metabolic detox. To meet macros and fiber requirements, they must be consumed with a super-boosting salad and/or soup.

LEAFY GREENS & OTHER

CHOOSE TWO OR MORE SERVINGS

Fibrous, Low GI Leafy Greens

- (1 serving = 3 cups) Lettuce (ALL)
- (1 serving = 3 cups) Spring Mix

CHOOSE ONE SERVING

Higher Calorie & Carb Veggies

- (1 cup) Broccoli
- (1 cup) Cabbage
- (1 cup) Cauliflower
- (1 cup) Celery
- (1 cup) Zucchini/Yellow squash
- (1 cup) Spinach
- (1 cup) Bell pepper [ALL]

*Optional: High Fiber, Low Sugar Fruit

- (1 small) Green apple
- (½ cup) Berries [ALL]
- (1 small) Grapefruit

*If needed, you may have one serving of fruit daily (preferably three hours after your midday protein shake) to keep blood sugar balanced until dinner or used in smoothies or metabolic desserts.

ESSENTIAL FATS, HERBS, SPICES

CHOOSE ONE SERVING

Fat-Burning Fats (unrefined, cold-pressed)

- (1 tbsp.) Canola oil or cooking spray
- (1 tbsp.) Extra virgin olive oil [limit to 2x weekly]
- (1 tbsp.) Sesame oil

To maximize weight loss, fat-burning, and reduction of inflammation, take (2) Pure Omega 3 instead of the above fat serving.

UNLIMITED

Seasonings & Free Food

- Black, cayenne, and lemon pepper
- Cinnamon
- Garlic
- Ginger
- Oregano
- Himalayan pink salt
- Mrs. Dash [sodium and sugar-free]
- Apple cider or white vinegar
- Chicken broth [low sodium, fat, and MSG-free]
- Lemon/lime juice

FREE: Black coffee, tea (green tea is okay), and Essential Amino Acids are unlimited and can be used between meals-warm or cold-to hydrate and control hunger and cravings.