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## Advanced Metabolic Boosting Meal Plan

### Lose 7 Pounds in 7 Days

By Lisa Lynn — Fitness & Weight Loss Expert

#### Meal #1 @ 7:30 am (Breakfast):

Complete Protein Shake with (1) scoop of LynFit Complete Protein  
(1) LynFit Accelerator  
(1) LynFit Cutting Edge  
(1) LynFit Vitamin D3 Boost *(optional)*

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#### Meal #2 @ 10:00 am (Mid-Morning):

Black Tea or coffee  
(1) LynFit Cutting Edge  
(1) LynFit Carb Edge

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#### Meal #3 @ 12:00 pm (Lunch):

Complete Protein Shake with (1) scoop of LynFit Complete Protein  
(1) LynFit Vitamin D3 Boost *(optional)*  
\*(1) LynFit Accelerator

*\*(We suggest switching to decaf when using Accelerator so you can take both doses without becoming over-caffeinated. When it comes to losing weight, Accelerator provides benefits and energy that caffeine cannot.)*

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#### Meal #4 @ 3:00 pm (Mid-Afternoon):

(1) Green apple or low-sugar fruit  
(1) LynFit Cutting Edge  
(1) LynFit Carb Edge

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#### Meal #5 @ 6:00 pm (Dinner):

(3 oz) of Lean Protein — preferably fish. *If you don't like fish, you can leave the protein out or substitute (2–3 oz) of turkey breast — never ground meat or sausage.*  
(5–6 servings) Vegetables  
(2) LynFit Raspberry Ketone Cleanse *(optional)*

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#### 9:00 pm:

(1–2) LynFit Lean Sleep to boost fat loss by forcing your body to burn off excess fat around the clock.

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## BLAST FAT; CRUSH CRAVINGS by choosing the right foods!

*Choose foods found on this list only.*

### Lean Proteins: Serving Size — 3 ounces

All white fish  
Turkey Breast  
Egg whites  
Complete Protein Shakes  
Lean Bar

### Fluids: Calorie-free only

All Calorie-free waters  
Black, green tea and coffee

### Fruits: Small fruit or ½ cup

Green Apple  
Banana ½  
Berries (All)

### Vegetables: Serving Size = ½ cup unless noted

All lettuces serving size = 3 cups  
Cabbages  
Broccoli  
Cauliflower  
Mushrooms

### Feeling tired and it's ramping up cravings?

Try a 20-minute nap  
Stop and read a motivating book  
Escape a slump with 20 minutes of exercise

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### Weight loss success tips:

1. Eat between the hours of 7 am – 7pm and keep three hours in between meals for the best metabolic boosting results and to reduce blood sugar levels.
2. Tea is unlimited (brewed, not bottled)
3. Drink 8–10 glasses of water daily (hot or cold)
4. Eat 6–10 servings of vegetables daily to keep you feeling full and help keep you regular.
5. Aim for 7–8 hours of sleep to lower cortisol levels.
6. 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.
7. Consult *The Metabolism Solution* for fast, easy vegetable recipes. Soups are a great way to get your vegetables in and help you feel full.

### Other LynFit supplements you may want to consider that are not included in the LynFit Lose 1 Pound Per Day Kit:

- **LynFit Lean Bar:** Can be used as a grab-and-go meal or snack. They may also be used in place of the Complete Protein Shake, if you prefer.
- **LynFit Vitamin D3 Boost:** To ensure you get your daily dosage of Vitamin D.
- **LynFit Daily Power Shot:** Liquid multi-vitamin and mineral supplement that also provides energy.

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