

LynFit Nutrition Metabolic Boosting Food Journal

Use this check list to help you stay on track every day. Be sure to write down everything you eat each day and mark off the corresponding box. The number of boxes shown for each food group is the number of servings to be eaten each day. If you notice several blank boxes, focus in eating foods from the missing groups to BOOST your metabolism. Don't forget to check off your exercise and supplement boxes!

GOAL WEIGHT: _____

TIMELINE: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○
LynFit Protein Shake/Lean Bar	○○	○○	○○	○○	○○	○○	○○
Thermogenic Vegetables	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○
Lean Fish/Protein	○	○	○	○	○	○	○
Low Glycemic Fruit	○	○	○	○	○	○	○
Optional Snack	○	○	○	○	○	○	○
Supplements/AM (Accelerator Advanced, Cutting Edge)	○	○	○	○	○	○	○
Supplements/Mid-Day (Accelerator Advanced, Cutting Edge)	○	○	○	○	○	○	○
Supplements/PM (Raspberry Ketone Cleanse)	○	○	○	○	○	○	○
Sleep Lean (list hours & check if LynFit Lean Sleep taken)	○	○	○	○	○	○	○
Pray/Meditate (check)	○	○	○	○	○	○	○
Daily Activity (walk 10,000 steps)	○	○	○	○	○	○	○
Metabolic Boosting Workouts (circle)	1, 2, 3	1, 2, 3	1, 2, 3	1, 2, 3	1, 2, 3	1, 2, 3	1, 2, 3
Body Weight/BMI							

BELIEVE. BEGIN. BECOME.

Most of us journal our good eating days, but if you're serious about making real, lasting changes, it's important to be able to see what you need to change. The best way to do this is journal your not-so-good eating days or your days off-plan. That's where your real answers can be found.

LEAN PROTEINS

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

SNACKS & LEGAL CHEATS

LynFit Protein Shake (All)
LynFit Lean Bars (All)
Unlimited veggies
Sugar-free Jello®
Popsicles
Clear broth (low-sodium, gluten-free)

HYDRATION OPTIONS

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

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

LIMIT THESE VEGGIES TO 3-TIMES WEEKLY
Cabbage, Cauliflower, Broccoli

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

ESSENTIAL FATS FOR FAT LOSS

LIMIT AND USE SPARINGLY TO
PROMOTE FAT LOSS

BEST OPTION: (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)

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

*If you bite it, write it.
If you drink it, ink it.
If you snack it, track it.
If you nibble it, scribble it.
If you steal it, reveal it.
If you inject it, you guessed it.*

**So ...
Grab your pencil
before your utensil!**

***“When you feel like
quitting,
remember why you
started!”***