

**LOSE 1 POUND PER DAY
METABOLIC BOOSTING CLEANSE**

**Boost, Cleanse, & Restore
To Burn More Fat**



METABOLIC BOOSTING MEAL PLAN

First Thing When You Wake Up:	Drink warm water with lemon
7:30 a.m. – Breakfast Boost 1:	Metabolic boosting shake made with (2) scoops of LynFit Non-GMO Complete Protein Advanced, (½ cup) fruit from the list
Cleansing Booster:	Add (1) dropper of LynFit Thyro-Boost under your tongue or add to your shake for cleansing support & nourishment (1) LynFit Pure Omega 3
10:30 a.m. – Hydration Booster:	Green tea or warm water with lemon (cold water is okay)
12:30 p.m. – Lunch Time Boost 2:	Metabolic boosting shake made with (2) scoops of LynFit Non-GMO Complete Protein Advanced, (2 cups) of veggies from the list (leafy green veggies may be added to your shake for portability)
Cleansing Booster:	Add (1) dropper of LynFit Thyro-Boost under your tongue or add to your shake for cleansing support & nourishment
3:30 p.m. – Hydration Booster:	Green tea or warm water with lemon (cold water is okay)
6:00 - 6:30 p.m. – Dinner Boost 3:	Fill ½ your plate with at least (2 cups) of leafy green veggies and the other ½ with white fish from the list (if you don't like fish, skip the protein or have (3 oz.) of turkey). This meal can also be enjoyed as soup or stir-fry.
Cleansing Booster:	(2-3) LynFit Raspberry Ketone Cleanse & Restore to help digest, cleanse, and restore colon health
9:00 p.m. – Sleep Boost 4:	Warm water with lemon or lime
Cleansing Booster:	(1-2) LynFit Lean Sleep to promote restful sleep (1) LynFit Pure Omega 3 to promote healthy heart and cardiovascular function

Still hungry? That's okay, allow your system to cleanse by NOT overloading it with excess food. See approved snacks and helping hints to help you get through the rough parts!

For more metabolic boosting cleanse & fat loss tips, follow us on social media: @LisaLynnFitness

BELIEVE. BEGIN. BECOME.

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METABOLIC BOOSTING, CLEANSING FOOD LIST

Clean Proteins

- LynFit Complete Protein (All)
- LynFit Egg White Protein (All)
- LynFit Lean Bars (All)
- LynFit Lean Bars Advanced (All)
- All white fish
- Shellfish
- Egg whites (2-3)

Fibrous Veggies

- All lettuce & leafy greens (3 cups)
- Broccoli (½ cup)
- Cauliflower (½ cup)
- Peppers (½ cup)
- Spinach (1 cup)
- Cabbage (1 cup)
- Squash (½ cup)
- Mushrooms (½ cup)
- Onions (1/8 cup)
- Celery
- Cucumber
- Radishes
- Zucchini

Snacks & Legal Cheats

- LynFit Protein Shake (All)
- LynFit Lean Bars (All)
- LynFit Lean Bars Advanced (All)
- Unlimited veggies (use in soups & salads as well)

Low Glycemic Fruit

- Berries (½ cup)
- Small green apple
- Lemon
- Limes
- Grapefruit (½ small)

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

Free Hydrating Foods

- Purified, calorie-free water & spring water
- All teas, especially green tea
- Black coffee
- Clear broth (gluten & soy free)

LIMIT THESE VEGGIES TO
3-TIMES WEEKLY
(they are goitrogenic and known to
inhibit thyroid function):

Kale, Cabbage, Cauliflower, Broccoli,
Brussel Sprouts

Essential Fats for Fat Loss

LIMIT AND USE SPARINGLY TO
PROMOTE FAT LOSS

- 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.

TAKE (2) LYNFIT PURE OMEGA 3 DAILY
AS DIRECTED INSTEAD.

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

- Eat between the hours of 7:00 a.m. – 7:00 p.m. Make sure there are at least 12 hours between your dinner and first shake in the morning.

FOODS TO AVOID DURING THE 2-WEEK CLEANSE

Carbohydrates: Cut the carbs that clog the liver due to blood sugar spikes

With the exception of the fibrous vegetables on the approved list; avoid bread, rice, pasta, cereal (including oatmeal), potatoes, beans, and all crackers, cookies, and refined gluten-containing manufactured products; peas, corn, carrots, parsnips, pumpkin, butternut squash, and couscous (these carbs are noted allergens and may cause pain and inflammation). Also, avoid any protein bars that are not from LynFit Nutrition.

Proteins: Due to their high levels of saturated fat that may be toxic

Red meat, veal, pork, ground meats (all), and lunch meats (all). Limit fatty fish such as salmon, tuna, and swordfish to 1-2 times weekly. Avoid all proteins that contain soy.

Liquid Calories: Also known as fat-storing, blood sugar spikers

Homemade fresh juices, non-dairy creamers, skim milk, rice milk, soy milk, sports beverages, vitamin water, and especially alcohol.

Fats You Should Fear: May be rancid or toxic due to processing

Nuts, nut butters, seeds, flaxseeds, avocado, all oils, including healthy fats to encourage your body to burn off stored fat for fuel, and milks (such as almond milk). Do not take any Omega 3 supplements besides LynFit Pure Omega 3 due to the harmful toxins they may contain. LynFit Pure Omega 3 is the only purified Omega 3 fish oil.

Fruits: Block fat loss due to high blood sugar from fructose

Avoid all fruits that are not listed on the approved list, especially juices (including freshly squeezed) and bananas. Limit approved fruits to 1-2 ½ cup servings daily.

Dairy Don'ts: Full of milk sugar

All types of milk, yogurt, and cheese (even if they are fat-free). Dairy is one of the top food allergens, with the exception of LynFit Complete Protein Advanced that has been micro-filtered and purified, removing all traces of dairy. LynFit Protein Shakes are kept pure and natural and are always free of any additives or fillers.

Whey protein boosts metabolism by up to 25 percent, blocks cortisol levels, alkalizes the body, and keeps you feeling fuller longer.

Use LynFit Melt-Fat Milk in your coffee or tea while cleansing, and don't stop! It's better for your health than any creamer, milk, or half-and-half; and it tastes better too.

You can also rotate LynFit Egg White Protein along with your whey to keep your metabolism guessing and varying your diet.

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HOW TO MAKE DELICIOUS, CLEANSING, METABOLIC BOOSTING COMPLETE PROTEIN SMOOTHIES

Smoothies are the best way to cleanse, detox, and boost your metabolism. They make the process faster and easier while saving you time and money – and a whole lot more delicious! While LynFit Complete Protein Shakes are delicious on their own, you can take them to a whole new level 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 cleansing and detox 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. Keep it simple over the next two weeks and allow the detox process to unfold organically. **Shake your way to a leaner body by having a detoxing smoothie daily!**

Blender Mixing

(½ cup) Water (not too hot or cold while cleansing)
(2 scoops) LynFit Non-GMO Complete Protein or Egg White Protein
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 Non-GMO Complete Protein Powder 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:

Blend until froth appears

Choose from the ingredients below ONLY while cleansing and add to (2 scoops) of LynFit Non-GMO Complete Protein to add detox benefits and flavor. **Remember**, fruit is limited to one serving daily, which is ½ cup.

Melt Fat Mochaccino: Replace water with ½ cup of organic coffee

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

Instant Energizer: Add (1 oz.) of LynFit Daily Power Shot in place of LynFit Thyro-Boost (do not add both)

Hunger & Cravings Killer: Add (3 scoops) of LynFit Non-GMO Complete Protein Powder rather than two scoops

Lean Out Lemonade: Add the juice of ½-1 lemon for a deliciously satisfying smoothie

Slimming Cinnamon Smoothie: Add (1 tsp.) of organic cinnamon to your smoothie

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

Clean Out Quick Tips

- Experimenting is good, but using something that may affect the detox process defeats the purpose
- Always choose organic ingredients
- Bottled, purified, filtered water works best
- Do not add any additional fiber of any kind
- Do not use LynFit Daily Power Shot and LynFit Thyro-Boost in your shake together

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HAPPY, HEALTHY HYDRATING!

Staying hydrated is critical when it comes to losing weight and burning fat. It's also the best way to help your body flush out the toxins and waste that are being cleansed out as a result 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. Becoming dehydrated can make you feel tired and irritable and slow down your metabolism.

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, & Ginger

Each one of these ingredients is best at:

- **Lemons & Limes:** Help stimulate and regulate the digestive track which is why they're so helpful with constipation, heartburn, and gas. They stimulate bile production and thin out bile, which allows it to flow more freely. Bile is produced in the liver and ends up in the small intestine where it breaks down lipids (fats) that you've consumed.
- **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. Ammonia is a byproduct of the proteins your body burns up for energy, and it's damaging to cells.
- **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. Mint also helps cramped stomach muscles.
- **Ginger:** While ginger has the same qualities as mint, it doesn't win any popularity contests so add it if you like, but you don't have to use it.



You'll need:

- (1-2) Liters of 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

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
- Enjoy these super-foods together or create your own hydrating, fat-burning combo

AKA: DETOX MEALS IN A BOWL

Lemon Spinach Egg Drop Soup

This is a delicious, unique, metabolic boosting and cleansing combo that also provides your body with protein. Makes four (4) servings.

INGREDIENTS

- (4 cups) No salt added, gluten-free, organic chicken or vegetable broth
- (2-3) Egg whites, beaten
- (1 tbsp.) Lemon rind
- (1 tbsp.) Lemon juice
- (1/8 tsp.) Iodized or sea salt
- (1-2 cups) Spinach (more, if desired)

DIRECTIONS

- Place broth into a large pot and bring to a boil over medium-high heat
- Beat egg whites in a small bowl with a fork
- **Gradually** add the egg whites to the broth
- Reduce heat, stirring lightly continuously using a fork until the egg stands out and is cooked. Add the spinach during the last few minutes
- Remove from heat, serve and eat

Leafy Green Curry Single Serve Soup

Not feeling good? This soup is great for fighting colds and the flu, including the low-carb flu! Add to soup bowl:

- (½ cup) Finely shredded spinach or romaine lettuce
- (1 tbsp.) Finely diced onion (I like red onion for this soup)
- (1-2 tsp.) Curry powder (add your desired amount)
- (¼ tsp.) Cayenne pepper

Cover the above ingredients with (1-2 cups) of hot vegetable broth. Stir until the green wilt and then eat it hot!

Pulled Chicken Ginger Zoodle Single Serve Soup

It's all about hydration and this soup makes it easy. Add to soup bowl:

- (½ cup) Cooked veggie noodles
- (¼ cup) Cooked, shredded, pulled chicken
- (1-2 tbsp.) Iodized salt or sea salt
- (1 tbsp.) Scallion
- (½-1 tsp.) Freshly grated ginger

Cover the above ingredients with (1-2 cups) of hot chicken broth. Stir to combine and eat it hot!

POST CLEANSE: Try this with (1-2 tbsp.) gluten-free, low-sodium soy sauce. It's delicious!

Turkey and Riced Cauliflower Single Serve Soup

Each ingredient has just the right amount of nutrients to ease symptoms. Add to soup bowl:

- (½ cup) Riced cauliflower or vegetable of choice (from approved list)
- (¼ cup) Cooked, shredded, pulled chicken or turkey
- (1-2 tbsp.) Iodized salt or sea salt
- (1 tbsp.) Scallion
- (½-1 tsp.) Freshly grated ginger

Cover the above ingredients with (1-2 cups) of hot broth of choice. Stir to combine and eat it hot!
Try changing it up and use lime instead of ginger. It's delicious!

Honey Lemon Garlic Single Serve Soup

Tastes better than couguy syrup and won't clog your liver! Add to soup bowl:

- (1 tbsp. of each) Finely diced onion, celery, carrots, minced garlic, fresh lemon juice
- (2 tsp.) Lemon zest

Cover the above ingredients with (1-2 cups) of hot vegetable broth. Drizzle in a little honey if you're feeling extremely under the weather. Stir to combine and eat it hot!

Tropical Sriracha Chicken Salad

This spicy-sweet Tropical Sriracha Chicken Salad will make you forget you're on a diet. It's packed with fibrous carbohydrates (veggies), flavor, and thanks to the chicken, metabolic boosting, fat blasting, muscle sparing protein. The red peppers provide a dose of lycopene and vitamin C, an antioxidant that lowers risk of skin damage and certain cancers. When combined with the dressing, this meal is also rich in healthy fats that can banish bloat, boost satiety, and fry stubborn belly flab.

INGREDIENTS – CHICKEN MARINADE

- (½ cup) Fresh pineapple chunks
- (1 tsp.) Sriracha sauce
- (1 clove) Garlic, minced
- Juice from one (1) lime
- (2 large) Precooked chicken breasts, boneless, skinless
- Salt to taste (optional)

INGREDIENTS – DRESSING

- (2 tsp.) Dijon mustard
- (1 tsp.) Sriracha sauce
- Zest and juice from one (1) lime
- (1 clove) Garlic, minced
- (1 tbsp.) Extra virgin olive oil

INGREDIENTS – SALAD

- (½ cup) Diced red onion
- (1 cup) Green & red peppers, sliced
- (½ cup) Fresh pineapple chunks
- Several handfuls of baby spinach
- (2 large – 16 oz.) Mason jars

DIRECTIONS

- Place marinade ingredients into a blender or food processor and blend until smooth (can be mixed by hand)
- Coat precooked chicken in marinade and allow them to sit while you prep remaining ingredients (when time allows, let it sit in the fridge to marinate)
- Mix together the dressing ingredients and divide evenly between two large mason jars
- On top of the dressing in each mason jar, divide the green peppers, red onion, and then red peppers
- Divide the chicken and pineapple between each jar
- Top each jar with several handfuls of spinach and then secure the lid
- Store in the refrigerator and when ready to eat, give the jar a good shake and then either eat out of the jar or pour into a bowl to eat