

## Boost metabolism and lose 1 pound per day on The Chocolate Diet

By Lisa Lynn — Fitness & Weight Loss Expert

Being hungry and craving sweets are two of the main reasons people fall off their diets. You can lose 1 pound per day and satisfy chocolate cravings as well. The Chocolate Metabolic Boosting Diet<sup>®</sup> is so delicious you'll want to eat this way every day. The best part about this diet isn't that it boosts your metabolism by 25 percent, crushes cravings, or that you will have more energy. The best part is you don't need to exercise for it to work. It's fast, easy, and inexpensive compared to what you pay for your favorite junk foods daily. No complicated recipes to make or expensive shopping trips. All you have to do is follow the plan.

### The Chocolate Metabolic Boosting Diets Benefits<sup>®</sup>

- Burns 20 percent more fat than other ordinary diets (up to 1 pound a day)
- Suppresses your appetite and crushes cravings
- Boosts your metabolism 25–40 percent
- Tricks your body into acting like a thin person
- Reduces cellulite
- Tighter, leaner, more toned body without exercise — now you're reshaping your body
- Lose weight and burn fat while you're asleep
- Boosts energy
- Improves health by lowering blood pressure, cholesterol, and sugar levels

### Not all chocolate is created equal

Good chocolate has fat burning properties and helps release the “feel good” hormones that help block cravings before they begin. LynFit products contain all of the good stuff, without all the guilt.

LynFit products are used specifically for their metabolic boosting properties. They are made from the highest quality ingredients for the best results for fat burning, reducing bloat, and improving digestion. LynFit Lean Bars are full of fiber that helps keep you regular and feeling fuller longer. When you crave, grab a Lean Bar instead.

Most of the chocolate you consume isn't high enough in quality to deliver the amazing benefits you hear about from studies. That is what makes LynFit different. LynFit only uses cacao that is 70 percent, or higher. The cacao is cold pressed and de-fatted, so you get all the benefits without all the guilt. Feed your cravings and starve your guilt.

### Five weight loss success tips:

1. Eat between the hours of 8 am – 7pm and keep three hours in between meals for the best metabolic boosting results and to reduce blood sugar levels.
2. Drink 8–10 glasses of water daily (hot or cold)
3. Eat 6–10 servings of vegetables daily to keep you feeling full and help keep you regular.
4. Aim for 7–8 hours of sleep to lower cortisol levels.
5. 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.

## The Lose 1 Pound per Day Metabolic Boosting Chocolate Diet

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- 1. Breakfast Boost: Drink a Chocolate Complete Protein Shake, made with (1) scoop of LynFit Chocolate Complete Protein within one hour of waking.** This will help block cortisol (stress hormones that cause you to crave), boost metabolism by 25 percent, and kill cravings while nourishing your body.

Take (1) LynFit Accelerator with Raspberry Ketones in the morning and again at lunch to trick your body into thinking like a thin person, boost mood, and energize.

Take (1) LynFit Cutting Edge in the morning, another mid-morning, and another at lunch to force your body to burn fat and reduce cellulite.

- 2. Mid-morning Boost (3 hours after breakfast): Drink a Chocolate Complete Protein Shake, made with (1) scoop of LynFit Chocolate Complete Protein as *hot chocolate*.**

Take (1) LynFit Cutting Edge to boost fat loss and melt belly fat.

Take (1) LynFit Carb Edge to balance blood sugar levels and prevent cravings.

- 3. Lunch Boost (3 hours after mid-morning boost): Have a LynFit Chocolate Lean Bar with a hot cup of tea or decaf calorie-free, sugar-free chocolate flavored coffee.**

Take (1) LynFit Accelerator with Raspberry Ketones to trick your body into thinking like a thin person, boost mood, and energize.

*\*If two Accelerator capsules are too much, stick to just one in the morning. LynFit's Accelerator is a much higher quality than store-bought, so you won't need as much to lose weight.*

Take (1) LynFit Cutting Edge to force your body to burn fat and reduce cellulite.

- 4. Afternoon Boost and Blast (3 hours after lunch): Eat an apple (can be in the form of the Apple Crisp recipe found in *The Metabolism Solution*, if you're really craving).**

Take (1) LynFit Cutting Edge to boost fat loss and melt belly fat

Take (1) LynFit Carb Edge to balance blood sugar levels and prevent cravings.

- 5. Dinner Boost (2½–3 hours after afternoon snack): Stir-fry shrimp and broccoli or any lean protein from the list. Load up on vegetables. Drink a large glass of water (hot or cold).**

Take (2) LynFit Raspberry Ketone Cleanse with your dinner.

- 6. Boost Fat Loss at Bedtime: Take (1–2) LynFit Lean Sleep to force your body to burn off excess fat around the clock.**

## **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  
Diet Chocolate soda or diet soda

### **Fruits: Small fruit or ½ cup**

Green Apple  
Banana ½  
Berries (All)  
Grapefruit ½

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

All lettuces serving size = 3 cups  
Cabbages  
Broccoli  
Cauliflower  
Mushrooms

### **Snack Attack Foods**

Chocolate Lean Bar  
Complete Protein Hot Chocolate  
25 Calorie Fudgecicle  
Piece of Dark Chocolate under 100 calories

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

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