



Meal #1 @ 7:00 a.m. (Breakfast — or 12 hours after your last meal):

Complete Protein Non-GMO Shake with (2) scoops of LynFit Complete Protein Non-GMO
(2 droppers) LynFit Thyro-Boost — may be added to your shake
(1) LynFit Vitamin D3 Boost
(¼ cup) Berries
Green Tea with Lemon

Meal #2 @ 10:00 a.m. (Mid-Morning — or 3 hours after your last meal):

Green Tea with Lemon
(1 oz.) LynFit Daily Power Shot

Meal #3 @ 1:00 pm (Lunch — or 3 hours after your last meal):

Complete Protein Non-GMO Shake with (2) scoops of LynFit Complete Protein Non-GMO with Salad Greens
added (Greens can be eaten as a salad or soup instead)
(2 droppers) LynFit Thyro-Boost — may be added to your shake
(1) LynFit Vitamin D3 Boost
Green Tea with Lemon

Meal #4 @ 4:00 pm (Mid-Afternoon — or 3 hours after your last meal):

Green Tea with Lemon
(2 droppers) LynFit Thyro-Boost
(1) LynFit Pure Omega 3
(1 small) Apple, or (½) Grapefruit

Meal #5 @ 6:30 pm (Dinner — or 3 hours after your last meal):

Start your meal with hot water with a lemon wedge
(3 oz) White Fish *(If you don't like fish, have a bowl of stir-fried vegetables, or (2) organic egg whites two times weekly)*
(4 servings) Vegetables *(3 cups of leafy greens to 1 cup of crunchy vegetables)*
(2–3) LynFit Raspberry Ketone Cleanse

Optional Detox Dessert: Melt Fat Ice Cream

Prepare 2 scoops of LynFit Complete Protein Non-GMO Powder made with water, freeze in ice cube tray until frozen.
Throw frozen cubes back into the blender or food processor until blended and enjoy like ice cream.

Cleanse, Detox, Reboot Your Metabolism While Killing Hunger and Cravings!

Choose foods found on this list only.

Cleansing Lean Proteins: Serving Size — 3 ounces

All white fish (Scrod, Cod, Tilapia)
Organic Egg Whites (2)
Complete Protein Non-GMO Shakes
Lean Bar (as needed)

Fluids: Calorie-free only

Green Tea, Black Tea, Ginger Tea, Coffee
All Calorie-free waters (Mineral Water)
Warm Water with Lemon
Smooth-Move Tea

Fruits:

Green Apple (Small)
($\frac{1}{4}$ cup) Blueberries or Blackberries
($\frac{1}{2}$) Small Grapefruit
Lemon, Lime

Vegetables:

Spinach (3 cups)
All Leafy Lettuces (3 cups) *No Kale
Asparagus (5 spears)
Zucchini ($\frac{1}{2}$ –1 cup)

Cleansing Exercise

- Do the LynFit Recovery Stretch Workout every other day
- Do the LynFit Lean Core Workout three times weekly
- Make sure to walk 10,000 steps daily
- Walk after dinner for 15 minutes

Cleansing and detox success tips:

1. Eat between the hours of 7 am – 7pm and keep THREE hours in between meals to allow for detoxification and the best metabolic boosting results while reducing blood sugar levels.
2. Tea is unlimited (brewed, not bottled). Green is best and Ginger is good. Aim for four cups daily.
3. Drink 8–10 glasses of water with lemon 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 a minimum of 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.

Supplements you will need to Cleanse and Detox:

- LynFit Complete Protein Non-GMO Shake
- LynFit Daily Power Shot
- LynFit Thyro-Boost
- LynFit Pure Omega 3
- LynFit Raspberry Ketone Cleanse
- LynFit Vitamin D3 Boost
- LynFit Lean Sleep
- LynFit Lean Bars

SAVE 20% on the LynFit Metabolic Boosting Cleanse & Detox Kit today using discount code **CLEANSE at checkout. Kit includes: LynFit Complete Protein Non-GMO Shake, Daily Power Shot, Thyro-Boost, Pure Omega 3, Raspberry Ketone Cleanse, Vitamin D3 Boost, and Lean Sleep**