QUICK KETO METABOLIC RESET
Works in 7 Simple Steps

DAILY GOALS:
• Fast overnight for 12 hours & eat within a 12-hour window, spacing shakes, snacks, and meals 3-hours apart
• Follow the Quick Keto Metabolic Reset Plan as shown to reset metabolic function and lose pounds and inches
• Prepare protein shakes & Metabolic Reset meals, choosing foods from the approved list and avoiding all others
• Weigh/measure yourself and your food portions daily (do not guess or eyeball!)
• Take Quick Keto Nutritional Supplements as suggested (STOP taking all other non-LynFit supplements)
• Drink at least 64 oz. of water daily (Warm water or tea with lemon is best. Avoid juice, soda, milk, & creamers)
• Enjoy daily activity/walking for 30-40 minutes (or 10,000 steps) at least 3 times weekly (sit less!)

TRACK YOUR SUCCESS

What is your goal weight: __________ Start Date: __________ Start Weight: __________ *Waist Size: __________

(*Measurements in inches or centimeters. We suggest weighing yourself daily to stay on track)

QUICK KETO METABOLIC RESET MEAL PLAN:

Reset Breakfast: Metabolic Boosting Complete Protein Shake + Black coffee, Tea, or Warm water with lemon
Reset Supplement: Take (1-2) Keto Carb Edge & (2) Cutting Edge

Reset Lunch: Metabolic Boosting Complete Protein Shake (small tossed salad, If needed)
Reset Supplement: Take (1-2) Keto Carb Edge & (2) Cutting Edge

Mid-afternoon: (½ cup) of berries or small green apple to prevent blood sugar/energy crash

Metabolic Reset Meal (Dinner) Ingredients & Directions:
Choose: (5 servings) of fibrous vegetables from the approved list, prioritizing large, leafy greens (minimum 5 cups).
Choose: (1 serving) of lean protein from the approved list, prioritizing white fish for faster weight and fat loss.
Choose: (1 serving) of clean fat from the approved list, prioritizing omega 3 essential fatty acids.
Choose: Spice it up the way you like! Choose calorie-free thermogenic spice/flavor booster and fat from the approved list.
Directions: You can combine the above ingredients and turn them into a salad. Add water and spice for a soup or sauży/stir-fry your Metabolic Reset Meal. Make sure you eat enough vegetables (more is better!).

Reset Supplement: Take (1-2) Raspberry Ketone Cleanse & Restore with Apple Cider Vinegar (If you’re using the old version, take [3-5] versus [1-2]. The new Raspberry Ketone Cleanse & Restore is much stronger, so adjust accordingly.)

QUICK KETO METABOLIC RESET APPROVED FOOD LIST:

Foods should be measured or weighed and prepared without adding extra calories, carbs, or fats. Use fresh herbs, spices, and zero-calorie flavor boosters. Baked, steamed, braised, or lightly sautéed. **AVOID ANY FOOD NOT LISTED!**

**METABOLIC PROTEINS**
- LynFit Metabolic Boosting Complete Protein with Prebiotic Fiber (2 scoops) Vegan (1 scoop)
- LynFit Lean Protein Bars (1)
- All white fish (4-5 oz)
- All seafood & shellfish (5-6 oz.)
- Turkey or chicken breast, skinless – not ground (4 oz.)
- Egg whites (3-4) – limit to twice weekly

**FIBROUS VEGETABLES**
- All leafy greens & lettuces (3 cups = 1 serving)
- Broccoli (½ cup)
- Cabbage (½ cup)
- Cauliflower (½ cup)
- Celery (2 medium stalks)
- Cucumber (unlimited)
- Radishes (½ cup)
- Yellow squash (unlimited)
- Zucchini (unlimited)

**LOW-GYCEMIC FRUITS**
- BEST: ½ grapefruit
- All berries (½ cup)
- Apple – small (green is best)

**CLEAN KETO FATS**
- Cold-pressed Canola oil (1 tbsp.)
- Sesame oil (1 tbsp.)
- Kerry gold butter (1 tbsp.)
- BEST: Skip the fat & take Pure Omega 3 instead

**FLAVOR BOOSTERS**
- All Mrs. Dash®, calorie & salt-free seasonings
- Cilantro
- Cinnamon
- Cumin/Turmeric
- Fennel
- Garlic
- Ginger, oregano, parsley, rosemary
- Himalayan or sea salt
- Thyme
- Black or red pepper
- Apple cider vinegar
- Lemon/lime juice
- Low-fat & sodium, gluten-free bouillon
STRATEGIC SUPPLEMENT & WEIGHT LOSS SUGGESTIONS:

- Make your Metabolic Reset Protein Shakes using water, ice, and/or non-caloric liquids ONLY. AVOID adding fruit, milk, nut milk, etc. For directions on how to prepare your Quick Keto Metabolic Reset Smoothies, visit LynFit.com.
- Stop taking any nutritional supplements that aren’t LynFit to avoid blocking the reset process. Some may contain binders and fillers that can prevent you from losing weight, and the Quick Keto Metabolic Reset most likely already contains the nutrients. (Example: Collagen powders, pills, and bone broths, chewable and gummy supplements, keto creamers, pre-made protein bars and shakes, etc.)
- Whenever possible, swap out any and all over-the-counter medications for a natural approach instead to allow your liver to detoxify and cleanse, and kidneys to reduce inflammation and restart metabolism.
- Allow 2 hours in-between medications and the following supplements when taking the Quick Keto Metabolic Reset Nutritional Supplements: Daily Power Shot, Recovery Agent, and Energy Ignite. All others are okay, if taken as suggested.
- If you need additional nutritional support we suggest that everyone take Daily Essentials, and here are our most popular supplements and their uses:

  Lean Bars: Snacks, grab-n-go meals, or when you don’t feel like having another shake
  Energy Ignite: Pre-workout energy matrix (maximum strength) with Creatine
  5-HTP Lean: Natural hunger, cravings, and anti-anxiety support
  Lean Sleep: Natural sleep aid
  Thyro-Boost Advanced: Cortisol management, prevents metabolic slow down, adaptogenic stress and adrenal relief
  Daily Essentials – Power Shot, Vitamin D3 Boost and Pure Omega 3: A must for everyone, especially those trying to lose weight and burn excess belly fat
  Natural Pain Relief – Recovery Agent, Daily Repair Liquid: Natural pain relief and healing optimizer improves recovery and healing, helping to treat pain at its source that won’t harm your liver or kidneys
  Daily Repair Liquid Collagen: Improve hair, skin, nail, and joint health that won’t slow weight loss

WANNA KNOW HOW A SUCCESS STORY IS CREATED?

Wanna know who those success stories in our TV appearances and advertisements are? They are real people, just like you. They did it by following the program you’re holding in your hand right now. This plan is based on sound science that provides the cleanest nutrition for your body, that’s as straightforward as it gets, convenient, and easy to follow, while allowing you to eat out with your family and friends and continue living your life healthfully. Here are their suggestions and tips that helped them reach their goals!

1. Follow the nutrition protocol as suggested and don’t make substitutions or alter it. You’ll lose weight easily; it works!
2. Stay on track following this plan until you’ve reached your weight loss goal.
3. Don’t skip your protein shake or metabolic dinner, even if you’re not feeling hungry.
4. Bring your supplements and protein shakes with you every time you leave the house to avoid missing a dose or drinking your shake.
5. Wait to have your first cheat meal until you’ve lost 20% of your weight and be sure to have a concrete plan when you do go off. Don’t forget to take your supplements beforehand either; they help a lot!
6. Ladies, we can’t eat as much as men, so remember we may lose slower than they do as well. The weight will come off as long as you follow the plan.
7. Keep it simple. Plan your metabolic dinner meals ahead of time, and shop ahead of time. If you don’t see a food listed on the approved list, skip it; it won’t boost metabolism.
8. The longer you follow the plan the more weight you’ll lose. Once you’ve reached your goal, keep up with as many of these healthy habits as you can to maintain your weight loss and health improvements. That way you’ll never have to restart or diet again!
9. Avoid drinking alcohol for at least 3 weeks. You’ll lose belly fat easier and feel better too!
10. Follow along at your own pace. If you’re just starting out, start slow but DON’T QUIT! Slow weight loss is better than no weight loss!

You can become a success story too and help inspire others! Send us your before and after photos, weight and waist loss, and health improvement details. Each story helps inspire others to become healthier. We choose as many stories as we can to share, and we want you to be our next success story. If we choose your story, we will send you a free gift to help you stay on track and keep the weight off! Send it to Support@LynFit.com.

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† Supplements should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.