



LOSE 1 POUND PER DAY & BURN MORE FAT

Easy-to-Follow Metabolic & Nutritional Supplement Plan

- Boosts metabolism 25% & reduces systemic inflammation
- Properly decreases calories while nourishing the body to prevent metabolic slowdown
- Cleanses & detoxifies to kill hunger and cravings naturally

You Can Do It... The Only Limit Is You!



Clinically dosed & researched

METABOLIC BOOSTING LOSE 1 POUND PER DAY PLAN

As Seen on Dr. Oz & Martha Stewart

Congratulations on choosing to improve your health and fitness. You are about to begin a program of change. You will change the way you eat, the way you look, and most importantly, the way you feel. This program is different from any other weight loss program you may have tried in the past and will help you alter the way your metabolism works by resetting it in a natural, safe, yet highly effective holistic manner. It will address the underlying issues, making it easier for you to lose weight, burn fat, and improve health.

Most importantly, this plan works faster than any other because of its simple, yet straightforward approach, without stimulants or harmful pills, potions, excessive fat, or processed packaged food. Every aspect of your health will improve. Heck, even your mood and spiritual muscle will be stronger!

You will notice the following improvements:

- Hunger and cravings begin to vanish once your body begins using fat for fuel
- Your energy will improve and be more balanced
- A boost in mood and relief from PMS and menopausal or menopausal symptoms
- Reduced inflammation (helping to relive aches and pains systemically)
- Healthier and stronger hair, skin, and nails
- Lower cholesterol, triglycerides, and blood pressure
- Reduced and balanced blood sugar levels
- Enhanced immune function
- Improved gut health and digestion (detoxification)
- “Brain fog” and memory issues will begin to clear
- Skin will tighten up and become more toned
- You’ll feel good about yourself again

Sadly, our bodies have become so unbalanced that diet and exercise are no longer enough, which is why simply watching what you eat by cutting back on sweets or snacking healthier hasn’t worked. And neither has abusing your body by over-exercising or under-exercising (which makes it worse). You **WILL** achieve the results you’re seeking with this complex, scientific, nutritionally superior plan that I’ve made simple for you by strategically combining a hybrid way of eating. It is Mediterranean/Ketogenic that’s healthy for everyone and is the most effective when it comes to losing weight and improving health.

Unlike other unhealthy diets, this hybrid, metabolic way of living is NOT another diet. No one needs another diet, but we all need a lifestyle change, and this plan makes that doable because the foods you get to eat are delicious (thanks to Martha Stewart’s help). It also combines the smart use of nutritional supplements that I’ve carefully combined for you with a combination of low carb, low fat, gluten and soy-free, and low-glycemic diet. This means, scientifically-stacked, you eat in a specified fashion allowing you to achieve the goals you’ve been dreaming about, without feeling deprived, because it allows you to enjoy a cheat meal (we refer to as an “UPZIG” meal) every 5-7 days, depending on your metabolism.

This metabolic plan will allow you to eat real foods (the kind you like) that don’t come out of a box or are over-processed, and you can even eat out with your friends (if you feel it’s okay for you to do so) as often as you like. You don’t need to buy or prepare special intricate dishes or drink disgusting, uber-expensive green potions that spike blood sugar levels. All you must do is follow the plan as directed, walk 10,000 steps daily (advanced exercisers can follow the metabolic exercises), and take your metabolic nutritional supplements when you’re instructed to take them.



Here is How You'll Lose on this Simple Straightforward Plan

- Indulge in two delicious Metabolic Smoothies (Complete Protein Shakes) daily
- Enjoy a delicious, satisfying metabolic meal daily
- Snack (from the approved list) if you feel hungry daily
- Nourish and protect your body by taking your nutritional supplements as directed daily

Most diets work by either reducing body fluid (dehydration) or your lean muscle tissue, which in turn slows and can stop weight loss and prevent fat burning. Some of the latest diet trends are wreaking havoc on health by increasing cholesterol and harming the gallbladder due to excessive saturated fat intake. The opposite vegan methods cause nutrient deficiencies and destroy hair, skin, and nail health, all of which harm our metabolic health, often leaving you heavier than ever, and with cravings that are almost impossible to avoid. You're left worse off than you were before you started.

Your body's natural ability to burn more fat and calories is called metabolism. When everything is working right, your metabolism burns off unwanted fat and burns excess calories versus storing them. Dieting (aka, eating the wrong way) either by reducing your food intake excessively or ignoring your body's nutritional needs that are increased when under stress (like losing weight, burning fat, or the daily stress we all encounter), causes our bodies to reduce its rate of metabolism. This is especially true if you're over 35, female, in menopause (or menopause), and have been overweight and are a chronic dieter. Our bodies are made to survive some tough situations, and it sees these as a threat and begins to fight back by slowing down. I'm sure you've experienced the dreaded weight loss plateau, and even though you're eating less, you can't lose weight, and your body may even begin storing fat.

All you've been doing is frustrating your body and losing the weight loss fight. You can learn more by reading my blogs on LynFit.com and my Wall Street Journal Best Selling Book, *The Metabolism Solution*.

No worries... there is MORE HOPE THAN YOU THINK! This plan shows you how to:

- What, when, and how much to eat
- When to take your nutritional supplements
- When, of if, you should exercise and what to do when you start

ON A FIT NOTE: We don't suggest adding exercise until you've lost 20 percent of your weight to avoid adding more physical stress to your body and elevating cortisol levels that prevent weight loss. But we do suggest everyone walk at least 10,000 steps daily or ride an indoor stationary recumbent bike if needed. Also, stand more than you sit.

When you combine the right kinds of food with these specific nutritional supplements, you'll begin to burn more calories, making it faster and easier to lose weight and melt off stubborn and health-harming body fat. Say goodbye to abusing your body with vigorous joint damaging, metabolic hammering exercise. Get ready for the new leaner, healthier, happier you!

When it comes to what to eat for dinner, that's up to you. Check out the recipes on Lynfit.com or make your own by combining the foods, seasonings, and essential fats listed.

The Unique Way the Metabolic Diet Plan Works

The Metabolic Diet Plan works with your body by addressing the underlying issues that have been preventing you from achieving your weight loss and health goals. It works on the scientific principles of change that are probably different from any diet you've ever tried. This is a plan that works 100 percent of the time and continues to work. Of course, **YOU NEED TO FOLLOW IT!** 😊

The First Change

Swap out two meals daily with a delicious Complete Protein Smoothie instead. We suggest breakfast to reawaken your sleeping metabolism and lunch 3-4 hours later so you can sit down and eat with your family at dinner (setting a good example of healthier eating habits versus starving). Follow suggested recipes to avoid blood sugar spikes.

The Second Change

The Metabolic Diet Plan gives you a choice of delicious food to eat every day that helps safely cleanse and detoxify the body, so your metabolism works more efficiently while also training your body to burn off stubborn body fat. These specific foods improve every aspect of your health because they are the leanest, cleanest, gluten and soy-free, and low on the glycemic index. This helps blunt blood sugar levels, preventing hunger and cravings. FYI... it doesn't work on physiological ones, sorry. But helping you overcome the physical aspects is half the battle. This is also why physicians suggest this program, especially when it comes to overcoming metabolic resistance.

When it comes to what to eat for dinner, that's up to you. Check out the recipes on Lynfit.com or make your own by combining the foods, seasonings, and essential fats listed. Keep it simple and clean, but do eat lots of leafy greens and fibrous vegetables.

NOTE: Just because you don't eat five times daily, the way we have all been brainwashed to think is best, is no cause for concern. Our bodies don't normally use all of the energy we take in from all the food we eat, which is exactly why we gain weight. This energy is stored, and yes, turns to fat. It's simple science.

This plan retrains you and your body to learn to eat smaller meals that are "politically correct." This best part is your body receives more nutrients, so it uses this fuel more efficiently and stores less fat. You'll begin to burn stored fat off, and your mood and energy will improve. This is also why conventional diets no longer work. This plan is the solution!

The Third Change

The Metabolic Diet is not another diet, rather; it is a way of life that we refer to as a "Leaner Lifestyle." It is not one of deprivation; we believe in and live for delicious food, which is why we suggest that you indulge yourself in a "Cheat/UPZIG" meal that will actually improve your weight loss, if you've been following the plan correctly and your body is now using the fuel you supply more efficiently. But, **you're in control here**. You've got to replace two meals daily with a Metabolic Smoothie that's made using Complete Protein as directed (including the timing of meals). You must also take the daily nutritional supplements to ensure your body gets the vital nutrients it needs, in the most efficient, usable way in the specified combinations, so they help increase your metabolism's ability to burn fat versus storing it and preventing metabolic slowdown.

My personal favorite part of this plan is the Cheat/UPZIG meal. I use mine on the weekend when I'm dining with friends or family, but you can use yours anytime you like, as long as you make sure to follow the Metabolic Plan for five days in a row to allow the metabolic changes necessary for weight loss, and in order to keep your metabolism from slowing down.

This is a unique method that's been around for decades, and LynFit Nutrition has always followed this protocol of not only losing weight but also maintaining your weight loss and preventing weight gain. It's been around for decades and is used by fitness models and celebrities, as well as professional athletes as a way of life. Dr. Fred Hatfield, known all over the world and also my mentor, who taught me everything I know, pioneered this method to help preserve lean muscle tissue, keeping the body lean, skin taut, and metabolisms revved. If done correctly (not overdoing it, of course), it also deals with the psychological aspects of weight loss that stem from the mindset that we can never have our favorite foods again. It teaches us how to have a healthy relationship with food again—a relationship that's destroyed by chain dieting. If chronic dieting is a struggle for you, consider getting help or attending an Overeater Anonymous meeting.

Be brutally honest with yourself and know what works for you and what won't, so when you do go off-plan, you don't set yourself up for a fall. Even though you can reward yourself with a UPZIG meal, which may be your favorite dessert or glass of wine, don't forget that excessive binges of ice cream, potato chips, drinking, or using cream in your coffee won't keep fat off anyone, no matter what you do or how hard you work out. But you can have that cream as your UPZIG meal.

DID YOU KNOW... UPZIGGING your calories (aka cheat meals) is also known in professional worlds as re-feeding? It doesn't take much to be effective, even 100 calories of essential fat on your salad can do the trick if you're worried it may trigger overeating.

The Fourth Change

Take your nutritional supplements throughout the day as recommended on the plan. They're 100 percent natural botanicals loaded with vitamins, minerals, and nutrients your body needs... not drugs. Your Lose 1 Pound Per Day System comes with the following nutritional supplements (in addition to your Protein Powder of choice):

- Keto Carb Edge Weight Loss Accelerator
- Cutting Edge
- Raspberry Ketone Cleanse and Restore
- Lean Sleep

Complete product nutritional information can be found on each product's detail page on LynFit.com. The nutritional labels are located directly under the product photo.

NOTES:

Activators & Optimizers

The A.M. Activators

Keto Carb Edge Weight Loss Accelerator and Cutting Edge are both a.m./daytime metabolic activators, so take them early in the day (we suggest at breakfast and again at lunch time) to start your day off right and ensure nutrient balance to keep your metabolic rate elevated throughout the day.

P.M. Metabolic Optimizer Meal

Raspberry Ketone Cleanse & Restore is taken at dinner time to suppress appetite and help digest and assimilate (use more efficiently and prevents being stored as fat). It also improves and restores gut health/gastric issues that can occur from dietary changes and restores gut health by delivering probiotics, all helping to alleviate constipation. Raspberry Ketone Cleanse & Restore is caffeine and stimulant-free, so it won't interfere with your sleep.

P.M. Bedtime Optimizer & Cortisol Manager

Lean Sleep (pure melatonin) is the body's biological clock synchronizing hormone and helps regulate sleep-wake cycles for a better-quality sleep. It also provides powerful antioxidant protection and is 2x more effective than vitamin-E and 5x more effective than glutathione. It also spherically targets and acts as a cortisol manager for optimal 24-hour fat-burning, metabolic, and health boosting benefits, making it easier to burn off belly fat.

NOTES:

8 Steps for Guaranteed Metabolic Boosting Success: Think BOOSTING

1. **B**egin the program, and every day after, by weighing yourself. You can't manage what you can't measure. We suggest daily weighing unless you feel it's not mentally healthy for you. *Weigh-in at least once a week, minimum, and note if you can "pinch an inch" of belly fat, so you'll be able to notice as it melts off.
2. **O**ptimize your boost with proper meal timing by eating between the hours of 8 a.m. to 8 p.m., allowing for a minimum of a 12-hour fast and a 3-hour window in-between all other meals, snacks, or shakes. This plan is adjustable, so adjust it to fit your life, as long as there are 12 hours between your last meal and your first, and at least a 3-hour window in-between all others, allowing enough time for food to be digested, which prevents storage. The earlier you eat at night, the better for your metabolism. Aim for at least 3-4 hours before bedtime to allow the food to be fully digested versus stored as fat. A walk after dinner can also help with digestion.
3. **O**n Track means balancing your nutrient intake to better your boost by making sure to daily drink at least two Metabolic Boosting Complete Protein Shakes daily, and consuming a giant salad consisting of at least 3-5 cups of leafy greens, 1 cup of a warm vegetable like broccoli or cauliflower (either mixed in it or separate... your call) with 1 serving of essential fats (or using Pure Omega 3 supplement to make it easy). You'll want to make sure to prepare your food deliciously, so you begin to crave it. Trust me, it will happen. You just need to get creative versus complicated and be patient... old habits CAN change. No one should eat yucky food.
4. **S**uccessful weight loss requires a strategy. Keep it simple and follow the 3 P's: **P**lan ahead, **P**ortion control your proteins, and **P**ower up your salads. Eating for change means making some healthier changes. If you're going to sleep or sitting at a desk all day, you'll need less food, but if you're going to be exercising or active (think yard, house work, or water skiing), you'll want to eat a bit more substantially by making sure you have enough protein (you don't need six ounces, but you do need 3 oz, of chicken, 4-5 oz. of white fish or 2 scoops of Protein Powder) because your body will require more fuel. Otherwise, just stick to your usual amount. If you're losing too quickly (more than two pounds daily) or you need more fuel, add a protein or vegetable. If you're losing more than one pound per day, add more protein.
5. **T**ry a UPZIP/cheat meal every week to boost weight loss by zig-zagging your way to a faster metabolism and a healthier and firmer more-toned body. We map it out for you by suggesting that you follow your plan for at least five days straight (think Monday through Friday) and UPZIG/cheat one meal per week or every five days. Some people will be able to cheat for an entire day or even an entire weekend, while others may need to limit it to one meal per week (this is how I live now that I'm 50+). Don't skip your UPZIG as it helps enhance metabolic function and accelerates fat burning. But don't go crazy... let your body dictate by weighing yourself.
6. **I**nclude nutritional supplements for the best boost by taking your 100% natural LynFit nutritional supplements (and shelving all others unless they were prescribed by your doctor). Remember that losing weight means reducing calories. Be sure to take your supplements suggested in this plan to provide your body with the vitamins and minerals it needs, despite the reduced food intake, so it's nourished and healthy.
7. **N**ever skimp on sleep! Aim for 7-8 hours of sleep every night to help lower cortisol levels, and even if you're a good sleeper, take Lean Sleep anyway. It's your cortisol manager. It helps nourish and protect your body, making it easier to burn off belly fat. (A note on napping: Make sure it's before 12 so you don't affect your sleep.)
8. **G**o for a walk! Walk 10,000 steps every day and avoid all other workouts until you've lost at least 20 percent of your weight to avoid blocking weight loss. The best time to walk is first thing in the morning and again after dinner to help boost weight loss and fat-burning. Walking helps burn calories, improves digestion, kills cravings, reduces stress, and boosts endorphins, so you feel better the second you start.

The secret to improving your metabolism and convincing your body to burn stored fat is about eating smarter, not just eating less. That's the slimming secret. The following list of suggested super foods will help you eat more of what you should be eating and less of what you shouldn't. It's an overall suggestion, consisting of everyday foods and some advice on how to eat cleaner and smarter than you probably do right now. Be patient with yourself and focus on progress versus perfection if you've been struggling with reducing your food. Once the supplements begin to take effect, you'll notice that you won't be fighting with food as much, and you can always eat more leafy greens. Not appealing? You're most likely not hungry. Drink a glass of water or tea.

Cleanse & Detox for Maximum Metabolic Boosting & Fat Burning


LEAN PROTEINS

- LynFit Complete Protein (All)
2 scoops per shake 
- LynFit Egg White Protein (All)
1 scoop per shake
- LynFit Lean Bars (All) 
- All white fish (5oz.) 
- Turkey/Chicken breast (3oz.) 
- Egg whites (2 large or 3 small)
- All seafood (4-5 oz.) 

Avoid: Red meat, vegan sources, beans, pork

LOW GLYCEMIC FRUIT

Limit fruit to 1-2 times daily maximum to avoid blood sugar spikes

- Berries – all (½ cup)
- Small apple (green is best)
- Pear (½ of a medium-sized)
- Grapefruit (½ small) 
- Tomato (1 small or ½ cup)

Avoid consuming more than one cup daily: Dried or canned fruit and stick to ½ a banana, if you must have them.

ESSENTIAL FATS FOR FAT LOSS

It's imperative that you provide your body with the omega-3 fats it needs during this phase. The best options are the Pure Omega 3 supplement or Super Omega 3 Oils & Dressings. Choose at least one of the following:



- Take (2) LynFit Pure Omega 3 daily 

Additional Essential Fat Selections:

- (1 tbsp.) Walnuts or walnut oil
- (1 tbsp.) Cod liver oil
- (1 tbsp.) Flaxseed oil
- Hemp oil

Avoid omega-6 and all others while boosting metabolism and burning fat.

THERMOGENIC VEGGIES

- All lettuce & leafy greens (3 cups minimum per serving) 
- Broccoli (½ cup)
- Cauliflower (½ cup)
- Peppers (½ cup, limited to 1-2 times weekly)
- Cabbage (½ cup)
- Yellow squash (½ cup) 
- Zucchini (½ cup) 
- Cucumber (unlimited) 
- Radish (½ cup) 
- Celery (1 large stalk) 
- Onions (limited to 1-2 times weekly)




For extremely stubborn weight loss & those who struggle with thyroid issues, limit these veggies to 3-times weekly

(they are goitrogenic and known to inhibit thyroid function)

Cabbage, Cauliflower, Broccoli, Spinach, Brussels Sprouts, Kale, Canola Oil, Cherries, Turnips, Almonds

HYDRATION OPTIONS





6-8 cups daily is enough. Hydration is already built into this plan. Listed from Best to Worst

- Warm water (purified or filtered) with lemon 
- Fresh mineral or spring water (minus carbonation) 
- Black coffee or tea (organic) 
- Green tea or any tea (except Chamomile or Matcha)
- Any calorie-free beverage is better than becoming dehydrated

Avoid: Vitamin water or any water with vitamins added, wine, alcohol, herbal teas

SNACKS & LEGAL CHEATS

Listed from Best to Worst (LynFit Shakes & recipes made from them will always be best)

- LynFit Protein Shake (All) 
- LynFit Protein Recipes (see LynFit.com)
- LynFit Lean Bars (All)
- Unlimited veggies (use in soups & salads as well—great way to fill up) 
- Sugar-free Jello®
- Sugar-free Popsicles 
- Clear broth (low-sodium, gluten-free) 
- Hot cup of tea

Avoid: Yogurt, cheese, store-bought protein bars

FLAVORING BOOSTERS, CONDIMENTS, SEASONINGS, SPICES

These specific herbs, spices, and condiments help to accelerate metabolism, decrease systemic inflammation, improve digestion, and lower insulin levels.

- Spray oils (organic or vegetable blends) 
- Organic fat-free chicken broth (avoid beef) 
- Apple cider vinegar 
- Lemon or lime juice 
- Cayenne pepper 
- Mustard (dried) 
- Ginger 
- Garlic 
- Fennel 
- Cinnamon 
- Bay leaves
- Oregano
- Parsley 
- Cilantro
- Cumin
- Himalayan pink salt 

Avoid: Excessive salt, creamers, omega-6 foods

 Best for cleansing & detoxifying

Your Daily Metabolic Nutritional Supplements

These are the 100 percent natural, preservative, soy, gluten, stimulant-free, non-GMO nutritional supplements that you'll need each day. They will help safely boost metabolism while nourishing your body and should be used in conjunction with the Metabolic Diet Plan. They will work alone but are ten times more effective when combined with this diet. They are small and easy to take, with each supplement addressing underlying issues. You'll note that they are time-specific, helping you through challenges faced throughout the day, such as low blood sugar and energy slumps that can result in intense cravings. We suggest taking the supplements when suggested, including your UPZIG/cheat meals when you need them most. Holidays and special occasions and high stress times may require additional doses to prevent weight gain, so add an additional dose of each during these times. Remember, you cannot supplement away a bad diet!

The A.M. Activators (to be taken in the morning with your Protein Shake or a full glass of water)

(1) Keto Carb Edge Weight Loss Accelerator

(1) Cutting Edge

Mid-day Metabolic Balance (to be taken midday with your Protein Shake or a full glass of water)

(1) Keto Carb Edge Weight Loss Accelerator

(1) Cutting Edge

Mid-Afternoon Booster

(1) Cutting Edge

P.M. Metabolic Optimizer (to be taken with your dinner)

Take (1-2) Raspberry Ketone Cleanse & Restore with your metabolic meal (preferably 30 minutes before meals or whenever you remember) with a glass of water (try it with warm water when your appetite is overwhelming). Raspberry Ketone Cleanse & Restore helps suppress appetite, helps your body break down nutrients, and assimilate (digest and absorb) nutrients, so they are used as fuel versus stored as fat or left undigested, causing cramps, bloating, and constipation. Taken with meals will help to amplify digestion, boost metabolism, reduce inflammation, and improve immune health. Digestion is paramount when it comes to your health and metabolism.

Bedtime Optimizer & Cortisol Manager

Take (1-2) Lean Sleep 30-60 minutes before bedtime. Lean Sleep (melatonin) is the body's biological clock synchronizing hormone and helps regulate sleep-wake cycles for a better-quality sleep. It also provides powerful antioxidant protection and is 2x more effective than vitamin-E and 5x more effective than glutathione. It also spherically targets and burns off belly fat for optimal 24-hour fat-burning, metabolic, and health boosting benefits. Lean Sleep acts as a cortisol manager, helping to reduce the negative effects that stress has on our body.

Remember, when boosting, even on "off" days or meals, you should continue to take your nutritional supplements. They are even more important during these times!

NOTE: The following LynFit Specialty Support Products can be combined with Keto Carb Edge Weight Loss Accelerator: Pure Omega 3, Thyro-Boost, Daily Joint Recovery & Repair, 5HTP-Lean, and CBD Daily Wellness. Allow 2-3 hours for all others to avoid the overconsumption of vitamin-B's.

If you're like me and need a little extra support, whether it be thyroid support or killing hunger and cravings, this list will guide you as to what nutritional supplements you may want to add for whole body health.

PROBLEM

LYNFIT SOLUTION

Cravings, hunger	Lean Bars, 5-HTP Lean
Hair, skin, nail health	Daily Joint Recovery & Repair with Collagen
Aches, pains, inflammation, joint care	Daily Joint Recovery & Repair, Pure Omega 3
Advanced pain relief, recovery	Recovery Agent, Daily Wellness CBD Liquid Drops
Sleep, stress management	Lean Sleep, Thyro-Boost
Thyroid health	Thyro-Boost, Complete Whey Protein
Detox, cleansing, constipation	Raspberry Ketone Cleanse & Restore, Thyro-Boost
Fiber (prebiotic fiber)	Sinful Chocolate Sauce, Lean Bars, Complete Whey Protein
Menopause symptoms	Lose 1 Pound Per Day System, Thyro-Boost
Loose, crepey skin	Egg White Protein, Microdermabrasion Scrub
Energy	Daily Power Shot, Keto Carb Edge Weight Loss Accelerator
High blood pressure	Daily Wellness CBD, Complete Whey Protein, Anti-Aging Workout
High blood sugar	Complete Whey Protein, Lean Bars, Keto Carb Edge Weight Loss Accelerator
Cholesterol, triglycerides	Egg White Protein, Cutting Edge, Pure Omega 3
Depression, anxiety	5-HTP Lean, Daily Wellness CBD Liquid Drops

The Metabolic Boosting Game Plan

First Thing When You Wake Up	Drink warm water with lemon or a large glass of water to detox and cleanse
Boost 1	LynFit Protein Shake (per directions on container) (1) LynFit Keto Carb Edge Weight Loss Accelerator (1) LynFit Cutting Edge Water, black coffee, or tea Feel like you need more? Grab a Lean Bar instead of falling off track.
(Mid-morning Hydration)	Water, black coffee, or tea This is a good time to take any of LynFit's specialty support supplements such as Thyro-Boost, Daily Power Shot, Recovery Agent, or Daily Wellness Liquid Drops. You can also add an additional dose of Keto Carb Edge Weight Loss Accelerator and Cutting Edge if desired.
Boost 2 (Mid-day)	LynFit Protein Shake (per directions on container) (1) LynFit Keto Carb Edge Weight Loss Accelerator (1) LynFit Cutting Edge Water, black coffee, or tea Adding a small salad or serving of vegetables is optional, but suggested, to ensure that you get all of your vegetables in, keep you from becoming constipated, and helping you feel full all day.
Boost 3 (Mid-afternoon)	Best: Raw vegetable, celery, or salad made from veggies from approved list Better: Lean Bar Good: (1 serving) of fruit from approved list (this is a good option if your blood sugar is low and you feel tired) (1) LynFit Cutting Edge This is a good time to take any of LynFit's specialty support supplements such as Thyro-Boost, Daily Power Shot, Recovery Agent, or Daily Wellness Liquid Drops. You can also add an additional dose of Keto Carb Edge Weight Loss Accelerator and Cutting Edge if desired.
Boost 4 (Metabolic Mealtime)	Lean Protein from approved list (serving size specified in approved list) For advanced cleansing, skip protein and have a Complete Protein Shake for dessert (okay for 3-4 days per week, but not as a lifestyle). Weight loss slow? Choose white fish. It promotes faster weight loss and is better for metabolism than chicken and promotes cleansing and detoxification. Plus , a minimum of (5) servings of vegetables from approved list... leafy greens are best. (The Metabolic Mega Salad: Combine a minimum of 3-4 cups of leafy greens and an additional (1 cup) of a warm and crunchy veggie such as broccoli or cauliflower) (2-3) LynFit Raspberry Ketone Cleanse & Restore with a full glass of water
Boost 5 (Metabolic Bedtime Boost)	(1-2) LynFit Lean Sleep to promote deeper, more restful sleep and manage cortisol levels. (If you're having trouble sleeping, we suggest adding 1-3 dropper-fulls of CBD Daily Wellness Liquid Drops or (1) Pure Omega 3 for wellness and weight loss)

Prepare the Perfect Metabolic Boosting Smoothies & Drinks

Smoothies make losing weight and burning fat faster and easier, and a lot more delicious! When made the right way, they can boost the most sluggish metabolism and turn the weight loss and fat burning switch on, and the weight gain switch off. They save time and money and provide healthier replacements for the things we love that slow our metabolism and don't want to give up, like adding milk or cream to our morning coffee or high-sugar juices and store-bought smoothies. LynFit's Complete Protein Shakes are naturally delicious on their own, so you don't need to add milk of any kind or excessive fruit to make them taste good. Take your health and weight loss to whole new level of yummy just by adding a few simple ingredients.

LynFit's Metabolic Complete Protein Shakes are specifically designed to improve metabolic health, boost metabolism 25 percent, balance cortisol levels that spike during stressful times, improve gut health, kill cravings, and keep you feeling fuller longer. They nourish your body with the kind of protein it needs to preserve lean muscle while firming toning and reshaping your body. Blood sugar, blood pressure, and cholesterol levels will also be lowered. Drinking a LynFit Complete Protein Shake is the best thing you can do for your body. At LynFit, we say, "You are what you drink, so drink metabolically!"

The recipes here are specifically designed for the Lose 1 Pound Per Day Metabolic Boosting Plan. We suggest avoiding all others, at least until you've reached goal weight and have maintained it for at least six months. The recipes use pure ingredients that are low carb, no or low-fat, low-calorie, and won't spike blood sugar levels. They are always soy and gluten-free.

WARNING: Adding nut butters, milk of any kind, fruit, yogurt, coconut oil, or flax seed, can stop weight loss and prevent your body from burning off stored fat. If you wanna be lean, you've gotta keep your shakes clean. Unless, of course, it's your UPZIG meal. Just sayin' :)

Basic Protein Shake Blending Instructions

(½ cup) Water (not too hot or cold while cleansing)
(2 scoops) LynFit Complete Protein of choice
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 Complete Protein of choice 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 FROTHIER SHAKE:

Use less water, more ice cubes & blend until froth appears (NOTE: The Advanced Non-GMO Shake froths better than the Regular Protein)

Customer Favorites: Remember, fruit is limited to one serving daily, which is ½ cup.



Chocolate Bliss Bomb

- (2 scoops) LynFit Chocolate Truffle Complete Protein
- (1-2 tbsp.) LynFit Sinful Chocolate Sauce
- (5+) Large ice cubes
- (1 cup) Water (for a thicker shake, use less water – creamier, lighter, use more water)
- Make a little extra chocolate sauce to drizzle inside glass.

Combine ingredients in blender until desired consistency is reached.



Booze-free Tropical Punch

- (2 scoops) Vanilla Dream Advanced Non-GMO Protein Powder
- (½ - ¾ cup) Cold water
- (5) Ice cubes
- (1 shot = 1oz.) LynFit Daily Joint Recovery & Repair

Combine ingredients and blend in blender until frothed and ENJOY!



Be Lean Birthday Cake

- (3 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice

Put all the ingredients into a blender or shaker cup and mix well.
Garnish with sprinkles.



Strawberry Colada Lemonade

- (2 scoops) LynFit Strawberry Protein Powder
- (½ cup) Water
- Handful of ice
- (1 small stick or packet) Crystal Light® lemonade

Put all the ingredients into a blender and mix well.



Fat Blasting Cinnamon Roll

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Cinnamon

Put all the ingredients into a blender and mix well.



Green Diva – Drink Your Salad

- (2 scoops) LynFit Vanilla Dream Non-GMO Advanced Protein Powder
- (½ cup) Water
- Handful of ice
- (½ cup) Cucumber, peeled & diced
- Handful of baby greens or Romaine spinach
- Squeeze ½ of a lemon for juice

*Add (1–2) full droppers of LynFit Thyro-Boost to provide nutrients & promote detox process. Put all the ingredients into a blender and mix well.



Skintight Smoothie

- (1 scoop) LynFit Egg White Protein Powder
- (½ cup) Water
- Handful of ice
- (½ cup) Raspberries

Put all the ingredients into a blender and mix well.



Vanilla Egg White Frappe with Sinfully Delicious Chocolate Sauce

- (½ cup) Cold black coffee
- (1 scoop) LynFit Pure Vanilla Egg White Protein
- (1 scoop) LynFit Sinful Chocolate Sauce

Blend on medium to high speed for 1-2 minutes, or until frothed. For Chocolate-rimmed glass: Dip rim of the glass into protein shake to wet edges (get edges really wet to create the drip). Place wet rim of the glass into Sinful Sauce or protein shake.



Clean Chocolate Cappuccino

Chocolate Coffee:

- Black instant coffee mixed with (1 scoop) of LynFit Sinful Chocolate Sauce

Froth:

- (2 scoops) LynFit Complete Protein Advanced
- (1/3 cup) Very cold water

Blend the froth ingredients until foamy and spoon it on top of your Chocolate Coffee.



Melt Fat Hot Chocolate

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 cup) Hot coffee

Put all the ingredients into a blender and mix well.



Fat Burning Flat White

- (2 scoops) LynFit Vanilla Protein Powder
- (½–1 cup) Water black coffee or warm water

Blend or shake in Shaker Cup until frothy (better blended)



Melt Fat Milk

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Vanilla extract

Put all the ingredients into a blender and mix well.

LynFit's metabolic boosting protein shakes and drinks are an easy way (delicious too) to add more protein to your diet and have been shown to amplify your weight loss and naturally energize you. More delicious metabolic boosting protein recipes can be found at LynFit.com!

Got Cravings?

Complete Protein Powder can help you kill them, and more importantly satisfy them on contact.

If You're Craving...

Pancakes
Ice Cream
Bread
Cupcakes, Muffins, or Pastries
Yogurt
Cookies
Lattes, Cappuccinos
French Toast

Eat This Instead Made with LynFit Complete Protein

Metabolic Boosting Pancakes
Metabolic Boosting Ice Cream Gelato, Sorbet
Metabolic Low-Carb Bread
Low-Carb Cupcakes, Metabolic Muffins, Protein Power Pastries
Metabolic Faux Yo
Metabolic Low-Carb Cookies
Metabolic Cleaner Lattes, Cappuccinos
Metabolic French Toast

Metabolic Hydration Boosters

One of the other benefits of this plan is that hydration is built-in thanks to the twice daily Protein Shakes and your new healthy habit of consuming enough vegetables every day. You should prioritize drinking 6-8 cups of water in addition to your twice daily shakes to keep your body hydrated and assist in detoxifying and cleansing.

Becoming even a little dehydrated can slow metabolic function up to 3 percent, and our goal is to boost your metabolism. Proper hydration also helps prevent constipation, headaches, and low-carb flu. It's also a super start when it comes to killing cravings and reducing cellulite and providing healthy skin. Water is your best friend and will also help improve energy and focus and has a reputation for alleviating joint aches and pains and keeping your body pliable, which makes it youthful and keep skin taut.

Not sure you're drinking enough water? Do the pee test! Simply check the color of your urine. If it's clear, you're hydrated; if not, drink up! **Become a drinker. The best way to prevent hunger and cravings is to drink more water!**

NOTE: Your urine will always be bright yellow after consuming b-vitamins like the ones found in Daily Power Shot, Cutting Edge, Keto Carb Edge Weight Loss Accelerator, and Recovery Agent. Our bodies extract what they need and discard the rest, which is also why you need to take them more frequently and can't just load up once.

Here are a few of my family's favorite ways to drink our water. These delicious water cocktails are simple to make and refreshing, making it easier to reach the daily quota. These can be enjoyed warm or cold (keep in mind warm, not hot).

Natures Powerade: Water + Ice + (1 shot) of Daily Power Shot

Pain-Free H2O: Water + Ice + (1 shot) of Daily Joint Recovery & Repair (for severe pain, add 1 dropper-full of Daily Wellness CBD Liquid Drops)

Hair Skin and Nail Cocktail: Water + Ice+ (1 shot) of Daily Joint Recovery & Repair

Chocolate Water: Water+ Ice + (½-1 scoop) of Sinful Chocolate Sauce (Complete Protein Powder can also be used)

Stress Less Water: Water + Ice + (1-3 dropper-fulls) of CBD Daily Wellness Liquid Drops (add a dose of Thyro-Boost to control cortisol)

Cinnamon Cooler: Water + Ice+ (½ tsp.) Cinnamon (good for balancing blood sugar)

Warm water with Lemon: Water + Ice + Juice from ½ a lemon (Detox and cleanse)

T-boosting Detox, Digestive Aid: Water + Ice + (1 dropper-full) of Thyro-Boost or TBoost + mint leaves

Iced Green Tea Cocktail: Pre-made Green tea + ice

Metabolic Hydration 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.

A Little LynSpiration to Help You Succeed at Reaching Your Goal!

What would happen if you were to eliminate the words “I can’t” from your vocabulary? What if “I can’t” is no longer an option? You’d be forced to replace it with either “I will” or “I won’t.” Imagine the clarity, confidence, and empowerment that would bring you. It really is that simple. Most of us use “I can’t” to run away from the responsibility of taking care of our body, mind, and spirit, moving further away from the possibilities waiting for you. Every time you say, “I can’t” to yourself or others, you’re actually admitting your limitations. When we say, “I can’t,” we deny our effectiveness. STOP believing you can’t, its rarely true.

It usually means we are afraid or uncomfortable, or we don’t want to make the necessary effort. There will be obstacles that knock you down, but if you keep repeating, “I can’t” you make yourself believe you’re powerless in your own mind to get anything done, let alone reach your goals and achieve your dreams. The next time you’re tempted to say, “I can’t,” STOP and ask yourself if it’s true. Be brutally honest with yourself... what would you tell your kids? You’ll find that you will use “I can’t” a lot less because YOU CAN!

When the desire is there, so is the ability. You CAN DO whatever you want, whether or not you succeed is up to you. The only limit is you. Say it... “YES, I CAN.” Repeat it all day long!

If you still feel hopeless and discouraged, that’s okay. They are just feelings, and they will begin to change as you change. The secret to success is doing the right thing anyway, regardless of how we feel. It’s almost impossible to remain discouraged when your goal is compelling enough.

If you’re discouraged, the answer is not to scale back on your dreams, but to aim higher, so you become propelled by them. Sure, you’ll have challenges, there will be obstacles, and the difficulties are going to be there regardless of where you’re heading. So, you might as well be heading where you really want to go. You’re not going to be able to control the challenges that come your way, but you can reward the rewards on the other side of those challenges. In fact, those challenges are what will make you stronger.

Make your goals more meaningfully, so the challenges seem trivial by comparison. Your expectations will determine your attitude. Your attitude will determine your actions. Your actions will determine the results you achieve. The future is yours. You have more control than you think, regardless of what’s happened to you in the past. Imagine the best, expect the best, and you’ll know that YOU have what it takes to succeed. If you can dream it, you can do it!

Believe, BEGIN, and you’ll become! I believe in you, now it’s time for you to believe in yourself. You’ve got this!

STAY STRONG, and GOD BLESS YOU!

Lisa Lynn



Let’s get to know each other better! Join the Private Facebook LynFit Group (facebook.com/groups/LynFitNutriton) and follow us on social media so you can stay tuned in on what we are up to and enjoy delicious recipes and exercise tips. Don’t forget to sign up for my free metabolic newsletter (lynfit.com/pages/newsletter) to receive private sale info, special discounts, and be the first to try delicious metabolic boosting recipes.

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The summary of the information from unpublished sources or books, research journals, and articles is not intended to replace the advice or attention of health professionals. It is not intended to influence them or replace their independent professional judgement.

If you have a problem with your health, or before you embark on any health, fitness, or weight loss program, first seek clearance from a qualified health care professional who is familiar with your issues.