



NATURAL WHEY PROTEIN SMOOTHIES FOR WEIGHT LOSS & FAT-BURNING

LynFit Nutrition's® clean keto shake recipes are the most effective way to nourish your body and safely boost your metabolism. The classic recipes listed are the most popular and super simple, designed for maximum strength weight loss and fat-burning. They are delicious, nutritious, and will keep you feeling fuller longer, naturally energized, and focused. These smoothies take the guesswork out of what to have when you're craving something delicious. Quick, creamy flavor anytime, without the weight gain, so you don't have to keep starving yourself or wait until dessert.

What's the secret to keeping your clean keto shake recipes healthy and clean enough to promote weight loss? Swap out the sugar and carb-filled milks (including dairy-free alternative nut milk), high glycemic fruits, vegetables, and seemingly healthy superfood powders and collagens and other ingredients that aren't designed for weight loss for calorie-free instead.

The first thing you'll notice when you take a sip of our **Natural Whey Protein** is its pure, clean, natural taste with a light sweetness from real vanilla, cacao powder, and prebiotic fiber. There's no reason to add sweeteners or sugar of any kind that could interfere with your weight loss, unless, of course, you need to pack on some more muscle.

Did you know? Most protein powders lose their potency when heated, but LynFit Proteins are superior grade protein that's super-fresh, which is why it's safe to warm our protein without worrying about it degrading and losing its incredible nutritional profile.

Making weight loss smoothies is different than conventional smoothies or protein shakes. The main goal is to provide proper amounts of clean protein while simultaneously reducing calories, which is why you should avoid the following ingredients (unless you need to pack on more lean muscle) and stick to the calorie-free add-ins and choose fruits from the low glycemic list.

Avoid: Milk, Cream (all), Nut Milk (all), Almond, Coconut, Oat, Soy, Yogurt, Avocado, Bananas, Juices, Greens, Maca Powders, Nuts, Seeds (including chia and flax), Nut Butter, Powder Nuts like PB2, MCT Oil, Coconut Oil, All Smoothie Mixes, Fruit Blends.

Skip the Kale: It can impair thyroid function when over-consumed and juiced. Adding leafy lettuce greens is always okay, but it's best to chew your food to avoid blood sugar spikes.

What About Fruit? Fruit can be healthy, but it's best to consume it in its natural state versus adding it to your smoothies. This will help you avoid blood sugar spikes that could prevent weight loss and block the fat-burning process. If you decide to add fruit to your smoothie, choose low glycemic fruits from the approved list and limit it to ½ cup per serving.

Bottom line... if you don't see a food listed, SKIP IT! It's not good for weight loss and can block fat-burning. Save the other non-listed ingredients for your UPZIG day and make sure to take Keto Carb Edge with it to keep blood sugar levels balanced and to block sugar absorption.

BASIC BLENDING INSTRUCTIONS (the base for all recipes):

1. Always add water or liquid first, and if blending, blend for one minute.
2. Add Protein (1 scoop). See the label instructions for specific amounts as scoops may vary). Increase scoops for men and or teens.
3. Stir, shake, or blend and **ENJOY!**

FOR A THICKER SHAKE:

Use less water and add a handful of ice.

FOR A LIGHTER MILK TEXTURE:

Use more water, skip ice, or let it sit overnight.

FOR A FROTHIER SHAKE (Great to Top Coffee):

Use less water (approximately ¼-½ cup), use very cold water and blend on low speed for a longer period of time until frothed. *The kind of water and/or blender may affect frothing ability.

Ten Most Popular Clean Keto Metabolic Boosting Smoothies



CLEAN KETO CHOCOLATE DREAM

- (1 cup) Cold Water
- (1 scoop) LynFit Chocolate Dream Natural Whey Protein Powder
- Handful of Ice



MELT FAT MOCHA

- (1 cup) Pre-made cold strong black coffee
- (1 scoop) LynFit Chocolate Dream Natural Whey Protein Powder
- Handful of ice



CHOCOLATE ALMOND BOOST

- (1 cup) Cold Water or Black Coffee
- (1 scoop) LynFit Chocolate Dream Natural Whey Protein Powder
- Handful of Ice
- Desired Amount of Alcohol-Free Zero Calorie Almond Extract



RASPBERRY CREAMY FIBERIZER

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder
- Handful of Ice
- (½ cup) Frozen Raspberries



CINNAMON SWIRL

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder
- Handful of Ice
- Desired Amount of Cinnamon



LEAN LEMON

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder
- Handful of Ice
- Desired Amount of Fresh Lemon Juice or LynFit Metabolic Collagen



CREAMY CUCUMBER MINT

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder
- Handful of Ice
- (1 cup) Peeled, Chopped, Cucumber or Mint Leaves



MELT FAT METABOLIC MILK

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder

Stir and store in refrigerator to add to coffee or grab-n- go protein shake, or poured over a bowl of your favorite berries



CLEAN KETO HOT CHOCOLATE

- (¾ cup) Warm Water or Coffee
- (1 scoop) LynFit Chocolate Dream Natural Whey Protein Powder

Stir or whisk – Warm slightly in the microwave, if needed – Avoid overheating



BOOSTED BLUEBERRY

- (1 cup) Cold Water
- (1 scoop) LynFit Vanilla Dream Natural Whey Protein Powder
- (¼-½ cup) Frozen Blueberries
- Handful of Ice