

Did you know...

Fueling your metabolism with the right kind of protein (LynFit Whey) boosts metabolism and reduces your appetite, making it easier to lose weight and burn stubborn belly fat, tighten and firm loose skin, and improve gut health and immunity. These are the most popular low-calorie, carb, sugar, and fat CLEAN KETO recipes when it comes to satisfying your cravings for something delicious and nutritious, accelerating your weight loss and fat-burning, while providing sustainable energy.

No Gluten, Dairy, or Soy | 0 Added Sugars, Carbs, or High-Calorie Ingredients | 100% Natural



MELT FAT MILK (CLEAN KETO CREAMER) FOR YOUR COFFEE

Add (1 scoop) of LynFit Whey Protein Powder to (½ cup) of cold water and blend until the desired consistency is reached. Then...

- a) For a Frothed Consistency:** Add (1 scoop) to (½ cup) of very cold water, blend longer until frothed. Top your favorite coffee for a Clean Cappuccino, or top chai tea or fruit.
- b) To Make a Leaner Latte or Iced Coffee:** Pour pre-made Melt Fat Milk into your coffee instead of regular, soy, nut milk, or full-fat keto creamers.



BERRIES & CREAM FAT-BURNING “FAUX-GURT”

Dairy-free, delicious, more nutritious, and clean keto.

Add (1 scoop) of LynFit Whey Protein Powder to (½ cup) of cold water and blend until the desired consistency is reached, or it becomes frothed. Pour over (½ cup) of your favorite berries. I suggest raspberries because they have the most fiber, antioxidants, and polyphenols, making it easier to reach ketosis and accelerate weight/waist loss.



HEALTHY 3-INGREDIENT, 3-MINUTE CHOCOLATE CHIP BANANA ICE CREAM

Freeze (1 small) banana. When frozen, place it in the blender with (1 scoop) of LynFit Natural Chocolate Whey Protein Powder. Blend until ice cream consistency is reached. Or make as a shake or freeze in ice cube trays then thaw and eat. **Net carbs are lower when the banana is mixed with LynFit Protein Powder that has prebiotic fiber, blunting blood sugar spikes.** Fold in a few cacao chips for texture. Makes great fudge brownie tasting batter :)



BLUEBERRY PROTEIN PANCAKES

Mix (1 scoop) of LynFit Natural Vanilla Whey Protein Powder with (1 large) egg white and a dash of water or (1 tsp.) of coconut oil, if needed, in a small bowl. Pour the mixed contents into a non-stick skillet sprayed with oil. Cook on medium heat for 1-2 minutes, OR LESS, per side until done. DO NOT OVERCOOK. This is fat-free, so it can burn quickly or become rubbery. Cook (½ cup) of blueberries (frozen works great) in the microwave for one minute, or until heated, and pour/top your pancakes with them for flavor and moisture boost.



BE LEAN, CLEAN KETO PUMPKIN BREAD

Preheat the oven to 300°. Mix the dry ingredients together: (4 scoops) of LynFit Natural Whey Protein Powder, (1 tsp.) of baking soda, (1 tsp.) of baking powder, and (1 tbsp.) of pumpkin spice. Blend thoroughly. In a separate bowl, blend together (5) egg whites, (1 cup) no sugar added pumpkin purée, and a dash of water. Stir until blended and combine the dry ingredients and pour into a small loaf pan (8x4x2-3). Bake at 300° for 30 minutes in the center of the oven. Check often; do not overcook. This is fat-free, so it can burn quick or become rubbery. If bubbles form, pop them, adding a dash of water or (1 tsp.) coconut oil.



SNICKERDOODLE PROTEIN BALLS

Yields approximately (15) 1-inch balls and two balls = one serving. In a medium-sized mixing bowl, mix (1 cup) walnut butter (high in healthy omega 3 fats) + (1 cup) LynFit Natural Whey Protein flavor of choice. Sweeten, if desired, to taste (Stevia, monk fruit syrup, or a squirt of honey). Add (1 tsp.-1 tbsp.) of cinnamon and stir until combined. Roll into 1-inch balls. Sprinkle the cinnamon, monk fruit sugar, and crushed walnut mix for a delicious topping and store in the freezer. They store well for months!



APPLE PIE PROTEIN 1-MINUTE MUG CAKE

Combine the following in a microwave-safe mug: (½ cup) unsweetened apple sauce, (1 scoop) LynFit Natural Whey Vanilla Protein, (½ tsp.) cinnamon or allspice, (1/8th tsp.) baking powder, (½ tbsp.) peeled and chopped apple. Blend together and microwave for one minute or less (keep an eye on it). Top with chopped walnuts and cinnamon.



CREAMY LEMON COLLAGEN POPS (Makes one pop)

Combine (1 scoop) LynFit Natural Whey Vanilla Protein and (1 scoop) of LynFit Metabolic Collagen Powder in (½ cup) of water. Blend and pour into a popsicle mold (paper cup can be used). Add a popsicle stick to it before it's completely frozen. Don't have LynFit Collagen Powder for a lemony citrus flavor? Use (1-2 tbsp.) of lemon juice or the juice of one small lemon.



CREAMY KETO HOT/ICED CHOCOLATE

Blend (1 cup) of room temperature water and (1 scoop) of LynFit Natural Whey Chocolate Protein Powder until dissolved. Pour into a microwave-safe mug and heat gently in the microwave for one minute, or until warm. Or, pour over ice for Iced Hot Chocolate. Try this with Vanilla too for a delicious White Hot Chocolate!

Find More Delicious Metabolic Boosting Recipes at www.LynFit.com!
