

Start Date Weight: _____

Goal Weight: _____

End Date Weight: _____



METABOLIC QUICK CLEANSE & RESTORE

DIETARY RECOMMENDATIONS

Wanna know what happens to your body when you cleanse the right way? Cleansing and detox diets are the fast way to reset, reboot, and revitalize with the goal of leaving it better than it was before. In short, getting the bad guys out and replacing it with good guys (nutrients and probiotics that is) with the side effect of faster, easier weight loss. And, if you carry these habits into your life every day, you'll remain healthy, and the weight will stay off. LynFit's Quick Cleanse & Restore does it best!

- **Fast metabolically** overnight for a minimum of 12 hours, maximum of 14.
- **Rebalance and regulate hormones.** Take (2) dropperfuls of Advanced Thyro-Boost every morning and noon.
- **Boost metabolism 25%, nourish, and prevent metabolic slowdown.** Drink (3) Natural Whey Protein Shakes made with water or black coffee and ice on only. Breakfast, lunch, and afternoon snack (3-3:30 pm)
- **Eat one serving of low glycemic fruit** between 2:30 and 3:30 pm every day with your Natural Whey Protein Shake. The best options are a small green apple or one cup of berries.
- **Eat one Metabolic Boosting Quick Cleanse Salad or Slimming Soup meal for dinner by 6 pm.** Combine (6 cups) of leafy greens, cucumbers, celery, and radishes drizzled with (1 tbsp.) of extra virgin olive oil, apple cider vinegar, Himalayan salt, pepper (lemon pepper is delicious) and toss and eat! *Add to hot water to turn into a delicious filling slimming soup. THINK BIG!
- **Take (2) Raspberry Ketone Cleanse & Restore** with dinner, or as soon as you remember.
- **Stay hydrated!** Drink at least 60 oz. of water every day, preferably in-between shakes/meals. *Fresh lemon, LynFit Daily Power Shot, Essential Amino Acids, and Daily Repair Liquid Collagen can be added to your water.
- **Swap out your not-so-healthy habits for better ones, starting with sleep more.** Swap fear for faith and change how you view hunger by allowing yourself to be hungry. Remind yourself it's THE HEALTHIEST thing you can do for your body, mind, and spirit. *Hunger is a good sign that your metabolism is working, and your body is about to burn fat for fuel. When it does, hunger vanishes, energy soars, your mind becomes clear again, and puts you in alignment with God's assignment.
- **Walk 10,000 steps EVERY DAY!** It's crucial for digestion and nutrient assimilation. If you have aches, pains, or injuries (includes arthritis, fibromyalgia), "Motion is the best lotion"!
- **STOP taking all other non-LynFit nutritional supplements,** artificial sweeteners, dressings, and marinades. This includes all gummies, collagen, green maca powders, bone broth, omega 3, oils, vitamin D, multivitamins/probiotics, prebiotics, energy drinks, coffee drinks, teas, and juices.

LIVE A LEANER AND HEALTHIER LIFESTYLE

The Quick Cleanse is a simple, easy-to-follow, yet highly sophisticated plan that's been designed to make it easier to lose weight while improving and protecting health. It works by focusing on building healthier habits, making sure your macro and micronutrient needs are met. It can be used as a healthier lifestyle; just make sure you're enjoying some re-feed meals (aka "upzig" /planned cheat meals) for the proper balance. The Cleanse can be followed two day a week or every day as a leaner lifestyle.

Lisa Tip: I suggest the Daily Essentials to ALL of my clients due to today's food processing and stress levels.

USAGE: AM: Daily Power Shot, PM (before bed): Take (1) Lean Sleep, (1) Vitamin D3 Boost, and (2) Pure Omega 3. You can continue to take Keto Carb Edge and Cutting Edge for advanced weight loss and fat-burning. LynFit nutritional supplements CAN be used even while cleansing due to their purity, potency, and 98% absorption rates, which prevents them from clogging your system or blocking the Quick Cleanse's metabolic boosting process.

9:00 am	Noon	3:00 pm	6:00 pm	
BREAKFAST	LUNCH	SNACK	DINNER	ADDITIONAL DAILY REQUIREMENTS
Natural Whey Protein Shake Optional: Black coffee or tea (1 oz. of pre-made Natural Whey) Supplements: (1) Keto Carb Edge (1) Cutting Edge	Natural Whey Protein Shake Optional: Unlimited raw vegetables/lettuce Supplements: (1) Keto Carb Edge (1) Cutting Edge	(1) Small apple or (½ cup) berries Optional: Natural Whey Protein Shake Supplements: (1-2 dropperfuls) Thyro-Boost or (1) Cutting Edge	(4-5 oz.) White Fish (3-4 cups) Leafy greens (1-2 cups) Select vegetables (1-2 tsp.) Select fat/spices Supplements: (2) Raspberry Ketone Cleanse & Restore	Drink a minimum of (2 liters – 64 oz.) of water (preferably warm w/lemon). Hydrate in-between meals. (2 tsp.) of olive oil or grapeseed extract oil (¼ tsp.) Himalayan salt WALK!!
LynFit Daily Essentials	Daily Power Shot	Pure Omega 3	Vitamin D3 Boost	Lean Sleep

EAT THIS, NOT THAT QUICK CLEANSE & RESTORE
(for healthier thyroid, adrenals, and autoimmunity)

EAT THIS	NOT THAT
Leafy lettuce, greens	Kale, spinach
Liquid or Powder Daily Power Shot	Green/Maca mix-ins
Daily Repair Liquid Collagen	Store-bought collagen, pills
Natural Whey Protein Powder	Cream, milk (includes oat, soy, and almond milk)
Summer squash, celery	Goitrogenic broccoli, Brussels sprout, kale
Thyro-Boost	Gummy supplements
Water	Energy drinks
LynFit Natural Proteins (Whey & Essential Amino Acids)	Processed store-bought proteins
Lightly steamed vegetables	Raw vegetables
White fish/Natural Whey Protein	Beans, vegan protein sources
Recovery Agent for pain relief	Prescription and over-the-counter drugs
Mocktails	Alcohol (includes Kombucha)

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