



# QUICK KETO METABOLIC RESET

## Lose 1 Pound a Day

### APPROVED FOOD LIST

### Proven Results 100% Guaranteed!

- Boosts metabolism 25%
- Reduces blood sugar levels
- Regulates inflammation
- Kills cravings & blocks hunger signals
- Built-in cleansing, detox, metabolic fast
- Rebalances hormones
- Improves brain & heart health
- Natural energy & focus



### What Makes This LynFit Protocol More Effective?

It makes losing weight, burning fat, and improving whole-body health faster and easier because we combined the specific nutritional products, food lists, and specific directions you need to lose weight and melt off stubborn belly fat, even when other diets or supplements have failed you. It won't stop working unless you do! Other supplements use inferior ingredients that don't contain enough of the specific ingredients your body needs to get results. Most typical supplements use inferior ingredients that are 20-30% grade and don't contain enough of the specific ingredients needed to get results. They contain fillers and other additives that can block weight loss and damage liver health. LynFit uses 90% grade (pharmaceutical grade) purified nutrients with ZERO preservatives and are standardized and stringently regulated. That's why we can say they are Metabolic!

**YOU CAN DO IT...The only limit is you!**

# QUICK KETO METABOLIC RESET LOSE 1 POUND A DAY

## Approved Food List

In addition to taking your Quick Keto Metabolic Reset Nutritional Supplements as outlined, eat clean by following the food list and meal plan provided here as directed every day. Live leaner and balanced by pre-planning your UPZIG meal (planned cheat meal) once you've lost at least 20% of your weight loss goal. In addition to replacing two meals daily with a LynFit Natural Whey Protein shake, you need to consume daily a minimum of:

- (1 serving) Lean protein
- (1 serving) Essential fats
- (8) 8 oz. glasses of water
- (5 cups) Leafy greens
- (1 cup) Green vegetables.
- (½ cup) Low glycemic fruit

1	2	3	4	5
<b>LEAN PROTEIN</b>	<b>THERMOGENIC VEGETABLES</b>	<b>LOW GLYCEMIC FIBROUS FRUIT</b>	<b>OMEGA 3 ESSENTIAL FATS</b>	<b>THERMOGENIC HERBS &amp; SPICES</b>
<p><b>PURPOSE:</b> Provide your body with the essential &amp; branch chain amino acids it requires, in the lowest calorie &amp; fat possible, to stimulate your metabolism.</p> <p><b>SERVINGS:</b> Choose (1) serving daily in addition to your (2) required Natural Whey Protein Shakes.</p> <p><b>SERVING SIZE:</b> As listed – best to worst.</p> <ul style="list-style-type: none"> <li>• LynFit Natural Whey (1 scoop)</li> <li>• LynFit Essential Amino Acids (1 scoop)</li> <li>• All white fish (6oz., cooked)</li> <li>• All shellfish (4oz., cooked)</li> <li>• Salmon (3.5oz., cooked – limit to twice weekly)</li> <li>• Turkey breast (3oz., cooked – chicken is okay)</li> </ul> <p><b>SPECIAL MENTION:</b></p> <ul style="list-style-type: none"> <li>• Skinless, cooked without sauce</li> <li>• Ground turkey breast 96% lean</li> <li>• LynFit Vegan Protein is acceptable; however, weight loss may be slower</li> <li>• Avoid all other non-LynFit protein &amp; collagen powders</li> </ul>	<p><b>PURPOSE:</b> Provide your body with filling fiber, vitamins, minerals, &amp; digestive enzymes to alkalize your body &amp; speed your liver's cleansing process.</p> <p><b>SERVINGS:</b> Choose a minimum of (5) servings of leafy greens daily in addition to (1 cup) of crunchy, high carb veggies.</p> <p><b>SERVING SIZE:</b> As listed – best to worst (½ cup = 1 serving).</p> <ul style="list-style-type: none"> <li>• All leafy green lettuces (unlimited)</li> <li>• Celery (1 cup)</li> <li>• Cucumber (1 cup)</li> <li>• Yellow squash (1 cup)</li> <li>• Zucchini (1 cup)</li> <li>• Asparagus (½ cup)</li> <li>• Broccoli (1 cup) *</li> <li>• Cabbage (1½ cup, raw, ¾ cup, cooked) *</li> <li>• Carrots (½ cup)</li> <li>• Cauliflower (1 cup) *</li> <li>• Collard greens (1 cup) *</li> <li>• Escarole (1 cup) *</li> <li>• Green/wax beans (1 cup) *</li> <li>• Kale (1 cup) *</li> <li>• Peppers (1 cup)</li> <li>• Radishes (1 cup)</li> <li>• Spinach (2 cups, raw, 1 cup, cooked) *</li> <li>• Tomatoes – clinically a fruit (1 cup) *</li> </ul> <p><b>SPECIAL MENTION:</b> * indicates goitrogenic possible thyroid inhibitors.</p>	<p><b>PURPOSE:</b> Natural cleansers, high in enzymes, &amp; minerals. Contain more fiber than sugar qualifying them as low glycemic. Good for keeping blood sugar balanced, preventing hunger, satisfying sugar cravings, &amp; preventing constipation.</p> <p><b>SERVINGS:</b> Choose (1) serving of fruit daily.</p> <p><b>SERVING SIZE:</b> As listed.</p> <ul style="list-style-type: none"> <li>• Apple (½ cup) Green is best</li> <li>• Berries – All (½ cup)</li> <li>• Grapefruit – Small (½ cup)</li> </ul> <p><b>SPECIAL MENTION:</b> Enjoy fresh or frozen. No sauce or sugar added. If weight loss is slow, swap out a fruit for a vegetable instead.</p>	<p><b>PURPOSE:</b> Essential omega 3 fatty acids are critically important for metabolic health. You must consume adequate omega 3s and avoid or reduce all other fats to avoid blocking the metabolic boosting reset weight loss &amp; fat-burning process and rebalance inflammation. Any fat NOT listed is non-essential.</p> <p><b>SERVINGS:</b> Choose (1) serving of fruit daily.</p> <p><b>SERVING SIZE:</b> As listed.</p> <ul style="list-style-type: none"> <li>• Borage oil (cold dressings)</li> <li>• Canola oil (1 tbsp.)</li> <li>• Canola cooking spray</li> <li>• Chia seed oil</li> <li>• Flaxseed oil (cold dressings)</li> <li>• Walnut oil (1 tbsp.)</li> <li>• Organic grass-fed butter (1 tbsp.)</li> </ul> <p><b>SPECIAL MENTION:</b> Choose organic cold pressed oils &amp; grass-fed butter. If weight loss slows, swap out oil/butter for (2) LynFit Pure Omega 3 instead.</p>	<ul style="list-style-type: none"> <li>• Mrs. Dash gluten &amp; sodium-free seasonings (All)</li> <li>• Black/red pepper</li> <li>• Cilantro</li> <li>• Cinnamon</li> <li>• Cumin/Turmeric *</li> <li>• Fennel *</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Oregano</li> <li>• Parsley</li> <li>• Rosemary</li> <li>• Himalayan or Sea salt</li> <li>• Thyme</li> <li>• Apple cider vinegar</li> <li>• Lemon/lime juice</li> <li>• Low sodium, gluten-free turkey or vegetable broth</li> <li>• Stevia</li> </ul> <p><b>SPECIAL MENTION:</b> * indicates goitrogenic possible thyroid inhibitors.</p>