



QUICK KETO METABOLIC RESET

Lose 1 Pound a Day

5-STEP EASY-TO-FOLLOW WEIGHT LOSS

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 Cheat Sheet

LynFit's Quick Keto Metabolic Reset Weight Loss and Fat-Burning System is unique. It's a safe yet highly effective multi-system approach that integrates the best methods, such as metabolic fasting (a superior version of intermittent fasting that won't slow your metabolism), the cleanest keto foods, and nutritional supplements, combined to address the underlying issues that block weight loss and fat-burning, increase hunger and cravings, and accelerate inflammation. It works by rebalancing blood sugar, cortisol, and leptin (hunger hormones) levels, making it easier to stay on track with weight loss and reach ketosis faster.

This system has a 100% success rate, no matter how old you are. IT WORKS, even if you're menopausal, hypothyroid, have faulty genetics, elevated cholesterol or blood sugar, or you're recovering from surgery, cancer treatments, or take medications that affect your weight. The synergistic action of this system makes it more powerful, making it easier for you to reach your goals and prevent weight gain. You'll lose weight faster and easier and prevent weight gain when you eat out or enjoy some of your favorite foods, as long as you make sure to pre-boost by taking your supplements before, during, and after cheat meals.

1 FAST METABOLICALLY	2 NATURAL WHEY PROTEIN	3 QUICK KETO RESET SUPPLEMENTS	4 CLEANSE & RESTORE	5 METABOLIC MEAL
<p>Fast overnight for 14 hours. No more, no less, to avoid hormone disruption that blocks weight loss and fat-burning to...</p> <ul style="list-style-type: none"> • Rebalance blood sugar & hormone levels. • Detoxify your liver. • Regulate inflammation. <p>DIRECTIONS Drink your protein shake and consume your metabolic meal within the 10-hour eating window, spacing them 3-4 hours apart.</p> <p>*Adjust times to suit.</p>	<p>Specifically formulated to boost metabolism 25%, maximize weight loss and fat-burning, and provide all the essential amino acids to prevent metabolic slowdown and balance cortisol levels.</p> <ul style="list-style-type: none"> • Provide essential amino acids • Boost metabolism 25% • Filling prebiotic fiber • Balances cortisol levels • Improves skin, hair, nails <p>DIRECTIONS Consume a LynFit Protein Shake in the AM to break the fast and again 3-4 hours later for lunch.</p>	<p>Scientifically formulated into easy-to-take supplements, providing the best medical-grade nutrients to accelerate metabolic rate, fat-burning, and improved hair, skin, and nails, while making it easier to reach ketosis.</p> <ul style="list-style-type: none"> • Reduces blood sugar & cholesterol • Kills hunger, cravings • Accelerates fat-burning • Blocks sugar, carbs, fats • Improves energy, focus <p>DIRECTIONS (AM & NOON) (1) Keto Carb Edge & (1-2) Cutting Edge as soon as you wake up. Repeat 4 hours later.</p> <p>(BEFORE BED - OPTIONAL) (1-2) Lean Sleep</p>	<p>Restoring gut health is top priority, starting with cleansing and detoxifying your body, restoring gut health and improving digestion. Your body will absorb nutrients more efficiently and be burned off vs. stored as fat.</p> <p>Take Keto Carb Edge and Cutting Edge on "off" days to prevent weight gain.</p> <ul style="list-style-type: none"> • Gently cleanses colon • Detoxifies liver • Improves digestion • Controls hunger • Reduces cellulite & bloat <p>DIRECTIONS Take (2) with your metabolic dinner.</p>	<p>Prepare your metabolic meal using the Quick Keto Metabolic Reset-approved food list. It contains the leanest and most nutritious foods that are metabolic boosting, low glycemic, and full of filling fiber. They nourish and protect thyroid health and promote cleansing and detoxification. This is the healthiest and most effective diet for weight loss.</p> <p>DIRECTIONS For a metabolic dinner, choose (1 serving) of lean protein, (5 servings, minimum) of leafy green vegetables, and (1 serving) of essential fat (for cooking or dressing).</p>

- Stop taking all other nutritional supplements, protein, collagen, maca, green powders, or gummies to avoid interfering with the reset process and blocking ketosis.
- Take as directed with a full glass of water (consume ½ right before taking capsules and use the remaining to take them to improve nutrient absorption).
- Supplements can be taken on an empty stomach.
- Take consistently every day, especially on "off" days and before cheat meals. Adjust dosage, if needed.

NOTE FOR ALL SUPPLEMENTS: If over 200 lbs., add an additional scoop of protein powder and increase to (2) two capsules of Cutting Edge. These statements have not been evaluated by the Food and Drug Administration. This dietary supplement product is not intended to diagnose, treat, cure, or prevent any disease.

QUICK KETO METABOLIC RESET LOSE 1 POUND A DAY

12 Steps to Success

Backed by research and science, for 35+ years LynFit has helped people lose weight, melt off stubborn belly fat, and improve energy and health, even when other programs failed. We combine nature and science to create a metabolic environment within your body, improving every aspect of your health with a well-known side effect of losing one pound a day. Your commitment is to do your very best and follow the 12 Success Steps!

What makes the LynFit Nutrition Quick Keto Metabolic Reset so effective? It creates a thermogenic environment within your body that safely boosts your metabolic rate 25%, so you burn more calories 24 hours a day from stored body fat. How does it work? It combines the 12 Success Steps, specific nutritional supplements taken at strategic times and the proper doses, along with the cleanest and healthiest ketogenic diet that helps correct underlying issues causing weight gain. Your cells are revitalized, and gut health inflammation is improved. In short, it flips on your body's weight loss switch and turns off the weight gain switch by improving your body's biology and whole-body health.

- 1** Weigh yourself before you start and every day! (Log it!)
- 2** Take your LynFit nutritional supplements as directed consistently.
- 3** STOP taking all other non-LynFit supplements, powders (All!)
- 4** Replace two meals daily with a LynFit Natural Whey Protein Shake made without fruit or milk of any kind.
- 5** Make your meals more metabolic by choosing foods from the thermogenic-approved food list only.
- 6** Fast metabolically for 14 hours overnight.
- 7** Fuel your body within the 10-hour window, spacing intake out every 3-4 hours.
- 8** Drink your coffee or tea black (LynFit Keto Creamer made with LynFit protein is okay).
- 9** Drink 64 oz. of purified water daily (water used to make your shake counts).
- 10** Walk 10,000 steps daily. Stand more than you sit!
- 11** Plan your "UPZIG" (legal cheat meal) ahead of time. *Wait until you've lost 10% of your goal weight.
- 12** Drink your metabolic boosting shake and take your nutritional supplements (before cheat meal), especially on off eating days, vacations, special eating occasions, etc.

To lose 1 pound a day healthfully, in addition to walking 10,000 steps every day and getting 7 hours of sleep (both required to keep our body in working order), you need to:

- Take your Quick Keto Metabolic Reset Supplements as provided on the "Lose 1 Pound a Day Cheat Sheet" consistently every day.
- Eat clean and follow the provided "Food List and Meal Plan".
- Once you've lost 20% of your weight loss goal, pre-plan "UPZIG" meals.

NOTE These statements have not been evaluated by the Food and Drug Administration. This dietary supplement product is not intended to diagnose, treat, cure, or prevent any disease.

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

QUICK KETO METABOLIC RESET LOSE 1 POUND A DAY Meal Plan Diet

FAST METABOLICALLY FOR 14 HOURS OVERNIGHT (8:00 pm – 10:00 am)

Wake-up Reset Boost

Take (1) LynFit Keto Carb Edge
Take (1-2) LynFit Cutting Edge

THIS STARTS YOUR 10 HOUR METABOLIC EATING WINDOW

Break-Your-Fast Reset Boost

LynFit Natural Whey Protein Shake

Mid-Morning Hydration Reset Boost

Water or LynFit Essential Amino Acids

**Lunch Reset
Lunch Reset Boost**

LynFit Natural Whey Protein Shake
Take (1) LynFit Keto Carb Edge
Take (1-2) LynFit Cutting Edge

**Mid-Afternoon Hydration Reset Boost
Mid-Afternoon Blood Sugar Stabilizer**

Water or LynFit Essential Amino Acids
(1 serving) of fruit from the Approved Food List
(1) Cutting Edge - *skip, if not needed
LynFit Sugar-Free Fiber Gummies (optional)

**Metabolic Reset Digestion Support
Metabolic Reset Meal**

(2) LynFit Raspberry Ketone Cleanse & Restore
To make your metabolic meal, choose from the Approved Food List:

- (1 serving) Lean protein
- (5 servings) Leafy greens
- (1 serving) Higher calorie vegetable
- (1 serving) Essential fat
- Flavor boost/spice

To turn your food choices into a Quick Keto Metabolic Boosting Meal that's fast and easy to prepare, weigh and measure your food selections and keep it simple. It's better for digestion to combine the above foods for a Super Boosting Salad or stir-fry or add some approved spices to season your water and turn them into a soup or stew.

PM RESET BOOST

Take (1 or more) LynFit Lean Sleep at 9:00 pm