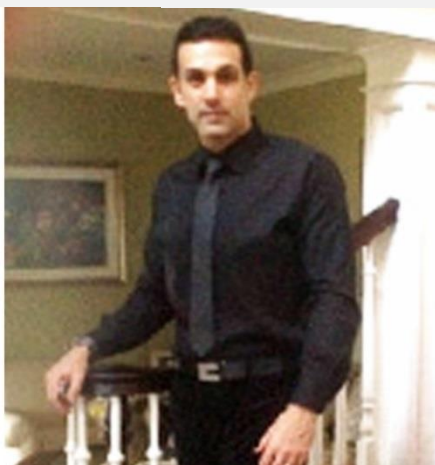


## The Metabolism Solution

# Quick Start Guide

Featuring LynFit Products and Meal Replacements

The natural way to  
lose 1 pound per day  
and melt belly fat



# Welcome to

## The Metabolic Boosting Leaner Lifestyle

### CONGRATULATIONS!

You've taken the most important step in controlling your weight and improving your health. The Metabolic Boosting Leaner Lifestyle is ready to help you jumpstart your weight loss, starting right now.

The Metabolic Boosting Leaner Lifestyle gives you what you need to change your life while reaching and maintaining a healthy weight. This is a plan that works and makes changing your lifestyle faster and easier than ever before.

As you read through the Quick Start Guide, keep in mind that [\*\*The Metabolism Solution by Lisa Lynn\*\*](#) can answer any questions you have. If you need more support, you can [\*\*book a phone consultation with LynFit\*\*](#) to assist you in applying the metabolic boosting principles to your life.

### HOW THE METABOLIC BOOSTING SOLUTION WORKS

The Metabolic Boosting Leaner Lifestyle Program incorporates LynFit's metabolic boosting [\*\*Protein Shakes\*\*](#), [\*\*Lean Bars\*\*](#), and the smart use of supplements (if needed) to help boost your metabolism safely and naturally. Add in fresh, real food that you easily prepare yourself and you have the perfect recipe for success.

LynFit products were developed by a doctor and have been safely used for 25+ years. They are highly effective when it comes to weight loss. These metabolic boosting products create a fat-burning state in your body that helps to combat cravings, keeping you feeling full longer. You can lose weight quickly while preserving lean muscle tissue. That is the secret to lasting weight loss and a smooth running metabolism.

#### On the Metabolic Boosting Plan:

- You eat 4–5 times daily, so you won't feel hungry
- You lose weight fast. Most people lose 1 pound per day, or up to 5–7 pounds weekly on average
- You pay \$6 per day less than the \$16 daily the average American spends on food
- You metabolic boosting [\*\*Protein Shakes\*\*](#) and [\*\*Lean Bars\*\*](#) go with you anywhere, so this plan works with even the busiest lifestyles

Keep in mind, the Metabolic Boosting Plan makes losing weight extremely easy, even if you aren't perfect. This makes it different than any other weight loss program on the planet. You can live on this plan, making maintenance a breeze.

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# Getting Started

The first three days on the Metabolic Boosting Lose 1 Pound Per Day Plan are critical to your success. It's best to choose a starting day when you don't anticipate any special events that involve a lot of food. Get ready to commit to your new lifestyle.



## CONSULT WITH YOUR PHYSICIAN

We recommend that you contact your physician or qualified medical practitioner before starting any weight loss program. You may want your doctor's supervision if you are:

- Over the age of 70
- Under the age of 18
- Living with diabetes, hypertension, or other serious medical conditions
- Taking medications, especially those for diabetes



► *Leisa, Lisa, Sam lost a combined 475 lbs.!*



Results not typical

# The Metabolic Boosting Plan

One simple plan, every day, for faster and easier weight loss

## 5 Metabolic Boosting Meals Daily Consisting Of:

2-3 Metabolic Boosting Smoothies

1 Fat Blasting Lean Bar

1 Healthy Fresh Fruit Snack



# &



## 1 Thermogenic, Metabolic Boosting Meal

You'll enjoy one meal each day of a thermogenic, lean protein (preferably white fish) with unlimited amounts of fibrous, non-starchy vegetables. You can prepare it yourself, order out, or dine at your favorite restaurant as long as you follow the Metabolic Boosting Guidelines.

Fish haters — eat turkey, egg whites, or use the [Complete Protein Shake](#) as your protein.

# Thermogenic Meals

## THE LEAN PROTEINS

### BEST CHOICE — The Cleanest and Leanest: Choose a 4-oz portion (cooked weight)

**Fish:** scrod/cod, flounder, haddock, orange roughy, grouper, tilapia, mahi-mahi, sea bass, snapper, tuna (yellowfin steak or canned in water)

**Shellfish:** clams, crab, scallops, shrimp, lobster, oysters

**Meatless options:** 3–4 egg whites, (1) serving Egg Beaters, (2) scoops [LynFit Complete Protein Shake](#) or [Complete Protein Advanced Shake](#), (1) [LynFit Lean Bar](#) (only LynFit Lean Bars contain the proper amount of lean protein to be counted)

### LEAN CHOICE — Choose a 4oz. portion (cooked weight)

**Fish:** salmon, swordfish, trout, halibut, mackerel, herring, farmed catfish

**Turkey:** breast (light meat)

**Poultry:** breast or white meat (without skin), ground turkey or chicken (98% lean)

**Meatless options:** non-fat cottage cheese



Choose (1) 4-oz serving of Leanest or Lean protein for your meal

Men and teens may have 5-oz

Choose proteins that are grilled, baked, broiled, or poached (not fried)

Be sure to weigh and measure your proteins. Consuming too much will slow your weight loss.

*Note: serving size represents cooked weight — not raw*



# Thermogenic Meals

## THE THERMOGENIC GREENS

Enjoy 3–5 servings of non-starchy vegetables (raw, steamed, grilled, baked, or broiled — not fried).

Vegetables promote healthy eating habits; however, during the metabolic boosting phase of your plan, we do focus on the non-starchy vegetables due to the high carbohydrate content. Vegetables such as carrots, corn, peas, potatoes, onions, edamame, and Brussel sprouts are eliminated to promote faster weight loss. Once you reach your weight loss goals, you may transition back to eating all vegetables.

*\*If you notice your weight begin to increase, eat more leafy greens and less of the starchy vegetables. It's best to eat a variety of vegetables for lifetime health. Consider eating the starchy vegetables 2–3 times weekly instead of daily.*

Select ANY combination of 3–5 servings for your Metabolic Boosting Meal

### LOWER CARBOHYDRATE — Best Choice

**1 cup:** lettuces — all green leaf, butterhead, iceberg, romaine, spinach, spring mix, watercress

**½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts, alfalfa, mung bean, turnip greens, arugula, escarole, jalapeno

### MODERATE CARBOHYDRATE

**½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, summer squash, zucchini

### HIGHER CARBOHYDRATE

**½ cup:** broccoli, red cabbage, collard and mustard greens, green or wax beans, kohlrabi, okra, onions, peppers (all colors), scallions, tomatoes, spaghetti, squash, Swiss chard

**Note:** You can achieve 1 pound per day weight loss, and melt belly fat if you follow the plan exactly as you see it. Your total daily carbohydrate intake needs to be approximately 75–80 grams. If you find it difficult to lower your carbohydrate intake to this level, try reducing what you already eat and decreasing your food amounts, or choose not to eat a snack every day.

Vegetables are encouraged on the Metabolic Boosting, Lose 1 Pound Per Day Plan. These charts will help you identify which vegetables are higher in carbohydrates. If you hit a weight loss plateau, are having trouble losing weight, or entering the fat-burning state, we recommend choosing vegetables from the lower carbohydrate list until you begin to see results. **Weighing yourself daily is the best way to measure your results.**

# Fats for Fat Loss

## HOW MUCH IS A SERVING?

A small amount of healthy fat is essential when it comes to keeping your body healthy. These “good” fats help you absorb the fat-soluble vitamins A, D, E, and K. The “good for you” fat loss fats help keep your gallbladder functioning properly while helping you feel fuller longer. Not all fats are created equal. The best way to lose weight and stay healthy is to limit saturated and trans fat intake. These fats can be found in red meat, butter, and many other foods. For the best weight loss results, stick to eating from the preferred food list. If you don’t see a food listed, it’s not good for weight loss.

### HEALTHY FATS ALLOWED on the Metabolic Boosting Meal Plan — up to one serving daily

- |  |  |
|--|--|
| (1) tbsp avocado                               | (5) green or black olives  |
| (1) tsp canola, flaxseed, walnut, or olive oil | (2) tbsp of salad dressing (must contain less than 5 grams of carbohydrate and less than 5 grams of fat per serving) |
| (1) tsp Malaysian palm oil                     | (1) tbsp sunflower seeds   |
| cooking sprays                                 |  |
| (1) tsp trans-fat free margarine or mayonnaise |  |

### BEWARE OF UNSUSPECTING FATS that could slow weight loss. Omit these during the weight loss phase

- |                |                              |
|----------------|------------------------------|
| luncheon meats | ice cream                    |
| ground meats   | margarine                    |
| butter         | mayonnaise                   |
| cheese         | non-dairy and dairy creamers |
| egg yolks      | nuts and nut butters         |
| fries          | sour cream                   |
| granola        | yogurts                      |
| oils           |                              |

Almost all foods contain some fat. It’s especially important to be aware of the so-called commercially purchased or store-bought healthy foods that contain hidden fats; such as, protein bars, protein shakes, coconut oil, soy milk, and almond milk among others. Just because the label says it’s good for you doesn’t mean it’s food for weight loss.

**For faster fat loss** — it is suggested that you do not add fat to your food. Take (2) [LynFit Pure Omega 3](#) per day instead.

***KNOW YOUR LIMITS!*** During the weight loss phase, fats should be limited to 15 grams per day for women and 20 grams per day for men and teens.

For additional “good for you” fats, refer to ***“The Metabolism Solution”***, or make an appointment for a ***coaching session at LynFit.com***.

# Condiments and Seasonings

Enjoy up to three servings daily to enhance the flavor of your meals. These meal condiments are a great way to cook with flavor, not fat. The serving size is listed, if applicable, and don't forget to measure.

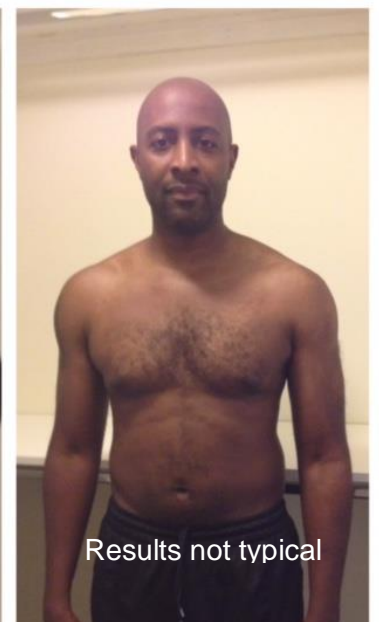
Herbs not only make your food taste good, but most of them are also loaded with nutrients that help stimulate the fat-burning process while detoxifying your body.

## FREE/UNLIMITED CONDIMENTS and SEASONINGS — Enjoy these chopped, fresh, or dried

anise	cloves
bay leaves	tarragon
black pepper	coriander
cayenne	dill
parsley	dried mustard
chives	turmeric
cilantro	fennel
cinnamon	garlic
ginger	

The following may be used to replace oil and butter in recipes during the weight loss phase.

broth (de-fatted or nonfat, gluten free, low sodium)	(1) tbsp salsa (look for nonfat, low sodium, no sugar, and as low carb as you can find)
bouillon cubes (low sodium)	(1) tsp soy sauce (low sodium)
butter flavorings (like Butter Buds, or nonfat sprays)	(1) tbsp vinegars (all)
horseradish	
hot sauce (look for low or no salt)	
lemon/lime juice	
(1) tbsp mustards (all nonfat—look for low sodium)	
non-stick cooking sprays	



Eliakim — *lost 10lbs and 4 inches in 2 weeks.*  
*He says he feels like he's 20 again, and his wife loves the look!*

Results not typical



# Hydration Essentials

Did you know that 9 out of 10 times when you think your body is sending you hunger signals they're thirst signals instead? Dehydration can slow your metabolism by 3 percent. Getting enough water helps your body cleanse itself and flush out waste. It's imperative that you drink half your body weight in ounces of water daily. That may not be easy, so here are a few hydration motivators that will make you crave water.

## HEALTHY HYDRATION MOTIVATORS/TIPS:

- Keep an eye-catching pitcher of water on your counter, along with a pretty glass as a reminder to drink more. Try to empty the pitcher before the day is over.
- Carry water with you wherever you go
- Drink a tall glass of water before bed and as soon as you wake up

Beverages such as mineral water or spring water are fine during the weight loss phase. Limit flavored seltzers and the drink packets such as Crystal Light. They contain some calories and carbohydrates. We suggest only ½ a packet. Be sure to count it as one condiment option. If you decide to make a pitcher of Iced Tea with one of these drink mixes, then 8 ounces would count as 1 of your condiment options. Remember, you may have up to 3 condiments options daily.

More recipes are found in [\*The Metabolism Solution\*](#).



## IS DIET SODA THE LESSER OF EVILS?

It's better to kill a craving with a can of your favorite diet soda than to eat 300 calories. Perfection is the enemy of success—you don't have to be so rigid that you wind up sabotaging yourself.

Once in a while a diet soda will kill a craving and keep you satisfied, helping you avoid higher calorie options.

For a more detailed list of condiments and recipes, refer to [\*The Metabolism Solution\*](#) or [book a LynFit phone consultation](#).

# Exercise

Not all exercise will help you lose weight, but it's a critical component for boosting your metabolism, long-term weight management, and overall health.

- If you are not regularly exercising when you start the Metabolic Boosting Lose 1 Pound Per Day Plan, you should wait 2–3 weeks before you begin the exercise program
- If you are already working out every day and not losing weight, it's possible that you are either over-exercising or not working out metabolically. We suggest that you follow the metabolic boosting program as designed, using the metabolic workouts until you reach your weight loss and fitness goals. Most workouts are not designed for weight loss. Following other workouts may slow your progress. Your workout needs to adapt to the leaner dietary changes
- Be sure to listen to your body when you're exercising and don't push yourself past your limit. Stop immediately if you feel faint or dizzy. Drink plenty of water. Working out too hard is counter-productive.
- Start off slowly—just 20 minutes daily. Gradually increase the time and intensity. For optimal weight loss that results in burning off excess belly fat, it is crucial that you stop whatever exercise you're currently doing and begin the metabolic boosting workouts
- Core walking is one of the best forms of exercise when it comes to promoting weight loss and melting belly fat
- Choose a cardio activity you enjoy that can be done long-term, such as walking or biking. Make it an everyday habit just like brushing your teeth. Indoor walking and cycling are the best ways to stick to your exercise plan. We suggest an inexpensive bike or treadmill for your home for a no-fail approach to long-term fitness. That way you never miss a workout due to time constraints or inclement weather.
- Limit your exercise to a maximum of 60 minutes of vigorous activity daily to ensure you're not burning more than you're taking in. This would result in the loss of muscle, which slows down your metabolism and stops fat burning

When it comes to losing weight and transforming your body, metabolic boosting exercise is the best way to reach your goals. You can learn more about metabolic boosting exercises in [\*\*The Metabolism Solution\*\*](#).

***WARNING: Over-exercising may cause intense cravings that lead to uncontrollable overeating***



# Metabolic Boosting, Fat Melting Snack Options

**NOTE:** Snacks are not to be eaten in place of your metabolic boosting Protein Shake or Lean Bar.

Sometimes a glass of water or a hot cup of tea will do the trick. When all else fails you may choose one of the following daily to go along with your metabolic boosting Protein Shakes and Lean Bars:

- ½ cup of cut up veggies
- (3) celery stalks
- small “finger salad”
- (1) sugar free, fat free, fruit flavored popsicle (look for the lowest calorie popsicles: 15–20 calories)
- (1) serving of sugar free Jell-O
- sugarless gum (2–3 pieces)
- (1) serving of pickles (low sodium is best)
- (1) small green apple



Results not typical

*Gillian— lost 35lbs. Borderline polycystic ovarian syndrome and had scoliosis rodding surgery. Needed a plan that was simple to follow. She lives on LynFit Lean Bars now!*

## NOT APPEALING?

You're most likely not really hungry, but rather dealing with head hunger. See [The Metabolism Solution](#) for details.





# Thermogenic Boosting Meal Plans

Living on a structured meal plan is the most successful way to lose weight and keep it off. One reason it's so effective is because you don't have to make many meal decisions. That being said, it's important to plan ahead, not only what you'll eat, but when. First, be sure to throw out any foods that might tempt you and restock your refrigerator for success. These sample metabolic boosting meal plans give you an idea of how the plan can work for you. We recommend that you eat all your meals inside a 12-hour window, allowing your body to fast for 12 hours every day for optimal fat loss. Meal plans can be modified to accommodate for personal food preferences and schedules.

Remember, you can have a metabolic boosting meal anytime you like. You can divide your metabolic meal into two equal portions and consume ½ at lunch and then the other ½ at dinner. For example, try having 2 ounces of chicken breast with a small salad at lunch and 3 ounces of chicken breast plus 1 cup of broccoli at dinner. It's important that you eat only the specified amounts of lean proteins and vegetable portions each day. Be sure always to get in your (2) metabolic boosting [protein shakes](#).

You can find more ideas and thermogenic boosting recipes in [The Metabolism Solution](#).

Supplements are optional but listed so you know what and how much to take.

Hydrate! Green Tea or water is suggested throughout the day as desired. Aim for at least 8 cups.

## PHASE 1: DAYS 1–5 WEIGHT LOSS JUMPSTART

<b>BREAKFAST:</b> Metabolic Boosting <a href="#">Protein Shake</a>
(1) <a href="#">LynFit DBoost</a> <a href="#">LynFit Daily Power Shot</a>
<b>LUNCH:</b> Metabolic Boosting <a href="#">Protein Shake</a> & small salad (if desired)
(1) <a href="#">LynFit Pure Omega 3</a>
<b>DINNER:</b> (4oz) white fish & (5) ½ cup servings of green vegetables
(2) <a href="#">LynFit Raspberry Ketone Cleanse</a>
<b>BEDTIME:</b> (1) <a href="#">LynFit Lean Sleep</a>

The purpose of this phase is to detoxify and cleanse to prepare your body for optimal fat burning.

## PHASE 2: THROUGH THE REMAINDER TO YOUR WEIGHT LOSS GOAL

<b>BREAKFAST:</b> Metabolic Boosting <a href="#">Protein Shake</a> , <a href="#">Advanced</a> OR <a href="#">LynFit Lean Bar</a> , black coffee/tea
(1) <a href="#">LynFit Accelerator</a> (1) <a href="#">LynFit DBoost</a>
<b>AM SNACK:</b> (1) small apple or (1) fruit serving
(1) <a href="#">LynFit Cutting Edge</a>
<b>LUNCH:</b> Metabolic Boosting <a href="#">Protein Shake</a> , <a href="#">Advanced</a> or <a href="#">LynFit Lean Bar</a>
(1) <a href="#">LynFit Carb Edge</a>
<b>PM SNACK:</b> (1) serving vegetables & salsa
(1) <a href="#">LynFit Pure Omega 3</a>
<b>DINNER:</b> (4oz) lean protein & large tossed salad w/ (2) servings of vegetables
(1) <a href="#">LynFit Lean Sleep</a>

[LynFit Lean Bars](#) may be used in place of Shakes, if needed. The same 12-hour eating window applies during this phase.

# Tips and Tricks for Success

## LIVING THE LEANER LIFESTYLE — FOR WEIGHT MAINTENANCE

This is the most critical phase/stage for your weight loss plan and is where most people fall off and never get back up. It's important to understand that whatever takes the weight off is also what keeps it off. Don't worry; you'll get good at learning what you can eat and what won't work for you. If you're serious about maintaining your weight loss, you'll need to continue using those skills. They will always come in handy.

My suggestion is to keep doing what works and don't deviate. In today's world of excessive "super-size me" portions and lack of exercise, the only way to maintain a reasonable weight is by drinking a protein shake every day for breakfast to keep your metabolism running smoothly. It also helps to offset the real-world eating that will inevitably take place from time to time.

### The metabolic boosting rules to live by:

Drink at least one [protein shake](#) and eat (2) clean, lean meals daily to keep you feeling full while helping you keep the weight off, allowing you to live a healthy lifestyle out of habit.

***NOTE:** Drinking (2) [protein shakes](#) or eating (2) [Lean Bars](#) is the healthiest way to lose weight and live lean. You can stay on this plan for life.*

**Do not skip meals!** Be sure to eat every 3–4 hours to keep you from feeling hungry and to help keep your metabolism running at optimal levels. The [protein shake](#) and [lean bar](#) make this easier, so make sure you always have them with you before leaving the house or while traveling.

**Eat only when you're relaxed and sitting down.** Eating slowly and mindfully is the only way to stay in control of food. Spend at least 15 minutes eating each meal and be careful to chew your food thoroughly. You can cut your food into smaller pieces and chew it 50 times to slow yourself down. When eating in social situations stop and put your fork down in between bites, so you don't scarf down your food.

**Hydrate!** Drink at least 8 cups (64oz) of water each day, as well as Green Tea of Crystal Light. Keep in mind that hot fluids will help to fill you up. If you're more sensitive to caffeine, be careful to limit its consumption to 3 servings or less than 300 milligrams daily.

**Avoid Alcohol** — Alcoholic beverages are not recommended on the Metabolic Boosting Lose 1 Pound Per Day Plan. Alcohol does not provide any nutrition. It is full of unusable calories that slow weight loss. Alcohol also stimulates the appetite for 72 hours after it's consumed that ends up in excess food intake. It depletes your body of needed water, causing dehydration. Low carbohydrate versions of beer are also not recommended, especially if you're trying to lose belly fat.

**Weigh yourself daily** or at least 2–3 times weekly to keep a firm eye on your weight. If you gain more than 2 pounds, you've strayed too far off plan. Get right back on and reboot with a cleanse. Better yet, do the cleanse 2 days a week weekly to maintain your goal weight. Think of it as preventative maintenance. **Winners weigh every time.**

**Avoid temptation.** Everyone has certain foods that they cannot portion control. If you cannot portion control it, don't eat it. It's that simple. If it were, you wouldn't have had a weight issue.

# Tips and Tricks for Success — continued

**Live the 80/20 rule!** Eat clean (on plan) 80 percent of the time and allow yourself to go off plan 20 percent. That is approximately two meals per week. But you must understand—if you gain more than 1–2 pounds it means that you overate, even if your mind is telling you otherwise. The scale doesn't lie. It's the gauge you need to live by to stay on track. If you're not losing you're not in the 80 percent — it's that simple.

If you have a very slow metabolism, you may only be able to have more of the “good” foods to stay on track. The “not-so-good” foods will only cause more cravings, so you're better off, in the long run, to stay away from them in this case.

## IF YOU BITE IT — WRITE IT!

It's vital to track your progress, and journaling (as well as weighing yourself) makes it easy to detect excess calories. Keep it simple—if you take a bite, you've got to write it down—especially the “not-so-good” foods. It's those foods that will affect your weight the most. You can use the notepad on your cell phone or an email to yourself so you can look back and see where you've strayed.

PERFECTION DOES NOT  
EXIST!

Focus on progress, not  
perfection. It's a lifetime of  
falling and getting back up  
over and over.

## The first days.....

Achieving fast weight loss and melting belly fat on the Metabolic Boosting Lose 1 Pound Per Day Plan can take a few days if your blood sugar levels are high, if you have a damaged metabolism, or you've tried too many diets and trends. Stick to the plan and you will begin to lose weight. You may feel hungry, tired, and even a little irritable. You might experience headaches or lightheadedness as your body adjusts and detoxifies. We call this the “Low Carb Flu” as your body adjusts. Remember, this is temporary. Hang in—you can do this. Once your body begins to burn off excess fat (usually within 72 hours) as fuel you'll be less hungry and full of energy.

## SUCCESS STRATEGIES

- If you're struggling with hunger or fatigue in the first days, have an extra [protein shake](#) or [Lean Bar](#) and go back to the plan the very next day.
- Keep yourself busy. Attack your “to do” list instead of obsessing about food.
- Avoid triggers. Avoid tempting social situations, sights and smells until you're strong enough to overcome them.
- Go take a walk or do a [metabolic boosting workout](#).



*Teresa— lost 32lbs. and dropped 5 dress sizes. Feeling the best she's felt in a long time. Thermogenic eating has changed her life!*

Results not typical



# Busting Through a Plateau

At some point, you may find that your weight loss slows down or appears to stop. If you notice that you haven't lost any weight within the past 2 weeks, you can use the following metabolic boosting strategies:

- Make sure you're drinking (2) metabolic boosting [proteins shakes](#) (or eating [Lean Bars](#)) each day, and you're following the thermogenic meal plan.
- Swap out your workout routine for a [metabolic boosting-style workout](#). Be sure the intensity and duration are in alignment with your food plan, Working out in the morning in an empty stomach can help you bust through the plateau. You could also add more minutes to your Core Walk.
- Go back to basics, which include weighing and measuring your food.
- Lower your carbohydrate intake by reducing your fruit. Eat more leafy greens vs. high-carb vegetables.
- Eat more white fish and less chicken and salmon.
- Skip your extra snack for 1 day to decrease carbohydrates.
- Review your condiment choices and decrease, if necessary, to reduce carbohydrates. Use more lemon and lime juice instead.
- Try using [LynFit fat-burning products](#) that are designed to boost your metabolism and enhance calorie burn. The supplements below are listed in order of suggestion.

- [LynFit Cutting Edge](#)
- [LynFit Carb Edge](#)
- [LynFit DBoost](#)
- [LynFit Accelerator](#)
- [LynFit Pure Omega 3](#)



## STAY ON TRACK

Don't skip any of the metabolic boosting [protein shakes](#), [Lean Bars](#), or thermogenic meals. If you do, your metabolism could slow down and slow your weight loss. Find a level you are comfortable with as a way of life.

## ACHIEVING YOUR GOAL WEIGHT

You can stay on the Metabolic Boosting Lose 1 Pound Per Day Plan until:

- You've reached your goal weight
- Your doctor determines you're at a healthy weight
- You become pregnant or develop one of the contradictions listed previously

*Consult your physician before starting any exercise or weight loss program*

# A Live Lean Success Story

*I couldn't bear the thought of gastric bypass surgery. I left the doctor's office after ten surgeries (three laparoscopies for endometriosis, breast duct ectopy, fatty tumor under my left arm, neuroma of the foot, three knee surgeries, hand surgery) and 11 prescriptions in hand (high blood pressure, cholesterol, edema, three medicines for RA, emotional, narcotics for pain, many versions of Motrin, Prednisone, nerve blockers) feeling hopeless and depressed. I was full on anger; self-loathing, and I had no self-esteem left whatsoever. I was trapped in my body and had worked myself into believing that I was not good enough or worthy of achieving my dreams.*

*I was suffering from a long list of ailments that resulted in limitations. Ordinary simple daily household tasks were becoming impossible — that is until I saw LynFit's Lose 1 Pound Per Day program, and heard Lisa Lynn say, "all you have to do is decide." This system sparked the hope that I needed to get started, and it made losing weight faster and easier, and it was much more delicious. I had tried other plans, but none of them worked. I know I needed the whole system to jump start my sluggish metabolism that no one had ever addressed with me before.*

*This system worked exceptionally well for me because it's gluten and soy-free. I have lost 90 pounds, and my doctors have taken me off all drugs. Thanks to this well-rounded program, I no longer suffer from sleep apnea, GERT, chronic fatigue, high blood pressure, high cholesterol, and I have reversed osteoporosis.*

*My favorite part was I could now eat with my family. I have now learned how to cook (thanks to The Metabolism Solution), and that everything I thought I knew about healthy eating and cooking was all wrong, causing my weight gain. I'm stronger physically and mentally now, and I have never felt better. I can even do side core raises now.*

*Not only did I get healthy but my whole family has benefited. We are a family focused on better eating and healthy living. Working out is a part of our daily routine, a true lifestyle change. My daughter, Samantha has lost 75 pounds because I now keep healthier foods around the house to prevent me from indulging. I had no clue how my eating was affecting everyone in the house until I got clean and food sober.*

*Samantha — "I stressed ate for a long time because of bullying. My mother and Lisa Lynn taught me to believe in myself and to believe that nothing is impossible. I've lost 75 pounds so far following the **LynFit Lean Teen Plan.**"*



*Janine lost 90 pounds on the LynFit Lose 1 Pound Per Day Plan*

**When one person loses weight in the family it affects the entire household!**



Results not typical

# Metabolic Boosting, Lose 1 Pound Per Day

Date: \_\_\_\_\_

## DAILY SUCCESS TRACKER

Beginning-of-Week Weight: \_\_\_\_\_

Copy this page to create your own Success Journal

End-of-Week Weight: \_\_\_\_\_

### Metabolic Boosting Shakes or Lean Bars

Write the meal time in each box

--	--	--

### Optional Condiments

Write the condiment name in each box

--	--	--

### Optional Snack

Write the snack name in the box.

--

## METABOLIC BOOSTING MEAL

### Lean Protein

Write the protein name in the box.

--

### Salad/Vegetable Servings

Write the salad/vegetable name in the box.

--	--	--

### Healthy Fat or Fat Burning Fats

Write the fat name in the box.

--

### Water

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## EXERCISE ACTIVITY

### Walking 10,000 Steps

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### Metabolic Workout

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How I felt today:



good



okay



sad



# Which LynFit Metabolic Boosting Shake or Lean Bar is Right for You?



All [LynFit Complete Protein Shakes](#) and [Lean Bars](#) can be used on the Metabolic Boosting Lose 1 Pound Per Day Plan. All other brands should be discontinued while on the plan. While other brands may work, we can only speak to the effectiveness of your weight loss results if you're using [LynFit products](#). Other brands may not use the quality needed, and most contain more calories, carbohydrates, and fat than their label lists that could negatively affect your weight loss. It pays to use the highest ingredients. Your body depends on nourishment from these products and cutting corners to save a few cents isn't worth the frustration or sacrificing your health.

- Boosts metabolism, suppresses appetite, kills cravings
- Accelerates fat loss
- Preserves lean muscle tissue while improving bone strength
- Blocks cortisol
- Helps heart health, improves blood pressure

*LynFit Complete Protein is sweetened with Splenda. LynFit Complete Protein Advanced is sweetened with Stevia. These statements have not been evaluated by the Food & Drug Administration. Not intended to diagnose, treat, or prevent disease.*

[LynFit Complete Protein Shakes](#) are ultra-filtered for purity and naturally delicious, high-protein, low calories, low carb, low sugar, gluten and soy free, low lactose.

[LynFit Lean Bars](#) have the same great benefits as the [Complete Protein Shakes PLUS](#), they contain 9–10 grams of fiber per bar. Great as a grab-and-go snack.

	LYNFIT COMPLETE PROTEIN	LYNFIT COMPLETE PROTEIN ADVANCED
CALORIES	155	132
PROTEIN	24	25
FAT	1	0.66
CARBOHYDRATES	15	7
SUGAR	3	2

	LYNFIT LEAN BAR	LYNFIT LEAN BAR ADVANCED
CALORIES	150	130
PROTEIN	19	12
FAT	2.5	4
CARBOHYDRATES	21	17
SUGAR	2.5	2
FIBER	10	12

[LynFit Lean Bars](#) are not only the best tasting protein bar on the market, but they are also the best bars when it comes to losing weight. Unlike other protein bars, the [Lean Bar](#) contains the perfect amount of protein. Low calorie, low carb, low sugar, low fat, high fiber. Low lactose, gluten and soy free.

# The LynFit Protein Bar Difference

## THE PROTEIN BAR FOR WEIGHT LOSS WITH PREBIOTICS



What makes [LynFit Lean Bars](#) different from store-bought brands? They are specifically geared for weight loss and metabolic boosting and made with high-grade whey that boosts your metabolism versus sugar and carbs that slow your metabolic rate and feed fat cells, so they never leave.

[LynFit Lean Bars](#) are gluten and soy-free, containing the right amount of clean protein to fuel your weight loss. They also contain 10 grams of fiber from a prebiotic source to keep you feeling fuller longer.

Our [Lean Bars](#) are the only bar on the market that are low calorie, have only 2.5 grams of sugar and less than 3 grams of fat. They are excellent for digestive tolerance too, making them the best grab-and-go snack when you're trying to lose weight and lose belly fat.

Lose weight faster and easier by replacing your usual high carb snack with a [LynFit Lean Bar](#). Whenever you crave something sweet, replace it with a Lean Bar instead. Don't leave home without one.

WHEY PROTEIN COMPARISON — LYNFIT VS. POPULAR BRANDS				
	LynFit Chocolate	Quest Bars	Supreme Protein	Pure Protein
	1 Bar (50g)	1 Bar (60g)	1 Bar (50g)	1 Bar (50g)
Calories	150	170	200	180
Fat Calories	30	50	77	40
Total Fat	2.5g	6g	8g	4.5g
Saturated Fat	2g	1g	2.5g	3g
Cholesterol	2.2mg	5mg	10mg	10mg
Total Carbs	21g	24g	17g	17g
Fiber	10g	19g	.5g	2g
Sugar	2.5g	1g	2g	3g
Protein	19g	20g	15g	21g
Calcium	70mg			
Iron	0.5mg			
Sodium	85mg	340mg	150mg	85mg
Potassium	160mg	380mg	32mg	115mg

# Supplements

Losing weight is stressful for the body. That's why it's best to nourish and protect it with supplements that protect overall health and reduce damage.

## ESSENTIAL NUTRIENTS AND ANTIOXIDANTS



### LynFit Pure Omega 3

**LynFit's Pure Omega-3** is the first fish oil supplement geared specifically towards weight loss. Additionally, science has shown that the DHA and EPA in fish oil both contribute to the healthy and comfortable function of joints, the maintenance of cognitive abilities, healthy looking skin and maintenance of cardiovascular health.



### LynFit DBoost

For those concerned about getting their daily dose of vitamin D, **LynFit's D3 Boost** is the perfect way to nourish your body without harming your weight loss. **LynFit's Vitamin D3 Boost** is specifically formulated for weight loss programs and delivers a concentrated dose of the most usable form of vitamin D3 with immune boosting ingredients.



### LynFit Daily Power Shot

**LynFit Daily Power Shot** is loaded with the highest quality vitamins, minerals, and antioxidants to maintain optimum health and generate elevated energy levels to maximize exercise and weight loss efforts.

Visit [LynFit.com](https://LynFit.com) for a full explanation of supplements and their usage.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.*

## ENHANCE FAT LOSS AND BOOST METABOLISM



### LynFit Cutting Edge

Achieve the best possible fat loss results with **LynFit's Cutting Edge**, an all-natural stimulant-free blend that prompts the body to burn fat and carbohydrates more efficiently. L-Carnitine acts as a shuttle pulling fat into the cells to be burned as fuel helping to melt fat faster and easier.



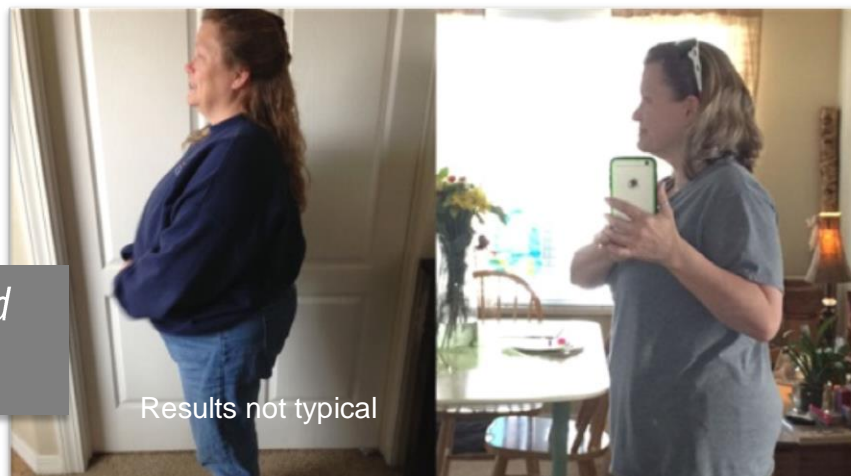
### LynFit Carb Edge

**LynFit Carb Edge** — the carb-blocking fat burner. Taken 30 minutes before a meal that has carbs, will block 65% of the starch from being absorbed. **LynFit Carb Edge** contains 1000mg of Phase 2 White Kidney Bean Extract. **Carb Edge** assists your body in weight loss by burning fat and carbohydrates for fuel while controlling appetite and food cravings.



### LynFit Accelerator

**LynFit's Accelerator with Raspberry Ketones** is a unique specially blended supplement that helps boost the fat burning process and is more efficient than single nutrient supplements.



Results not typical

Lisa — lost 60lbs. after her doctor threatened her with gastric bypass surgery.

# Supplements — Continued

## SPECIAL CONDITIONS



### LynFit Raspberry Ketone Cleanse

LynFit's Raspberry Ketone Cleanse is made up of fat flushing ingredients that are gentle to your system. The Raspberry Ketone Cleanse helps rid your body of unwanted toxins while setting the stage for fat burning.



### LynFit Lean Sleep

LynFit Lean Sleep is a drug-free sleep aid for the relief of occasional sleeplessness that can contribute to abdominal fat storage. It promotes restful sleep and better overall health while reducing anxiety that causes fat to be stored. It is specifically designed for weight loss.

## INFLAMMATION AND PAIN



### LynFit Recovery Agent

LynFit Recovery Agent brings you the most advanced natural relief for joint pain, body aches, and ailments associated with Arthritis, Bursitis, and Tendonitis.

Medical research at Yale-New Haven Hospital has shown the combination of the natural healing ingredients of Antioxidants, Glucosamine, L-Glutamine and Zinc to be a superior nutritional support during injury rehabilitation and for recovery during strenuous physical training.

Visit [LynFit.com](http://LynFit.com) for a full explanation of supplements and their usage.

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*This is Grace. She was emaciated when she was rescued. After a lot of TLC and LynFit Pure Omega 3 for Dogs she is as healthy as can be!*

## NOT JUST FOR HUMANS!



### LynFit Pure Omega 3 for Dogs

LynFit's Super Concentrated Pure Omega-3 for dogs is a natural way to support a lifetime of wellness for your dog. Pure Omega contains the proper amounts of DHA and EPA to support a variety of body functions; including skin, coat, immune system health, kidney, and heart.



The LynFit family of products are specifically designed to safely and naturally boost your metabolism to help enhance fat burning, provide natural energy, boost mood, and protect and nourish the whole body, including the joints. At the same time, our products promote body rest and detoxification using only the highest quality, all natural, gluten-free, soy-free ingredients that are specifically designed to help you lose weight while living in the real world while maintaining lasting results.



# The LynFit Medicine Cabinet

## ALL-NATURAL, METABOLIC BOOSTING

Now a more natural and effective method of treating symptoms like low energy, aches, and pains, constipation and sleep disturbance. All without slowing your metabolism and less expensive than health care — Introducing the **LynFit All Natural Metabolic Boosting Medicine Cabinet**.

Every drug; even the non-prescription ones are designed to manage symptoms. Often they just mask them instead. Drugs also have side-effects, and one of them is slowing down your metabolism. **LynFit's All Natural Metabolic Boosting Medicine Cabinet** has just the opposite effect. By turning to Mother Nature to treat your symptoms, you'll get fast relief and save money without hurting your metabolism.



If you're trying to lose weight you need a medicine cabinet makeover from Mother Nature. The type of makeover that will:

- Provide natural energy and nourishment
- Help alleviate constant sleep disturbances
- Help eliminate aches, pains and inflammation
- Help ease constipation
- Help offset the symptoms of depression and Seasonal Affective Disorder
- Help nourish nails and hair
- Help control blood sugar levels and cholesterol



Sharon & Paul — After **The Metabolism Solution**, I started your program on August 8<sup>th</sup>, and I've dropped 22 lbs and trying to keep this lifestyle. When I started drinking the shakes, and cooking the fish, lean turkey and more veggies, I inspired my husband to start, and he dropped 51 lbs. He now weighs the same as he did in high school. Both of us feel worlds better! We are going to do our best to continue the LynFit Lifestyle.

Results not typical

# Transitioning

## LIVING THE METABOLIC BOOSTING, LEANER LIFESTYLE

Once you've reached your weight loss goal, you may think about transitioning into lifelong healthier eating with the metabolic boosting lifestyle. The idea is to increase gradually your calories over time. **Rather than going back to the unhealthy foods that caused you to gain weight, it is suggested that you continue to eat the same thermogenic foods that helped you lose weight.** You will just be eating more of them. Instead of introducing a wider variety of foods, it is best to allow yourself to go off plan 1–2 meals weekly to keep the weight off.

**Remember the 2-pound rule:** If you gain more than 2 pounds after indulging, you most likely overate. It's easier to keep the weight off than it is to start all over again. If you do backslide, simply jump back on the metabolic boosting cleanse to reboot your metabolism. Many people follow the metabolic boosting cleanse 1–2 days weekly after a few days of “not-so-good” eating.

I cannot stress enough that whatever you had to do to take the weight off is also the best way to keep it off. **This is a lifestyle change that you can follow for the rest of your life.**

How long you spend transitioning, or what you transition to depends on how much weight you have lost and how sluggish your metabolism is. Here are a few safe caloric increases that will provide extra calories without causing you to gain weight. Experiment with the following options and see what works best for you your body. Everyone is different, and you won't know what works for you until you try. Stay on the plan and try to initially add the following foods:

OPTIONAL TRANSITION FOODS — BEST/LEANEST
(1) cup (2 servings) of your favorite vegetables — any kind
(1) cup (2 servings) of cut-up fruit or (2) small pieces of fruit
(1) cup (1 serving) of low-fat or fat-free yogurt or dairy*
(3–4oz) of lean protein**

\*Fresh or frozen not packed in juice or syrup

\*\*Grilled, baked, poached, or broiled — not fried

NOTE: If your weight continues to drop or you can't stop losing weight (maintenance phase too) you may want to add the following foods. Continue to increase your calories from the food section below. For a more comprehensive list, consult [\*The Metabolism Solution\*](#).

(4oz) of lean protein
(1) fat serving: (1) tbsp salad dressing or oil, (1) serving nuts, or (1) serving mayonnaise
(1) carbohydrate serving: (1/3) cup brown rice, (1) tbsp beans, or (1/2) cup oatmeal
(1) fruit serving
(1) dairy serving

# Sample Transition Meal Plans

1,000–1,300 CALORIES

(2–3) Lynfit Complete Protein Shakes or Lean Bars

(1) Thermogenic metabolic boosting meal

(1 cup) additional vegetables

(2) medium-sized pieces of fruit OR (1) cup cubed fruit or berries (2 servings)

(1 cup) low fat or fat free dairy (1 serving)

## Sample Meal Plan

**Breakfast:** LynFit Complete Protein Shake, (½ cup) of fruit

**Mid-Morning:** (1) LynFit Lean Bar

**Lunch:** (4oz) grilled turkey (skinless white meat), (1 cup) broccoli

**Mid-Afternoon:** (1–2 cups) air popped popcorn

**Dinner:** “Food for You Chicken Stew” — (2 cups) spinach with (½ cup) chopped broccoli and cauliflower, add (1–2 tbsp) reduced calorie dressing if desired.

**Evening:** (1 cup) low fat, sugar free yogurt

1,100–1,500 CALORIES

(2–3) Lynfit Complete Protein Shakes or Lean Bars

(2) Thermogenic metabolic boosting meals

(1 cup) additional vegetables

(2) medium-sized pieces of fruit OR (1) cup cubed fruit or berries (2 servings)

(1 cup) low fat or fat free dairy (1 serving)

## Sample Meal Plan

**Breakfast:** LynFit Complete Protein Shake, (½ cup) grapefruit

**Mid-Morning:** (1) LynFit Lean Bar

**Lunch:** (5oz) tuna fish (1½ cups) cooked zucchini and squash

**Mid-Afternoon:** (1 cup) non-fat sugar free yogurt, (½ cup) berries

**Dinner:** (4oz) salmon, (1 cup) green beans

**Evening:** LynFit Complete Protein Shake as “hot chocolate”

*Continue to eat between the hours of 9 a.m. – 6 p.m. to maximize weight loss and health.*

*Kara— lost 7lbs. in 7 days!  
Needed a better way to accomplish her weight loss goals while maintaining her busy schedule as an actress and singer.*



Results not typical



# Maintaining Your Weight Loss

The goal of the Leaner Lifestyle is to help you maintain and sustain a healthy weight and active lifestyle for the rest of your life.

Once you have reached your goal weight and have completed your transition phase successfully, you're ready for the maintenance phase. During this phase, you will monitor your weight, balance your calories, make smart food choices that are good for your metabolism, and of course, stay active to ensure you keep the weight off.

Like every other aspect of dieting, the maintenance phase isn't a one-size-fits-all, especially if you have a slow metabolism. Your metabolism, age, gender, height, weight, and activity will determine your calorie requirements. By now you've learned what foods speed your metabolism and which foods slow it. That won't change in the maintenance phase, so it's important that you maintain your metabolic boosting lifestyle to keep the weight off for life. That doesn't mean that you can never have these foods again. It means you will have to limit them as needed. **The scale will tell you when you're overdoing it. It's that simple.**

## Leaner Lifestyle Tips & Tricks That Work

- Always start your day with a metabolic boosting [protein shake](#) for superior nutrition and the best approach to lifelong healthy eating.
- Make vegetables your top priority. They should account for at least ½ of your plate at mealtime.
- Eat at least 1 serving of fruit daily.
- Continue to choose the lean proteins in 3–4oz servings. A 3oz. portion is the size of a deck of cards. Thin fish, such as fillets are about the size of a check book.
- Bake, grill, steam, poach, and broil. Avoid fried foods and high-fat cream sauces.
- Read food labels before you eat for serving size information and calories per serving so you can keep track of your caloric intake.
- Drink plenty of water or calorie-free beverages.
- Restaurant portions are 2–4 times larger than a typical portion. Know before you go what you will be eating and either share a meal or get a to-go box. Have the waiter put half the meal in the box as soon as it's served to prevent overeating. You can also order an appetizer as your entrée and pair it with a salad.
- Order sauces and dressings on the side.
- Surround yourself with supportive people and be an inspiration to someone else.

## The Leaner Lifestyle 7 Success Strategies

1. **Boost at breakfast** by drinking a metabolic boosting [protein shake](#) every day.
2. **Exercise on an empty stomach!** Exercising on an empty stomach increases the metabolism and keeps you strong and flexible. Exercise also reduces stress and anxiety.
3. **Believe!** You've got to believe to achieve. Stay positive and get support.
4. **Eat thermogenic, metabolic boosting foods 1–3 times daily.** Eating the specified foods in the proper portions every 3–4 hours is critical to your lifelong success.
5. **Create your personal game plan ahead of time to avoid falling off the plan.** No two plans are ever alike when it comes to weight loss. It's important to create your own personal plan made up of foods that have worked for you. Do this
6. **Winners weigh in every day.** Weighing yourself is the best way to stay on track.
7. **Learn how to fall.** Perfection does not exist. It's not what happens to us that are important. Rather, it's how we respond to it that matters. Don't beat yourself up. Jump back on the plan without thought.



# Avoid Regaining Weight

If you regain 5 or more pounds, we suggest that you go back on the metabolic boosting cleanse for a few weeks to reboot your metabolism. Continue to take the supplements that helped you to lose the weight. [LynFit's metabolic boosting supplements](#) were designed to solve the weight loss issues you encounter as you age. They also combat the slowing of your metabolism due to being overweight, chronic dieting, metabolic resistance such as high blood sugar, high cholesterol, and thyroid or hormonal issues. The same way brushing your teeth regularly keeps your teeth healthy; these supplements help you keep the weight off.

## The #1 reason people regain weight is because they go back to their old habits of eating!

Once the weight begins to creep back on we become “food drunk” and slip into denial. It causes us not to see clearly as to why we are gaining the weight back. Remember these Mental Metabolic Boosters:

- The Plan works if you work it
- Keep it simple by sticking strictly to the Plan
- Believe! Keep believing you can and you will

## RULES TO LIVE LEAN BY

1. Stick with what works
2. Weigh yourself daily
3. 1–2 [LynFit Complete Protein Shakes](#) daily
4. 5–10 vegetable servings daily
5. Eat more fish vs. chicken
6. Drink lots of water
7. Sleep a minimum of 7 hours nightly
8. Exercise daily
9. Continue to use the supplements that helped you lose the weight
10. Avoid old triggers
11. Get needed support
12. Believe. Begin. Become.

If you have regained weight, take an honest look at why the weight came back in the first place. Most of the time you'll notice that the simple things like weighing and measuring your food, eating large portions of chicken rather than fish, and not eating enough vegetables are to blame.

The most important thing to remember if you do regain weight is that you can overcome it. While you cannot undo what's done, you can pick yourself up by the bootstraps and get right back up.

Remember, generally speaking, what helped you lose the weight initially will be what you will need to do to lose it again.



Results not typical

*Walfredo— a professional musician with the band Chicago. He is about to turn 60 and wants to be a good example of clean living for his children. Lost 10 pounds in 10 days on the Lose 1 Pound Per Day Plan.*

# Questions & Answers

**Q.** *Are there any medical conditions or medications that might limit me from using the Metabolic Boosting Lose 1 Pound Per Day Plan to lose weight?*

**A.** There are certain conditions that may necessitate close supervision following approval by your primary physician. Please check with them before starting the plan if any of these apply to you:

- Age: Teens 13–17 old (see LynFitLeanTeen.com), seniors over 70
- AIDS( HIV)
- Nursing mothers with a baby over 2 months of age
- Type 1 diabetes mellitus
- Suffer from a seizure disorder: laboratory monitoring by your primary care physician is required
- Suffer from gout
- Stable mental disorders: psychotic disorders, schizophrenia, bipolar disorder, depression

**Q.** *Are there any medical conditions or medications that might prohibit me from being on the Metabolic Boosting Lose 1 Pound Per Day Plan?*

**A.** If you suffer from the following medical conditions or take the listed medications, you should not use the plan:

- Pregnancy
- Heart attack/acute unstable cardiac conditions/stroke, mini-strokes within 3 months
- Active disease such as cancer, acute hepatitis, lupus flare, peptic ulcer disease, bleeding ulcers
- Severe chronic renal disease
- Active eating disorder such as anorexia or bulimia
- Unstable mental disorders: psychotic disorders, schizophrenia, bipolar disorder, depression with suicidal tendencies
- Drug and or alcohol abuse with poor nutritional status
- Phenylketonuria
- Diuretics (water pills)
- Lithium: weekly monitoring; frequency beyond 1 month determined by primary care physician
- Anti-coagulant drug (Coumadin/warfarin)

**Q.** *What about prescription medicines?*

**A.** Most prescription medications will not interfere with the Metabolic Boosting Lose 1 Pound Per Day Plan. However, as you lose weight, the dosage may need to be adjusted. Check with your prescribing doctor if you are using any prescription medications, including diuretics (water pills), lithium, anti-seizure medications, thyroid medications, or diabetes medications.

# Questions & Answers — Continued

**Q.** *Can I take antacids?*

**A.** Over-the-counter antacids and acid blockers will not interfere with your weight loss on the Metabolic Boosting Lose 1 Pound Per Day Plan. If you stick to the plan you'll find you probably won't need them.

**Q.** *What if I have diabetes?*

**A.** If you are taking medication for type 2 diabetes, make sure that you inform your doctor before starting the plan. Losing weight may affect your medication needs and requirements. If type 1 diabetes, the plan may not be right for you. Please check with your doctor to see if you can incorporate metabolic boosting shakes and Lean Bars into your medically approved diet.

**Q.** *What if I have high blood pressure?*

**A.** Consult with your doctor before starting the Metabolic Boosting Lose 1 Pound Per Day Plan. As you lose weight, your blood pressure will more than likely go down and your medications may need to be adjusted.

**Q.** *What if I'm pregnant or breastfeeding?*

**A.** We do not recommend weight loss or dieting during pregnancy. During pregnancy, the focus is to shift from weight loss to weight gain to support the needs of the baby. We recommend you consult with your physician.

**Q.** *What if I'm lactose intolerant?*

**A.** Yes. You can use a non-prescription enzyme such as Lactaid®. Most of the plan is 99.99% lactose-free. However, some individuals may be more sensitive than others.

**Q.** *What if I don't feel well?*

**A.** Some individuals may experience what's known as "carb detox flu", which happens as your body adjusts to the healthier changes you have made. It will pass. During the process, drink plenty of fluids and rest more to allow your body to adapt.

**Q.** *What if I get constipated?*

**A.** You're eating less which can cause less frequent bowel movements. If you feel constipated or experience hard stools, try:

- Choose vegetables that contain higher fiber such as broccoli, okra, spinach
- Drink more fluids and increase physical activity
- You may take 2–3 [\*\*Raspberry Ketone Cleanse\*\*](#) or a stool softener if needed

# Your Support System

Support is critical when it comes to weight loss. Surround yourself with positive, like-minded people.

The following resources are also available to you at all times:

**Coaching Session with Lisa Lynn:** <http://lynfit.com/collections/personal-coaching>

**Lisa Lynn YouTube:** <https://www.youtube.com/user/LLynnFitness>

**Lisa Lynn Fitness Facebook:** <https://www.facebook.com/LisaLynnFitness>

**Lisa Lynn Twitter:** <https://twitter.com/lisalynnfitness>

**LynFit Blog:** <http://lynfit.com/blogs/news>

**Lisa Lynn Fitness Pinterest:** <https://www.pinterest.com/lisalynnfitness/>

**Lisa Lynn Google+:** <https://plus.google.com/112262743479115515650/posts>

**Lisa Lynn Instagram:** [https://instagram.com/lisa\\_lynnfitness/](https://instagram.com/lisa_lynnfitness/)

**Lisa Lynn Fitness Newsletter:** <http://lynfit.com/pages/newsletter>

Client Contact Center: [Support@LynFit.com](mailto:Support@LynFit.com)

To Place an Order: [LynFit.com](http://LynFit.com)

## Shipping

All orders are processed and shipped within 72 hours during normal business days. Please allow 5–7 days for shipping. Holidays and inclement weather may affect the delivery of your order, so it's best to allow extra time so you never run out of product.

## Exchanges and Returns

Please refer to the Exchange and Return policy on LynFit.com as well as the stated policy on your order receipt.



# Your Personal Transformation

## STARTING INFORMATION

Take a usable “before” photo before starting the Metabolic Boosting Lose 1 Pound Per Day Plan, as your weight loss progresses, and when you’ve reached or completed specific goals.

Please be sure to be alone in the photo (no other family members) and try not to wear any busy patterned clothing. Be aware of camera flash bouncing off mirrors.

DATE: \_\_\_\_\_ STARTING WEIGHT: \_\_\_\_\_

GOAL: \_\_\_\_\_ COMPLETION DATE: \_\_\_\_\_

## Real people. Real results.

We live to hear all about your success story. Please be sure to share them with us. We pride ourselves on using real people like yourself, who have achieved real results.

*Believe. Begin. Become.*