FREE DOWNLOAD

QUICK KETO METABOLIC RESET SMOOTHIES

Fast, Easy, Delicious, Clean Keto

By Lisa Lynn, Clinical Metabolic Nutrition & Fitness Expert
INTRODUCTION

What if I told you there was a magic button you could push that makes it easier to lose weight and melt off dangerous, stubborn belly fat? What if it could help you live longer and healthier, strengthen immunity, and promote healing? How about avoiding or reversing just about every disease while costing less than a cup of coffee purchased outside the home? What if solid science backed up that it could provide natural energy while easing chronic aches, pains, and it is, mimic the effects of exercise? Would you push it?

I promise you it’s not another yucky tasting green juice or vegan health food trend you won’t be consistent with. Heck, even I won’t do that. I like great-tasting food too much.

I’m grateful I made the decision to push that button. It helped me lose 40 pounds and keep it off, even with hypothyroidism, autoimmune issues, and menopause. If there were ever such a thing as a quick fix, this would be it; it worked for me, helping me lose weight and keep it off, even though every other diet, trend, and method (including overexercising) failed me. The first day it killed my cravings, and I wasn’t looking for food all day. It satisfied my need for something that tasted good and made me feel full all day, which changed my life. This healthy daily habit is the #1 BEST WAY and GUARANTEED to work better than any other method.

If you haven’t figured it out yet, it’s drinking a LynFit Nutrition® Metabolic Boosting Complete Protein Shake every day. Start NOW by making this one small change every day, and you’ll see and feel dramatic results. It will become easier to avoid eating the foods that have been a habit for years, or if you’re like me, a lifetime of poor eating choices.

Diets and stress are part of the problem. Both have changed our body’s biology, and what used to work no longer will. Look at the size of our waistlines, or lack of waistline. Obesity rates and our waist circumference have grown faster than any other time in history, along with diseases and health care issues. We are in a national health care crisis that’s affecting every age group: from toddlers to senior citizens (even our dogs), placing us at high risk for diseases like cancer. The “watch what you eat” and “exercise more” approach are no longer successful.

In my 30+ years specializing in weight loss and metabolic disorders, I can say that no one becomes healthier or loses weight using trendy diets, starving themselves, or the “I’ll eat less/watch what I eat and work out more” approach. These approaches do not address belly fat that now plagues 95% of Americans. It requires a specific strategy and conscious daily effort that targets this dangerous belly fat. It convinces your body to begin using this stored fat as fuel, naturally energizing your body and mind, making it easier to lose weight and kill hunger and cravings in the process.

Stay Strong, Live Lean, Keep Burning Off the Belly Fat!
Lisa Lynn
Let’s Get Started

Let’s face it, we are all busy! We have all eaten foods on the run that we regretted or skipped meals. Being busy isn’t an excuse anymore. Neither is thinking the protein powder doesn’t taste good. LynFit Nutrition® Metabolic Boosting Complete Protein Powders are delicious, so there isn’t a need to add any additional ingredients that increase calories, carbs, sugars, or fats that stop weight loss.

In addition to being the best-tasting protein powder you’ve ever tried, it’s also the only one that’s specifically designed for weight loss and fat burning. Our proprietary protein blend is the cleanest and purest of its kind and microfiltered to remove all traces of lactose, which provides your body with the proper amount of metabolism-boosting protein, along with five grams of prebiotic plant-based fiber in every serving. This special blend of protein and prebiotic fiber turns off hunger and cravings, stops weight gain, and improves gut health. It is specifically designed to help you lose weight and burn fat, targeting dangerous belly fat by blocking cortisol (stress hormones) levels and rebalancing hormones that drive inflammation, making it easier to reach your health goals.

My line of Quick Keto Metabolic Boosting Complete Protein Powders (and our popular Lean Bars) are all made with our award-winning proprietary protein and fiber blend. They take the guesswork out of what to eat and how much. They are the best-tasting, easiest choice for busy people who don’t have time to count macros (calories) all day or spend hours in the kitchen or at the gym.

What makes them different than all the other protein powders? Our Metabolic Boosting Complete Protein Powders and Lean Bars are made using the finest natural ingredients. We start with the cleanest whey that’s purified again using microfiltration to remove all traces of lactose, leaving behind nutrient-rich whey that’s combined with prebiotic vegetable fiber. It’s naturally flavored using organic vanilla and real cocoa, blended together without adding fillers or subpar protein, creating a creamy, easy-to-mix, clump-free flavorful protein. There is no need to spend extra time or money buying add-ins to make your shake palatable (unless you have a wicked sweet tooth). LynFit proteins taste great all by themselves or added to coffee instead of adding health-harming creamers, nut milk, or other add-ins that spike blood sugar and stop weight loss.

Complete Protein makes the best-tasting weight loss smoothies that make it easier to lose weight and burn fat. It is the core of the Lose 1 Pound Per Day weight loss plan you may have seen on the Dr. Oz Show. Complete protein is the lowest calorie, lowest carb, fat, and sugar meal replacement that’s non-GMO, gluten, soy, dairy, and rBGH hormone-free.

Swap out expensive high-calorie coffee drinks, use it in your smoothies to blunt blood sugar response, or your favorite baked goods instead of grains or flours. You can use it to make high-protein pancakes, bread, or mug cakes, without wrecking your weight loss. It’s a clean, healthy way to satisfy your cravings or replace that fat, lactose-filled milk you’ve been using. Complete Protein can be the new healthier milk that melts fat!

All LynFit Metabolic Boosting Complete Proteins taste delicious and save you hundreds of calories while nourishing every cell in your body, protecting immune health, improving healing and recovery (great for those who suffer with arthritis and/or need to enhance recovery after working out), and THE BEST way to improve skin, hair, and nail health.

Great Taste, Lower Calories, Fat, Carbs, and Sugar

24 grams of protein and 5 grams of prebiotic fiber in every serving!
You want fast results that can be seen when you step on the scale and look in the mirror and to feel good too, right? There is no better “whey” (pun intended) to lose weight! No matter what your goal is: trying to lose one pound per day, melt off dangerous belly fat, or you just want something delicious and nutritious for breakfast, lunch, dinner, or snack time, this whey is for you.

Before you rev up that Ninja blender, there are a few things you’ll want to know before you start adding “stuff” to your smoothie, turning it into a sugar bomb that becomes a calorie and carb nightmare (make sure you check out the approved smoothie add-in-list and more importantly the avoid list).

Let’s get to it and get you lean and healthy again!

| To maximize your metabolism, jump-start weight loss, and improve nutrition: |
| Enjoy 1-2 times daily. For weight loss, replace two meals daily with a Complete Protein Shake. |
PREPARING WEIGHT LOSS SHAKES

BLENDER MIXING COLD DRINKS

(½ - 1 cup, or desired amount) Cold water
(2 scoops) LynFit Metabolic Boosting Complete Protein Powder of choice
(5) Medium-sized ice cubes (optional)

1. Pour water into a blender
2. Add protein powder and blend for 10 seconds, or until dissolved
3. Gradually add ice cubes one-at-a-time until completely blended
4. Blend on high speed for one minute

SPOON/SHAKER MIXING COLD DRINKS

(¾ cup) Cold water or other calorie-free liquid
(2 scoops) LynFit Metabolic Boosting Complete Protein Powder of choice

1. Pour water into a glass or shaker
2. Add protein powder
3. Mix thoroughly with a spoon or whisk

SPOON MIXING WARM DRINKS

(¾ cup) Warm, not hot, water or other calorie-free liquid
(2 scoops) LynFit Metabolic Boosting Complete Protein Powder of choice

1. Pour water into a glass mug or bowl
2. Add protein powder
3. Mix thoroughly with a spoon or whisk
4. Warm for 20 seconds in microwave (optional)

HELPFUL HINTS

FOR A THICKER SHAKE
- Use less water
- Add more ice
- Blend for a longer time
- Blend at a higher speed

FOR A SWEETER SHAKE
- Add non-caloric sweeter (Stevia/Splenda)

FOR A CREAMIER, FROTHIER SHAKE
- Blend for a longer time at a lower speed

FOR A LESS SWEET SHAKE
- Add (½ tsp.) granulated instant coffee

*Check label for exact amount of protein (scoops vary depending on which protein powder you use)
# Approved Food List & Foods to Avoid

## Approved
- Any/all calorie-free liquids
- Any/all herbs & spices (fresh, dried, frozen)
- Extracts (alcohol-free)
- Tea (black, chai, green, mint – calorie & sugar-free)
- Instant & pre-brewed coffee – (calorie & sugar-free)
- Flavored syrups – (calorie & sugar-free)
- Sugar & fat-free Jell-O (limit to 3 times weekly)
- Lettuces & leafy greens
- Cucumbers
- (1 serving = 1 cup) Berries – any/all
- (1 small) Apple
- Lemon juice
- Lime juice
- LynFit Daily Power Shot
- LynFit Daily Repair Liquid Collagen
- LynFit Energy Ignite
- LynFit Thyro-Boost

## Avoid
- Nuts & nut powders (includes PB2)
- Nut butters
- Nut milks
- Seeds (all – including chia)
- Milk (all – including almond, oat, & soy)
- Collagen powders
- Green powders (all – including reds)
- Juices (all – unless 100% calorie & sugar-free)
- Maca powder
- Smoothie mixes & blends
- Teas, not listed
- Fruits, not listed (includes avocados & bananas)
- Vegetables, not listed
- Supplements & supplement powders, not listed
- Fiber & fiber supplements (LynFit Complete Protein contains 5g of prebiotic fiber in each shake – no need to add more!

## Weight Loss Success Tip:
If you don’t see it on the “Approved List” don’t add it to your shake. It might block weight loss and fat-burning!

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### When you switch to LynFit Metabolic Boosting Complete Protein, you will:
- Save approximately 300 calories per day (10,000 calories per year)
- Reduce cortisol levels
- Prevent blood sugar spikes
- Lower cholesterol and blood pressure

“The Best Whey for Weight Loss!”
COLD DRINKS

CHOCOLATE TRUFFLE RECIPES

Chocolate Almond Truffle
(¾ cup) water
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Almond extract

Chocolate Truffle Caramel
(¾ cup) Water
(1 scoop) LynFit Chocolate Truffle Metabolic Boosting Complete Protein
(1 scoop) LynFit Metabolic Boosting Salted Caramel
Gradually add ice, if desired

Metabolic Mocha
(½ cup) Water
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Granulated instant coffee

Peanut Butter Chocolate Truffle
(¾ cup) Water
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Peanut butter extract or zero-calorie syrup

FRENCH VANILLA CRÈME RECIPES

Creamy Vanilla Bean
(¾ cup) Water
(2 scoops) LynFit French Vanilla Crème’ Metabolic Boosting Complete Protein
Gradually add ice, if desired

Vanilla Chai
(¾ cup) Water
(2 scoops) LynFit French Vanilla Crème’ Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Chai spice

Cinnamon Roll
(¾ cup) Water
(2 scoops) LynFit French Vanilla Crème’ Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Cinnamon

Coconut Vanilla Crème
(¾ cup) Water
(2 scoops) LynFit French Vanilla Crème’ Metabolic Boosting Complete Protein
Gradually add ice, if desired
(1 tsp.) Coconut extract
### SALTED CARAMEL RECIPES

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salted Caramel Mocha</strong></td>
<td>(¾ cup) Water, (2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein, Gradually add ice, if desired, (1 tsp.) Granulated instant coffee</td>
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<tr>
<td><strong>Cinnamon Salted Caramel</strong></td>
<td>(¾ cup) Water, (2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein, Gradually add ice, if desired, (1 tsp.) Cinnamon</td>
</tr>
<tr>
<td><strong>Salted Caramel Banana Bread</strong></td>
<td>(¾ cup) Water, (2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein, Gradually add ice, if desired, (1 tsp.) Banana extract or sugar-free pudding</td>
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<tr>
<td><strong>Dulce De Leche</strong></td>
<td>(¾ cup) Water, (2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein, Gradually add ice, if desired, (1-2 packets) Brown sugar Splenda</td>
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### CLEAN KETO COFFEE CREAMERS & FROTH

<table>
<thead>
<tr>
<th>Creamer</th>
<th>Ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vanilla Keto Coffee Creamer</strong></td>
<td>(½ cup) Cold water, (2 scoops) LynFit French Vanilla Crème’ Metabolic Boosting Complete Protein, Blend longer</td>
</tr>
<tr>
<td><strong>Chocolate Truffle Keto Creamer</strong></td>
<td>(½ cup) Cold water, (2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein, Blend longer</td>
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<tr>
<td><strong>Caramel Keto Creamer</strong></td>
<td>(½ cup) Cold water, (2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein, Blend longer</td>
</tr>
<tr>
<td><strong>Melt Fat Milk (4 servings)</strong></td>
<td>(¾ cup) Cold water, (2 scoops) LynFit Metabolic Boosting Complete Protein (flavor of choice), Stir with whisk, Refrigerate</td>
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<tr>
<td>Month</td>
<td>Shake Recipe</td>
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<td>-----------------------------------------------------------------------------</td>
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</tbody>
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| January     | **Clean Keto Green Smoothie**  
(¾ cup) Water  
(2 scoops) LynFit French Vanilla Crème Metabolic Boosting Complete Protein  
(1 cup) Romaine lettuce  
(1-2 dropperfuls) LynFit Thyro-Boost |
| March       | **Key Lime Pie**  
(¾ cup) Water  
(2 scoops) LynFit French Vanilla Crème Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(1 tsp.) Key lime extract or sugar-free Jell-O |
| April       | **Chocolate Strawberry Cheesecake**  
(¾ cup) Water  
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein  
(1 tsp.) Sugar-free cheesecake Jell-O  
(2-3) Strawberries |
| May         | **Pineapple Collagen Colada**  
(¾ cup) Water  
(2 scoops) LynFit French Vanilla Crème Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(½ cup) Pineapple (fresh or frozen)  
(1 oz.) LynFit Daily Repair Liquid Collagen |
| June        | **Peaches-n-Cream**  
(¾ cup) Water  
(2 scoops) LynFit French Vanilla Crème Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(½) fresh or frozen peaches, cut up |
| July        | **Immune Boosting Berry Bomb**  
(¾ cup) Water  
(2 scoops) LynFit French Vanilla Crème Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(1/8 cup each) Blueberries & Strawberries  
(1 oz.) LynFit Daily Power Shot |
| September   | **Caramel Apple Pie in a Glass**  
(¾ cup) Water  
(2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(1 small) Apple, cut into chunks |
| October     | **Almond Joy**  
(¾ cup) Water  
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(1 tsp.) Almond extract |
| November    | **Caramel Pumpkin Pie**  
(¾ cup) Water  
(2 scoops) LynFit Salted Caramel Metabolic Boosting Complete Protein  
Gradually add ice, if desired  
(1 tsp.) Pumpkin pie spice extract |
| December    | **Spiced Chocolate Egg Nog**  
(¾ cup) Water  
(2 scoops) LynFit Chocolate Truffle Metabolic Boosting Complete Protein  
(¼ tsp.) Nutmeg & cinnamon |
YOUR PARTNER IN WEIGHT LOSS & HEALTH MANAGEMENT

For 30+ years, Lisa Lynn, founder of LynFit Nutrition®, has helped hundreds of thousands of people lose weight through its metabolic boosting nutritional supplements and programs that combine clean keto foods that promote weight loss and fat-burning with in-depth lifestyle intervention and education.

LynFit’s specially formulated protein powders and Lean Bars with prebiotic fiber are made from only the finest ingredients with the highest absorption rates, creating extraordinary tasting, satisfying weight loss smoothies, warm drinks, award-winning protein pancakes, and breads, all of which kill cravings and hunger and trigger weight loss.

Lisa Lynn has dedicated her life for the last 30 years researching and stacking the best and most effective nutrients and Ingredients that, when used properly (as directed), can be ten times more effective than diet and exercise alone when it comes to losing weight and melting off dangerous, stubborn belly fat. Every aspect of health is improved from the inside out.

Ever hear of the phrase “wake up with whey” or “fill up with prebiotic fiber”? How about these celebrity game-changing nutrients?

- Raspberry Ketone
- White Kidney Bean Extract
- Forskolin
- L-Carnitine
- Banaba Leaf

If you have, that’s because Lisa Lynn introduced these all-natural celebrity ingredients to the world on the Dr. Oz Show. They quickly became overnight sensations and one of the highest-rated episodes, helping those who struggle to finally be able to lose weight and reach their health goals when every other diet had failed them.

Lisa spent 19 years as Martha Stewart’s personal trainer, which led to over 60 television appearances on The Martha Stewart Living Show. She continues to reach those who are struggling through her appearances on national media outlets and enjoys the smaller town channels such as WFLA, WTNH, FOX Tampa, along with the national syndicated Meredith Vieira Show. She has also been featured on ABC, NBC News, FOX and Friends, and Trinity Broadcast Network, to name a few.