



Snacks to Boost Your Metabolism

Recipes by Lisa Lynn

- Low carb
- Gluten-free
- Grain-free
- Low sugar
- Low fat
- High protein



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BELIEVE. BEGIN. BECOME.

A PERSONAL NOTE

If there's one thing I know how to do well, it's eat. I love food, and I love to eat — especially desserts! But, like some of you, I struggle with moderation.

I've never been one of those people who can eat just a little bite of a truffle and walk away. Not only do I eat the entire truffle but I almost always go back and finish the entire batch.

I also like to have my favorite foods daily, so when it comes to indulging, it must be good for my slow metabolism. I've learned how to turn the most indulgent splurges that you would normally set aside for a cheat day into irresistibly delicious, metabolic boosting splurges you can have every day.

These recipes are made with the highest-quality, cleanest, and most delicious whey protein powder from LynFit Nutrition. They taste even better than the original gut-busting recipes while saving you time. You'll save money too because you won't be buying all those fancy, expensive ingredients.

A lot of the recipes were inspired by my travels to Europe where people are overflowing with happiness and joy. I'm convinced it's because they eat chocolate for breakfast. ☺

I took these recipes and made them lighter, leaner, and easier to make. Creating them at home will be a yummy success for you and your family.

Here are a few preparation/cooking notes:

Cooking times may vary according to your oven, and you may need to add a splash of water to recipes that appear to be too dry. Remember, it's your food so make it suit your needs.

Don't be afraid to experiment with ingredients. Just make sure they are calorie-free. LynFit Complete Protein should be the only protein powder used for best tasting results that won't stop your weight loss.

It is important to note that I haven't added any ingredients that aren't good for weight loss, and I almost always use Vanilla Whey Protein which is already sweetened but feel free to add sweetener (Stevia® or Splenda®) if you feel the need.

Nutritional information may vary according to the specific ingredients used.

All recipes are single servings unless otherwise note.

So, the next time your cravings start screaming your name, **GO AHEAD, SIN A LITTLE.** Show your body some love with these decadent metabolic boosting recipes.

And if you don't believe in God, you will think these recipes are heaven sent after you try them all!

Lisa Lynn

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WHY WHEY?

Whey protein kicks hunger and cravings to the curb, and LynFit Whey Protein makes it delicious. LynFit's Whey Complete Protein nourishes the body with 24 grams of premium-grade, lactose-free, micro-filtered whey protein loaded with essential amino acids that stop weight gain and promote weight loss.

Protein is the most valued of all nutrients, yet 97 percent of us are protein deficient. According to the CDC, the average person probably needs half his or her goal weight, or current body weight, in protein each day to lose weight.

A Mayo Clinic study shows that specific types of protein, such as LynFit's Complete Whey Protein (egg white as well) also play a critical role in the aging process. This study showed that people who are deficient in protein aged 4–5 times faster than those who consumed the proper amount needed for their body from high-quality sources. With today's busy lifestyles, combined with the American diet, it can be difficult to meet the body's protein needs. And most of us either don't eat protein, or we choose the protein source based on what we like vs. what's best for our body.

Foods like yogurt or juicing that do not contain the right kind of complete protein, or contain high-fat or sugar, defeat the purpose. That's where having the right tools handy come in. LynFit's delicious, metabolic boosting Whey Protein makes it easy! With only 155 calories per serving, LynFit Complete Whey Protein contains less sugar than any other brand.

LynFit Nutrition stands behind its purity principles of never adding any soy, fillers or starches that might prevent you from losing weight or adversely affecting your health.

Simply stated, by boosting your metabolism by up to 25 percent and blocking cortisol (stress hormones) levels, LynFit Complete Protein is your best tool for weight loss and overall health.

- Deliciously satisfying & convenient
- Nourishes lean muscle
- Crushes cravings & kills hunger
- Promotes fat burning & reshaping
- Low-carb friendly & optimizes every diet

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Metabolic Boosting Protein Shakes

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Be Lean Birthday Cake Protein Shake



The Be Lean Birthday Cake Protein Shake will help you burn calories vs. storing them. Low-calorie, low-carb, no sugar.....Oh my!

NUTRITIONAL INFO

Calories: 232
Carbs: 22 grams
Sugar: 6 grams
Protein: 36 metabolic boosting grams
Serves: 1

Fat: 1.5 grams
Fiber: 3 grams

Directions:

Put all the ingredients into a blender or shaker cup and mix well. Garnish with sprinkles.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (3 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice

Skinny Pumpkin Pie Protein Shake



The Skinny Pumpkin Pie Protein Shake will help you save 334 calories and 23 grams of fat.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1

Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Pumpkin pie spice

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Clean & Lean Apple Pie Protein Shake



The Clean & Lean Apple Pie Protein Shake will help you save around 200 calories and 20 grams of fat.

NUTRITIONAL INFO

Calories: 220
Carbs: 30 grams (25 net)
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1
Fat: 1 gram
Fiber: 5.5 grams

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- A dash of cinnamon
- A dash of nutmeg
- A peeled, cored, chopped up apple for bulk

Fat-Blasting Cinnamon Roll Protein Shake



The classic cinnamon roll could set you back 800 calories, 36 grams of fat, and 59 grams of sugar. The Fat-Blasting Cinnamon Roll Protein Shake will help save you 645 calories, 56 grams of sugar, and 35 grams of fat.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1
Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Cinnamon

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Melt Fat Milk Protein Shake



This fat-melting milk packs 24 grams of metabolic boosting protein and saves you the insulin-spiking sugar from lactose. Swap out the milk you put in your coffee for this leaner version.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1

Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Vanilla extract

Melt Fat Mocha Blast Protein Shake



The Melt Fat Mocha Blast Protein Shake will help you blast fat and calories due to saving you hundreds of calories, fat, and sugar.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1

Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 cup) Warm coffee (not hot)
- Handful of ice

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Oreo Cookie Craving Killer Protein Shake



Be honest, how many of us eat just one Oreo® cookie? With the Oreo Cookie Craving Killer Protein Shake, the servings are limitless, and you'll be nourishing your body and boosting your metabolism.

NUTRITIONAL INFO

Calories: 200
Carbs: 25 grams
Sugar: 6 grams
Protein: 24 metabolic boosting grams

Fat: 2 grams
Fiber: 1 gram

Serves: 1

Ingredients:

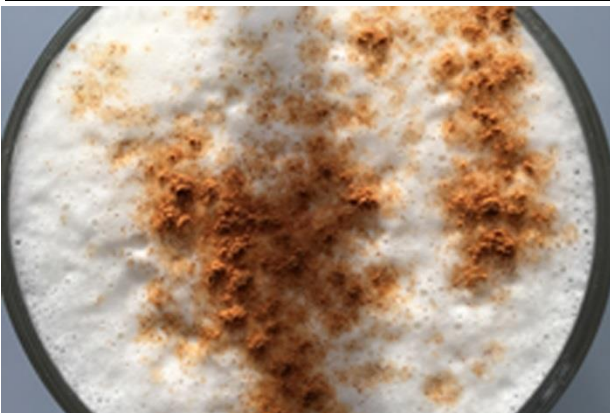
- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- (1 tbsp.) Oreo Cookie pudding (sugar-free, if possible)
- Handful of ice

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Fat-Burning Flat White Protein Shake



Need a protein boost? You'll love the Fat-Burning Flat White Protein Shake. Enjoy eating the froth with a spoon for a little "trick play."

NUTRITIONAL INFO

Calories: 134
Carbs: 7 grams
Sugar: 2 grams
Protein: 24 metabolic boosting grams

Fat: .59 grams
Fiber: 1 gram

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½–1 cup) Water black coffee or warm water

Directions:

Blend or shake in Shaker Cup until frothy (better blended)

**LynFit's shakes can even be stirred with a spoon.*

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Melt Fat Mochaccino Protein Shake



You will save hundreds of calories, fat, and sugar with the Melt Fat Mochaccino Protein Shake. A deep, delicious flavor that's enjoyable any season of the year.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 1 gram

Serves: 1

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 tsp.) Granulated coffee
- (½–cup) Water
- Handful of ice

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Metabolic Boosting Hot Chocolate Protein Shake



The Metabolic Boosting Hot Chocolate Protein Shake will heat up your metabolism so you burn more calories all day long.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 1 gram

Serves: 1

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 cup) Hot coffee

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

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Metabolic Boosting Detoxifier Protein Shake



The Metabolic Boosting Detoxifier Protein Shake provides your body with alkalizing greens that won't spike blood sugar levels the way juicing will. Plus, you get the added benefit of protein!

NUTRITIONAL INFO

Calories: 140
Carbs: 15 grams
Sugar: 2 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 2 grams

Serves: 1

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Dream Non-GMO Advanced Protein Powder
- (½ cup) Water
- Handful of ice
- (½ cup) Cucumber, peeled & diced
- Handful of baby greens or Romaine spinach
- Squeeze ½ of a lemon for juice
- *Add (1–2) full droppers of LynFit Thyro-Boost to provide nutrients & promote detox process

Kill Cravings Peanut Butter Cup Protein Shake



The Kill Cravings Peanut Butter Cup Protein Shake will fill you up without filling you out. Switch the craving switch off and keep you feeling fuller.

NUTRITIONAL INFO

Calories: 180
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams

Fat: 2 grams
Fiber: 1 gram

Serves: 1

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½ cup) Water
- Handful of ice
- (½ tbsp.) PB2 or other powdered peanut butter

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Peppermint Patty Protein Shake



The Peppermint Patty Protein Shake helps to relieve bloating, gassiness, and tummy aches due to IBS. This shake will also help to reduce gastric reflux.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1

Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Pre-brewed green tea
- Handful of ice
- Or, replace green tea with ½ cup of water & ¼ tsp. of mint extract

Raspberry Ketone Protein Shake



If you want to trick your body into thinking like a skinny person, the Raspberry Ketone Protein Shake is for you. Add LynFit Accelerator Advanced to turn the weight gain switch off and the weight loss switch on.

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams
Serves: 1

Fat: 1 gram
Fiber: 1 gram

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (½ cup) Raspberries
- The contents from one (1) LynFit Accelerator Advanced

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The Energizer Morning After Protein Shake



The Energizer Protein Shake provides energy that nourishes with over 90 essential vitamins, minerals, enzymes. Feeling better begins with nourishing your body!

NUTRITIONAL INFO

Calories: 165
Carbs: 15 grams
Low glycemic sugar: 5 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 1 gram

Serves: 1

Directions:

Put all the ingredients into a blender or shaker cup and mix well.

**LynFit's shakes can even be stirred with a spoon.*

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 oz.) LynFit Daily Power Shot

Creamy Red Velvet Smoothie



This smoothie packs quite the wholesome punch. Beets are an excellent tonic for the liver and provide iron, magnesium, folate potassium, and nitrates. When added to this smoothie, it's a metabolic boosting miracle and health-booster.

NUTRITIONAL INFO

Calories: 225
Carbs: 21 grams
Protein: 26 metabolic boosting grams

Fat: 1.5 grams
Fiber: 4.5 grams

Serves: 1

Directions:

Put all the ingredients into a blender and mix well.

Ingredients:

- (2 scoops) LynFit Vanilla or Chocolate Protein Powder
- (½ cup) Water
- Handful of ice
- (2) Beets
- (½ tbsp.) Chia seeds

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Fat-Blasting Breads

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Blast Fat Banana NOT Bread



Swap out your regular bread to this version and you'll save over 400 calories and 40 grams of sugar per slice. This Banana Bread is fat-free and made with metabolic boosting whey protein powder.

NUTRITIONAL INFO

Calories: 60–65 per slice Fat: 0 grams
Carbs: 2 grams Fiber: 1 gram
Protein: 15 metabolic boosting grams
Serves: 12 slices

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (5) Egg whites — beaten
- (2 tbsp.) Splenda® (add more if needed)
- (1 tsp.) Baking soda
- (1 tsp.) Baking powder
- (1 cup) Mashed ripe bananas (2 large)
*Add a smidgen of water if mixture seems to doughy — more for a moister bread

Slim Quick Tips:

- *This is a great snack or on-the-go meal when you're trying to get lean*
- *Try this bread with a cup of hot chocolate made with LynFit Complete Protein Powder*

Directions:

- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan w/ vegetable spray and set aside
- Unpeel and mash bananas in a separate bowl and set aside
- In another bowl, mix protein powder, Splenda®, baking powder, & baking soda — set aside
- Using a large bowl, combine egg whites and banana. Once mixed well, add dry mixture to moist banana & egg white mixture & stir until moist (it's okay if the batter is lumpy — if you prefer, mix batter in a blender for a smoother bread)
- Bake for 45–60 minutes (keep an eye on cooking times as ovens may vary)
- Let bread cool for 10–15 minutes prior to cutting

NOT ALL WHEY IS CREATED EQUAL!

The whey used in protein shakes favored by bodybuilders who are looking to bulk up contains fat and lactose. Micro-filtered, high-quality whey, which removes most of these two ingredients, and is found in LynFit Complete Protein, is the fat-busting protein of choice. LynFit uses whey concentrate in its protein powder. Whey is a complete protein, containing all 20 amino acids and all nine essential amino acids the body needs. It helps in muscle recovery and is widely considered to be the highest-quality natural protein.

You will not see the same results using a lower-grade whey product. In fact, if you are using protein shakes for meal replacements and don't see results within two weeks and don't feel cravings dissipated, you are using cheap whey!

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Fat Burning French Toast



This healthy French toast recipe is very high in protein yet low in carbs and sugar. It's quick, easy, and you will not believe how delicious.

NUTRITIONAL INFO

Calories: 60–65 per slice Fat: 0 grams
Carbs: 2 grams Fiber: 1 gram
Protein: 15 metabolic boosting grams
Serving: 1 per recipe

Ingredients:

- (1) Egg white (use 2 if small)
- (¼ cup) Pre-made Protein Shake
- (½ tsp.) Vanilla extract
- Splenda® or sweetener of choice
- (1 slice) Blast Fat Banana NOT Bread or bread of choice (using a different bread may affect nutritional information)
- (¼ cup) Berries for topping

Optional Serving Suggestions:

- Pour Walden Farms Zero Calorie Maple Syrup over the top.
- Top with berries for a beautiful, healthy dessert, or LynFit Vanilla Protein Powder

Directions:

- In a large baking dish, stir together the egg white, pre-made protein shake, vanilla extract or cinnamon (and if needed, sweetener to taste)
- Dip the bread in the egg mixture and let soak for 3–5 minutes. Flip bread and let soak another 3–5 minutes.
- Spray a griddle or large pan with cooking spray and heat to medium heat
- Cook bread until lightly golden brown on each side
- Garnish with berries or sprinkle with Vanilla Protein Powder

HIGH BLOOD SUGAR DRIVES YOUR BODY TO PRODUCE MORE INSULIN

High Glycemic Index foods cause the body to produce higher levels of insulin, but sometimes too much. This gives you an energy burst, known as a “sugar rush.” It feels good at first, but then your blood sugar drops rapidly to lower than normal levels, known as a “crash.”

Eating low Glycemic Index foods, like those containing LynFit Complete Whey Protein, is the smartest way to avoid the “sugar rush, sugar crash” cycle. And, they're all good for you because they stabilize blood sugar and insulin levels. It's also the fastest and easiest way to lose weight and melt belly fat.

LynFit Complete Whey Protein:

- Increases levels of glycogen, a hormone that causes body fat to be burned
- Gives you a feeling of satisfied hunger
- Helps balance mood
- Reduces the risk of heart disease, helps control diabetes, and positively affects the aging process

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Chocolate Monkey Bread



This is a great snack or on-the-go meal for when you're trying to get lean. Try this bread with a cup of LynFit Melt Fat Milk or LynFit Hot Chocolate made with LynFit Complete Protein — Yum!

NUTRITIONAL INFO

Calories: 60–65 per slice Fat: 0 grams
Carbs: 2 grams Fiber: 1 gram
Protein: 15 metabolic boosting grams

Serves: 12 slices per recipe

Ingredients:

- (2 cups) LynFit Chocolate Complete Protein
 - (5) Egg whites — beaten
 - (2 tbsp.) Splenda® (more if needed)
 - (1 tsp.) Baking soda
 - (1 tsp.) Baking powder
 - (1 cup) Mashed, ripe bananas (2 large)
 - (1 tsp.) Unsweetened cocoa powder
- *Add a smidgen of water if mixture seems too doughy—more for a moister bread

Directions:

- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan with vegetable spray and set aside
- Unpeel and mash bananas in a separate bowl, setting aside
- In another bowl, mix protein powder, Splenda®, baking powder, cocoa powder & baking soda — set aside
- Using a large bowl, combine egg whites and banana. Once mixed well, add dry mixture to moist banana & egg white mixture & stir until moist (it's okay if the batter is lumpy — if you prefer, mix batter in a blender for a smoother bread)
- Bake for 45–60 minutes (keep an eye on cooking times as ovens may vary)
- Let bread cool for 10–15 minutes prior to cutting

MORE THAN A “MUSCLE HEAD” CONCOCTION

Whey protein powder is a beneficial health food for anyone who is trying to lose weight and become healthier (especially among active people), but it's viewed by many as a “muscle head” concoction; meant only to be mixed in a shaker bottle and gulped down quickly. Few realize how versatile the supplement can be.

Used creatively, you can use whey protein powder to reduce ingredients used in recipes, increase nutritional values, and breathe new life into you and your family's meal and snack times!

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Cinnamon Swirl



The classic cinnamon roll could set you back 800 calories, 36 grams of fat, and 59 grams of sugar. Save the calories, fat, and sugar with this wonderful Cinnamon Roll. Make extra because you'll want more when those cravings strike!

NUTRITIONAL INFO

Calories: 60–65 per slice

Fat: 0 grams

Carbs: 2 grams

Fiber: 1 gram

Protein: 15 metabolic boosting grams

Serves: 12 slices per recipe

Ingredients for Roll:

- (2 cups) LynFit Vanilla Complete Protein
 - (5) Egg whites — beaten
 - (2 tbsp.) Splenda® (more if needed)
 - (1 tsp.) Baking soda
 - (1 tsp.) Baking powder
 - (1 cup) Mashed, ripe bananas
 - (1 tsp.) Unsweetened cocoa powder
- *Add a smidgen of water if mixture seems too doughy—more for a moister bread

Ingredients for Topping (Optional):

- (½ cup) Chopped or crushed walnuts
- (1 tsp.) Cinnamon
- (1–2 packets) Stevia® or Splenda®

Mix the above ingredients together and top your bread with it!

Directions:

- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan with vegetable spray and set aside
- Unpeel and mash bananas in a separate bowl, setting aside
- In another bowl, mix protein powder, Splenda®, baking powder, & baking soda — set aside
- Using a large bowl, combine egg whites and banana. Once mixed well, add dry mixture to moist banana & egg white mixture & stir until moist (it's okay if the batter is lumpy) — if you prefer, mix batter in a blender for a smoother bread
- Swirl the cocoa powder into the batter
- Bake for 45–60 minutes (keep an eye on cooking times as ovens may vary)
- Let bread cool for 10–15 minutes prior to cutting
- For a bonus, top with topping recipe

IN THE END, YOU GET WHAT YOU PAY FOR

How do you know if your whey is from a high-quality source and micro-filtered? As you might expect, price is an indicator. If you buy cheap whey, you get cheap whey. A pound of high-quality whey runs more than \$25 per pound and is *never* mixed with vitamins, dairy, soy, milk products, gluten, or any wannabe-whey proteins such as pea or potato protein.

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Good-for-You Cakes & Muffins

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Chocolate Protein Cupcakes



These delicious and good-for-you cupcakes go great with a LynFit fat-blasting Flat White Protein Shake. Dunk it in there—go ahead, I dare you!

NUTRITIONAL INFO

Calories: 80
Carbs: 8.5 grams
Protein: 12 metabolic boosting grams

Fat: 0.7 grams
Fiber: 1 gram

Servings: 3 per recipe

Ingredients:

- (1 scoop) LynFit Chocolate Complete Protein
- (½ tsp.) Baking powder
- (1 tbsp.) Unsweetened cocoa powder
- (1–2 packets) Splenda® or Stevia®
- (2 tbsp.) Liquid egg whites
- (2 tbsp.) Non-fat vanilla Greek yogurt
- Nonstick cooking spray

Ingredients for Frosting (Optional):

- (½ cup) Chopped or crushed walnuts
- (1 tsp.) Cinnamon
- (1–2 packets) Stevia® or Splenda®

Mix the above ingredients together and top your cupcakes with it!

Directions:

- Preheat oven to 350° F. Spray muffin tin with nonstick cooking spray
- Combine protein powder, baking powder, cocoa powder, and sweetener until well-mixed. Add the egg white and yogurt and combine all ingredients until evenly mixed.
- Spoon batter into muffin tins – about 2/3 full. Bake 15–18 minutes

Optional Serving Suggestions:

On special occasions, add a dollop of whipped cream or Walden Farms Zero Calorie Chocolate Syrup

BAKING WITH WHEY PROTEIN

In baking, whey protein is a thickening agent. By using the right amounts of dry and wet ingredients, fluffy, protein-packed baked goods are created. With whey protein, you can literally have your cake and eat it too.

Now is the time to bring satisfying, healthy desserts back into your life; and you can do so without having your hips pay the price. So, don't settle for just drinking your protein in a shake; make yummy, filling baked goods you can eat by the spoonful!

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BELIEVE. BEGIN. BECOME.

Good-for-You Carrot Cake Muffins



It doesn't get any better than this! Now you really can get in a serving of vegetables — eating Carrot Cake Muffins. The best part is you can eat them for breakfast without wrecking your weight loss.

NUTRITIONAL INFO

Calories: 105

Fat: 4.8 grams

Carbs: 7.5 grams

Fiber: 2.2 grams

Protein: 8.3 metabolic boosting grams

Servings: 4 per recipe

Ingredients:

- (1 cup) Grated carrots (2 large carrots, grated by hand)
- (3) Egg whites
- (½ cup + 1 tbsp.) Walnuts (1 tbsp. for frosting)
- (¼ cup) LynFit Vanilla Complete Protein
- (1 tsp.) Cinnamon

Ingredients for Frosting (Optional):

- (2 scoops) LynFit Vanilla Complete Protein
- (1 cup) Lemon yogurt – low-sugar, low-calorie
- (5 tbsp.) Pre-made LynFit Protein Shake for liquid and flavor
- Sprinkling of lemon juice for more flavor if needed

Directions for Frosting:

- In a bowl, stir together protein powder and yogurt.
- Stir in 1 tbsp. of pre-made shake at a time until you get a frosting-like mixture. It should be creamy, not overly runny. Add more protein powder to make a thicker frosting, or more yogurt for creamier.

Tip: Put the frosting in a Ziploc® bag, cut off the corner, and squeeze the frosting onto the cupcake.

Directions:

- Preheat oven to 400° F
- Blend walnuts (save the extra tbsp. for frosting), whey, and cinnamon in a food processor
- Add grated carrots and egg whites, process until thoroughly blended
- Pour batter into silicon muffin mold or use cupcake liners
- Bake for 15–20 minutes

WHEY PROTEIN PLAYS A VITAL ROLE

Most of us either don't eat protein, or we choose the protein source based on what we like vs. what's best for our body. Foods like yogurt or juicing that do not contain the right kind of complete protein, or contain high-fat or sugar, defeat the purpose.

That's where having the right tools handy come in. LynFit's delicious, metabolic boosting Complete Whey Protein makes it so easy. Each premium formulated, energizing, delicious shake will provide your body with 24 grams of 100 percent clean whey protein; exactly what your body needs to lose weight, tone up, and slow the aging process.

With only 155 calories per serving, LynFit Complete Whey Protein contains less sugar than any other brand.

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BELIEVE. BEGIN. BECOME.

Be Lean Blueberry Muffins



Satisfy your sweet tooth while saving the calories and fat with Be Lean Blueberry Muffins. Fluffy and packed with nothing but good-for-you nutrition!

NUTRITIONAL INFO

Calories: 57
Carbs: 2.5 grams
Protein: 10 metabolic boosting grams
Fat: 1 gram
Fiber: 2 grams
Servings: 3 per recipe

Ingredients:

- (1 scoop) LynFit Vanilla Complete Protein
- (½ tsp.) Baking powder
- (1 cup) Blueberries
- (1–2 packets) Splenda® or Stevia®
- (2 tbsp.) Liquid egg whites
- (2 tbsp.) Non-fat vanilla or blueberry Greek yogurt
- Nonstick cooking spray

Ingredients for Frosting (Optional):

- (2 scoops) LynFit Vanilla Complete Protein
- (1 cup) Blueberry flavored yogurt – low-sugar, low-calorie
- (5 tbsp.) Pre-made LynFit Protein Shake for liquid and flavor
- Sprinkling of lemon juice for more flavor if needed

Directions for Frosting:

- In a bowl, stir together protein powder and yogurt.
- Stir in 1 tbsp. of pre-made shake at a time until you get a frosting-like mixture. It should be creamy, not overly runny. Add more protein powder to make a thicker frosting, or more yogurt for creamier.

Tip: Put the frosting in a Ziploc® bag, cut off the corner, and squeeze the frosting onto the cupcake.

Directions:

- Preheat oven to 350° F
- Spray muffin tin with nonstick cooking spray
- Combine protein powder, baking powder, and sweetener until well-mixed.
- Add the blueberries, egg white and Greek yogurt and combine all ingredients until evenly mixed.
- Spoon batter into muffin tins – about 2/3 full.
- Bake 15–18 minutes

LYNFIT PURITY PRINCIPLES

LynFit Nutrition stands behind its purity principles of never adding any soy, fillers or starches that might prevent you from losing weight or adversely affecting your health.

The lactose-free formula of LynFit Whey Protein leaves you with none of the harmful side effects that other protein powders can cause. A faster, pre-digested (easier digesting) protein powder means faster weight loss and health for you.

Simply stated, by boosting your metabolism by up to 25 percent and blocking cortisol (stress hormones) levels, LynFit Complete Whey Protein is your best tool for weight loss and overall health.

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BELIEVE. BEGIN. BECOME.

Deliciously, Dreamy Pies

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Blueberry Dream Clafouti



Clafoutis are almost always dusted with powdered sugar and served lukewarm; sometimes with cream, which is a diet deal breaker — until now. Sprinkle with LynFit Vanilla Protein instead of sugar! This recipe transforms clafouti into a themogenic dessert for under 90 calories.

NUTRITIONAL INFO

Calories: 60
Carbs: 5.9 grams
Protein: 9.2 metabolic boosting grams

Fat: 0 grams
Fiber: .2 grams

Servings: 2 per recipe

Ingredients:

- (1/3 cup) Melt-fat milk (stir together 2 scoops LynFit Vanilla Protein Shake with 1/3 cup water)
- (3 tbsp.) Oats
- (2) Egg whites
- (1 tbsp.) LynFit Vanilla Complete Protein
- (1/3 cup) Blueberries, or berry of choice

Directions:

- Preheat oven to 450° F.
- Place oats in food processor or blender and process until the oats look similar to oat flour
- Add whey, egg, and melt-fat milk together with the oats and process until well blended. Add berries last to avoid squishing them.
- Spray loaf pan with spray oil and transfer mixture to pan
- Bake 20 minutes
- Enjoy warm or cold

Nutter Butter Pie



This is my family's favorite dessert. It's rich, decadent, and only has three ingredients. You can make this with any kind of nut butter. Our favorite is peanut butter. Delicious hot or cold.

NUTRITIONAL INFO

Calories: 167
Carbs: 13.3 grams
Protein: 18.7 metabolic boosting grams

Fat: 4 grams
Fiber: .7 grams

Servings: 3 per recipe

Ingredients:

- (½ cup) Melt-fat milk (stir together 2 scoops LynFit Vanilla Protein Shake with 1/3 cup water)
 - (¼ cup) LynFit Vanilla Complete Protein
 - (2 tbsp.) Peanut Butter
- *Make individual servings for better portion control*

Directions:

- Preheat oven to 350° F.
- Beat all ingredients together for 5 minutes or until mixture begins to thicken
- Spray muffin pan with nonstick cooking spray
- Spray loaf pan with spray oil and transfer mixture to pan
- Pour mixture in and cook for 15 minutes

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Protein Powered Ice Cream

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BELIEVE. BEGIN. BECOME.

Protein Powered Vanilla Ice Cream



Sick of relying on protein shakes to get your protein? Me too! Here is a simple, yet super-delicious, fluffy ice cream recipe you'll crave that won't hurt your waistline. It's ready almost immediately if the shake is pre-made, so there's no waiting to satisfy your cravings!

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 1 gram

Servings: 1 per recipe

Ingredients:

- (2 scoops) LynFit Vanilla Complete Protein Powder
- (1 cup) Cold Water
- (5) Ice cubes, if desired

Directions:

- Blend ingredients for one minute or until texture is smooth
- Pour blended mixture into ice tray and freeze
- When frozen, empty frozen mixture from ice tray into blender
- Gently blend until creamy, or desired texture

Protein Powered Chocolate Ice Cream



Who doesn't love chocolate and chocolate ice cream? I know I do! Satisfy that chocolate craving and not have it show up on your waistline with Protein Powered Chocolate Ice Cream!

NUTRITIONAL INFO

Calories: 155
Carbs: 15 grams
Sugar: 3 grams
Protein: 24 metabolic boosting grams

Fat: 1 gram
Fiber: 1 gram

Servings: 1 per recipe

Ingredients:

- (2 scoops) LynFit Chocolate Complete Protein Powder
- (1 cup) Cold Water
- (5) Ice cubes, if desired

Directions:

- Blend ingredients for one minute or until texture is smooth
- Pour blended mixture into ice tray and freeze
- When frozen, empty frozen mixture from ice tray into blender
- Gently blend until creamy, or desired texture

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Powering, Slimming Pancakes

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Happy Meal Power Chocolate Pancakes



What to make for breakfast that boosts metabolism and block cortisol levels — and kids will love?
Happy Meal Power Chocolate Pancakes!

NUTRITIONAL INFO

Calories: 172
Carbs: 10.2 grams
Protein: 27.6 metabolic boosting grams

Fat: 0.1 grams
Fiber: 0 grams

Servings: 1 per recipe

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (1 large) Egg white
- Dash of water

Optional Serving Suggestions:

Drizzle Walden Farms Zero Calorie maple or Blueberry Syrup on top

Directions:

- Mix Protein Powder, egg white, and a dash of water in a small bowl
- Pour mixed contents into non-stick skillet on medium heat
- Cook until done — 1–2 minutes per side (careful not to overcook)

Slimming Cinnamazing Pancakes



This is the world's cleanest and leanest pancake. A go-to recipe for those busy mornings when you need to save time without sacrificing health and nutrition.

NUTRITIONAL INFO

Calories: 172
Carbs: 10.2 grams
Protein: 27.6 metabolic boosting grams

Fat: 0.1 grams
Fiber: 0 grams

Servings: 2 per recipe

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (1 large) Egg white
- (1 tbsp.) Cinnamon
- Dash of water

Optional Serving Suggestions:

Drizzle Walden Farms Zero Calorie maple or Blueberry Syrup on top

Directions:

- Mix Protein Powder, egg white, cinnamon, and a dash of water in a small bowl
- Pour mixed contents into non-stick skillet on medium heat
- Cook until done — 1–2 minutes per side (careful not to overcook)

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Whey Too Good Fruit

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Cinnamon Protein Apples



Don't know what to do with all of those apples you bought? Eat them! When you pair them with LynFit Complete Protein they help turn off hunger and cravings.

NUTRITIONAL INFO

Calories: 81
Carbs: 17.2 grams
Protein: 4.3 metabolic boosting grams
Fat: 0.2 grams
Fiber: 2.5 grams
Servings: 3 per recipe

Ingredients:

- (3 large) Fuji apples
- (1 tbsp.) Cinnamon
- (1 scoop) LynFit Vanilla Protein Powder

Directions:

- Slice apples and place in a sealable plastic bag
- Pour cinnamon and Protein Powder into bag
- Shake vigorously, plate, and serve

Apple Whey Good Crispilicious



This dessert has fiber to help keep things regular and apples have been known to suppress appetite. It's irresistibly delicious and fills you up without filling you out.

NUTRITIONAL INFO

Calories: 124.1
Carbs: 21.7 grams
Protein: 1.5 metabolic boosting grams
Fat: 4.6 grams
Fiber: 3.7 grams
Servings: 4 per recipe

Ingredients:

- (3) Apples, cored & sliced
- (1½ tsp.) Lemon juice
- (1 scoop) LynFit Vanilla Complete Protein
- (½ tsp.) Cinnamon
- (½ cup) Applesauce
- (1 tsp.) Stevia® or Splenda®
- (1 tsp.) Splenda® brown sugar

Directions:

- Mix together base ingredients and spoon into a greased (use spray) cooking dish.
- Combine the topping mix and crumble over the base
- Bake at 350° F for 20–30 minutes or until golden brown

For Topping:

- (1 cup) Oatmeal
- (1 scoop) LynFit Vanilla Complete Protein
- (2 tbsp.) Splenda® brown sugar
- (2 tbsp.) Smart Balance®

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Chocolate Covered Strawberries



At only 25 calories a pop, you won't feel any guilt. These are fast and easy to make and that "someone special" will love you for it!

NUTRITIONAL INFO

Calories: 25
Carbs: 3 grams
Protein: 2 metabolic boosting grams

Fat: 0.2 grams
Fiber: 0 grams

Servings: 14 per recipe

Ingredients:

- (1 scoop) LynFit Chocolate Complete Protein
- (14) Medium-sized strawberries
- (2 tbsp.) Unsweetened cocoa powder
- (1 tbsp.) Stevia® or Splenda®
- (1½ tbsp.) Water

Directions:

- Mix all ingredients making sure you add ½ tablespoon at-a-time, until it becomes thick and stringy
- Dip & twist strawberries into chocolate then set upside down on parchment paper
- Refrigerate for one hour

High Protein Berrylicious



It's like Berries & Cream without the guilt, fat, and insulin spikes! This dessert turns a scientific fat-burning concoction into a delicious, good-for-you dessert you'll crave!

NUTRITIONAL INFO

Calories: 118
Carbs: 17.8 grams
Protein: 12.5 metabolic boosting grams

Fat: 0 grams
Fiber: 2 grams

Servings: 2 per recipe

Ingredients:

- (1 cup) Favorite berry
- (1 packet) Stevia® or Splenda®
- (1 scoop) LynFit Vanilla Complete Protein

Directions:

- Clean berries and place ingredients in a sealable bag
- Shake vigorously
- Plate and serve

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BELIEVE. BEGIN. BECOME.

High Protein, Bite-Sized Delicacies

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BELIEVE. BEGIN. BECOME.

Protein Peanut Butter Bliss Balls



This must be the best cheat food on the planet. Even my dogs love them! Three (3) high-protein Peanut Butter Balls for only 180 calories.

NUTRITIONAL INFO

Calories: 58
Carbs: 5.1 grams
Protein: 2.9 metabolic boosting grams
Fat: 3.2 grams
Fiber: .5 grams
Servings: 30 per recipe

Ingredients:

- (2 scoops) LynFit Vanilla or Chocolate Complete Protein Powder
- (1 cup) Natural peanut butter
- (¼ cup) Honey

Optional Serving Suggestions:

For an extra special treat; roll in shredded coconut or colored sprinkles for kids!

Directions:

- Preheat oven to 375° F.
- In a small bowl, mix all ingredients
- Powder your hands with flour (to prevent stickiness) and form into one-inch balls and place on baking sheet
- Bake 5–10 minutes

High Protein Chocolate Truffles



Why skip chocolate when you don't have to? High Protein Chocolate Truffles are a true delicacy of mouth-watering, good-for-you deliciousness!

NUTRITIONAL INFO

Calories: 29.3
Carbs: 4.6 grams
Protein: 1.3 metabolic boosting grams
Fat: 0.7 grams
Fiber: 0 grams
Servings: 20 per recipe

Ingredients:

- (1 cup) LynFit Vanilla or Chocolate Complete Protein Powder
- (1 cup) Natural peanut butter
- (½ cup) Dark chocolate, low-sugar spread
- (1/8 cup) Honey — Stevia® or Splenda® may be substituted

Optional Serving Suggestions:

Garnish with chopped nuts, crushed coconut, white chocolate chips, LynFit Vanilla or Chocolate Protein Powder

Directions:

- In a large mixing bowl, blend ingredients until it forms a doughy texture and hold shape
- Form into one-inch balls or candy shape, using a spoon or spatula
- Place into aluminum foil and place into freezer until frozen (about one hour)
- Keep chilled until just before eating so they keep their shape

*Almond or sunflower nut butters may be substituted for anyone with peanut allergies

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World's Healthiest Chocolate Chip Cookie



This dough takes only two minutes to whip up, so in less than ten minutes you can be scarfing down delicious, healthy cookies!

NUTRITIONAL INFO

Calories: 20.3
Carbs: 2 grams
Protein: 2 metabolic boosting grams

Fat: 0.4 grams
Fiber: .4 grams

Servings: 16 per recipe

Ingredients:

- (2 tbsp.) Coconut flour
- (2 tbsp.) LynFit Chocolate Protein Powder
- Pinch of salt
- (2 packets) Stevia® or Splenda® (to taste)
- (1/8 tsp.) Baking powder
- (6 tbsp.) LynFit Chocolate Melt Fat Milk
- (1 tbsp.) Chocolate Chips — Sprinkle on top rather than including in mixture to conserve calories

Directions:

- Preheat oven to 350° F.
- In a small bowl, mix Protein Powder, coconut flour, baking powder, Stevia® or Splenda®, and salt
- Add in Melt Fat Chocolate Milk one tablespoon-at-a-time until fully incorporated
- Stir in chocolate chips, or wait until the end to conserve calories
- Drop dough, by teaspoon or tablespoon, onto parchment-lined baking sheet. Flatten the dough into cookie shapes.
- Bake 6–8 minutes
- Allow to cool before eating

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