

LynFIT Nutrition

Lose up to 10 pounds in two weeks

Here are FIVE things that you can do to LOSE weight QUICKLY and safely to lose weight fast.

- Drink two to three protein shakes per day to keep your metabolism running high (the more you drink the more you will lose). IT WILL BOOST YOUR METABOLIM 25%!
- Drink WATER! The correct amount of water for you to drink each day is half of your body weight. *Ex: if you weigh 120 pounds you need to drink at least 60 ounces each day.*
- GO for more greens! Increase your green vegetable consumption (minus the fattening sauces & dressings) and DECREASE your starchy carbs and watch the weight pour off of you.
- Do not eat more than 100 grams of starchy carbohydrates per day. Know your numbers.
- EXERCISE if you want to look different NOT just smaller. Do your cardiovascular exercise 6–7 days a week and weights 2–3 days a week. KEEP in mind that you will lose weight on this plan with or without exercise BUT you want to be leaner and fitter as well so do your exercise!

SLIMMER BY DINNER MEAL PLAN

- Meal One: Protein shake w/1 Cutting Edge & 1 Accelerator & 1 Mega Nutrient
- Meal Two: Small Green Apple w/water
- Meal Three: Protein Shake w/1 Cutting Edge & 1 Accelerator & 1 Mega Nutrient
- Meal Four: 100 calorie popcorn w/water and a LOW glycemic fruit
- Meal Five: Clear broth Vegetable soup NO STARCH, Large salad and 4 ounces of Lean Protein
- Meal Six: 100 calorie no fat no sugar yogurt & Hot water with lemon

Helpful Hints:

- Remember this is a “TAKE WEIGHT OFF” plan not a maintenance plan-you can live through it for a day I promise! This plan is also a good eating plan that you can follow for life 4-5 days per week to help maintain your weight loss goals while allowing you to live in the real world a few meals a week.
- Eat foods from the LEAN LIFESTYLE list only-because they promote fat loss (comes with purchase of the weight loss kit, email me for details).
- Calorie free fluids as well as green salads are always unlimited so use them they are your best friends when trying to lose that extra weight.

****VERY IMPORTANT:** Be sure that you are taking your supplements to support your weight loss and your health while following a fat loss plan. You should be taking the Mega Nutrient multi-vitamin mineral as well as the Mineral Power (if you need extra energy) and DEFINITELY the Cutting Edge & Accelerator to burn off fat! Take all supplements as directed on the label or see Lisa for details!