

LynFIT Nutrition

Preparing the Perfect Fat Loss Shake

The following recipes are some suggestions for creating different weight loss shakes. By adding just a few simple ingredients, you can make lots of great tasting, low calorie protein shakes/fat loss smoothies. LynFIT Nutrition's Complete Protein Shake will increase your metabolism up to 25% helping you reach your weight loss goals faster! I encourage you to experiment with the different recipes to find what you like the best. Smoothie your way to a leaner body! Enjoy!

Basic Blender Mixing

½ cup cold water
2 scoops of LynFIT Nutrition Complete Protein Powder
5 ice cubes

Pour water into a blender and begin mixing on lowest speed.
Add 2 scoops of Lisa Lynn's Protein Powder and blend for 10 seconds.
Gradually add ice cubes until completely blended.
Blend on high speed for 1 minute.

Helpful Hints

-Always put the water in the blender or glass first, and then add the protein powder.
-Small to medium-sized ice cubes work best.
-Use low speed when adding ice cubes.

For a thicker shake

Increase number of ice cubes

For a creamier shake

Blend for a longer time at a low speed.

- These recipes are geared for Fat loss.
- Be sure you are using fat free AND Sugar free mix ins whenever possible.
- Remember the more shakes you drink each day the more weight/fat you will lose!

Halle Berry's Favorite Slimming Smoothie

Follow the directions above
Add 1 ½ tsp sugar free mixed fruit Jell-O

Pina Colada's for Fat loss

Follow the directions above
Add 1 tsp sugar free pineapple Jello-O

Guilt Free Triple Chocolate

Follow the directions above
Add 1 tsp sugar free chocolate pudding

Creamy Creamcicle

Follow the directions above
Add 1 tsp sugar free orange Jello-O

Fat Loss FUZZY Navels

Follow directions above
Add 1 ½ tsp sugar free peach Jello-O

Fat-Loss BOMB

Follow directions above
Add desired amount of your favorite flavored coffee

Martha Stewarts Favorite Lemon Crème

Follow the directions above
Add 1 tsp sugar free lemon Jell-O

SPEEDO Models secret Cinnamon Smoothie

Follow the directions above
Add 1 teaspoon cinnamon

BE LEANER Banana Colada

Follow the directions above
Add 1 tsp sugar free banana pudding
Great with Milk Chocolate and French Vanilla

Killer Key Lime

Follow the directions above
Add 1 tsp sugar free lime jello

Mocha Madness

Follow the directions above
Add 1 tsp granulated instant coffee

Chocolate Covered Strawberry

Follow the directions above
Add 1 1/2 tsp of Sugar Free/Fat free Strawberry
banana Jello-O to the Milk Chocolate Protein Powder

Chocolate Covered Cheesecake

Follow directions above
Add 1 tsp sugar free fat free
Great with Milk Chocolate or French Vanilla

Slimming Strawberry freeze

Follow the directions above
Add 3 frozen strawberries

Maple Magic

Follow the directions above
1 teaspoon maple extract