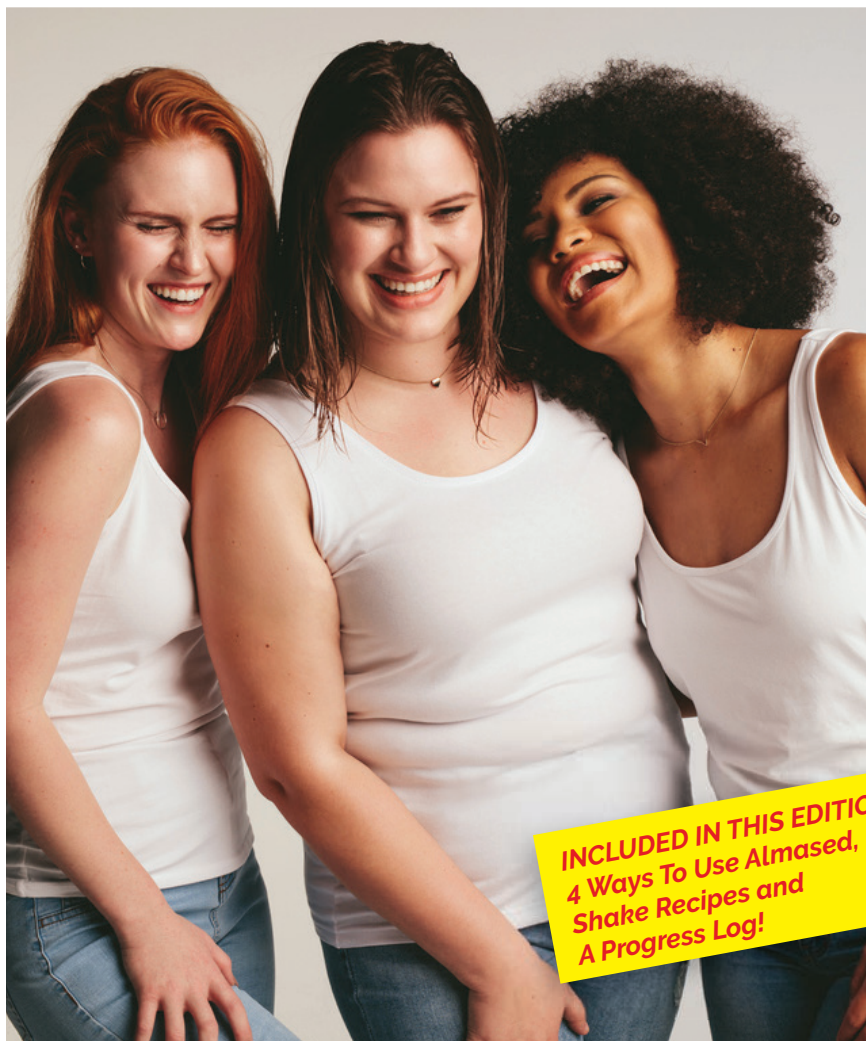


**Almased®**

# Figure Plan Plus

MORE WAYS TO A HEALTHIER LIFESTYLE

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**INCLUDED IN THIS EDITION:  
4 Ways To Use Almased,  
Shake Recipes and  
A Progress Log!**

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The saying goes "The proof is in the pudding." We say the proof is in Almased Success Stories!



For 30 years Almased has remained a cutting-edge and innovative nutritional formula that supports whole-body metabolic health.

# The Origin of Almased

## *A Founder's Story*

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**H**olistic therapist Hubertus Trouillé was a man with a passion for holistic science. He was inspired by a dream to help his patients energize their slow metabolism and improve heart health.

Trouillé worked to formulate a product that would improve the body's metabolic functions in a natural, healthy way.

The search was on for the best natural raw materials, such as non-GMO plant protein — which packs a clean punch and is low in allergens. Some raw milk protein was needed, but it also had to be low in milk sugar (hence the fully cultured yogurt). By adding raw unprocessed honey full of living enzymes — the dream began to show its true potential.

Together with his son André, Trouillé developed this mixture of nutrients based on soy, yogurt, and honey until he had perfected a unique fermentation process.

After self-testing, Hubertus administered the mixture to his patients.

### **Surprising Results**

After using the product, his patients experienced a wide range of benefits, from increased energy to improved overall health — all due to an efficiently functioning metabolism. Much to his surprise, Trouillé had not only developed a formula to support metabolic function but an amazing product that supports easy weight loss. Activating metabolism in overweight patients led to a natural reduction of unhealthy body fat. And from this, a star was born - The Almased Weight Loss Phenomenon™.

The greater challenge became the production wizardry that was needed to keep the live enzymes in the raw honey and yogurt culture active and full of vibrant health, while still within the container.

Almased's processing is very different from the standard



methods used in the industry. This proprietary method is admittedly complex but, as Andre Trouillé says, “That’s what it takes to do the job while adhering to natural, holistic values.” In fact, Almased is still manufactured with the same uncompromising standards developed by Hubertus Trouillé — who was dedicated to creating a premium-quality, natural product that helps people regain and preserve their highest level of health.

Did you know that even after the Almased canister is sealed, fermentation continues? This is how Almased remains an active, living food that supports the body in so many different ways.

### **From Our Kitchen Table to the World**

For 30 years, Almased has remained a cutting-edge and innovative nutritional formula that

supports whole-body metabolic health. In fact, Almased has become Germany's most popular easy diet for weight loss. It's a popular choice for everyone who wants to lose weight, maintain weight or support overall health.

Today, Almased is still a family business, owned and operated by Trouille's son, André, and André's daughter, Ann-Kathrin. The Trouillés have since expanded the worldwide Almased revolution to the United States, Canada, Austria, Switzerland, and parts of the United Kingdom.

So whether you want to lose weight, support healthy blood sugar levels, gain more energy, or feel more fit, Almased can work for you. Almased is simple, easy-to-use and can help you achieve amazing results!

# What is Almased?

## *The Ideal Weight Loss and Wellness Multi-Tasker*

Almased is the ideal weight loss and wellness multi-tasker that enhances your nutrition and helps you achieve your body transformation goals.

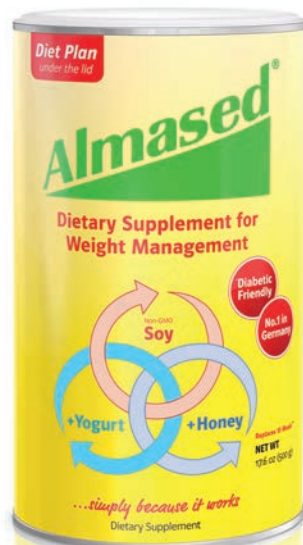
Almased is a meal replacement powder for weight loss, weight management and overall wellness, supported by over 15 years of scientific research.

It is made from 3 high-quality ingredients: non-GMO soy, yogurt and enzyme-rich honey, combined in a unique fermentation process with an ideal 2:1 protein and carb ratio.

It provides vitamins, minerals, trace elements and amino acids that nourish your body. The powerful health-support formula contains NO artificial fillers, flavors, added sugars, preservatives or stimulants. Almased is diabetic-friendly, gluten-free and suitable for vegetarians.

This brochure will accompany you on your total success journey with Almased. It explains how it works and how you can fit Almased into your lifestyle.

So, if you're looking for a lifestyle diet that can help you reach your health goals, look no further. Try Almased...simply because it works!



## Supplement Facts

Serving Size: 50g (8 level Tablespoons)  
Approximate Servings Per Container: 10

Amount Per Serving	% Daily Value*
<b>Calories</b> 180	
Calories from Fat 9	
<b>Total Fat</b> 1.0g*	<b>1.5%</b>
Saturated Fat 0.5g*	<b>2.5%</b>
Trans Fat 0g	**
Polyunsaturated Fat 0.1g	**
Monounsaturated Fat 0.4g	**
<b>Cholesterol</b> 3mg	<b>1%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Potassium</b> 500mg	<b>14%</b>
<b>Total Carbohydrates</b> 15g*	<b>6%</b>
Dietary Fiber 0.5g*	<b>2%</b>
Sugars 15g	**
<b>Protein</b> 27g*	54%
Vitamin A 794 IU	16%
Vitamin C 16mg	27%
Vitamin E 6 IU	20%
Thiamin (Vitamin B1) .5mg	33%
Riboflavin (Vitamin B2) 6mg	350%
Vitamin B6 .7mg	35%
Calcium 215mg	22%
Iron 4.9mg	27%

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

## Essential and Potentially Essential Amino Acid Content of Protein Ingredients

Amino Acid	Per Serving 50g
L Tyrosine	950mg
L Methionine	400mg
L Cystine	300mg
L Lysine	1550mg
L Threonine	950mg
L Tryptophan	400mg
L Leucine	2300mg
L Isoleucine	1400mg
L Valine	1400mg
L Histidine	700mg
L Arginine	1800mg
L Phenylalanine	1300mg

**Ingredients:** Soy Protein Isolate, Honey, Skim Milk Yogurt Powder, Potassium Chloride, Magnesium Carbonate, Calcium Citrate, Vitamin C, Niacin, Riboflavin (Vitamin B2), Vitamin E, Zinc Oxide, Ferrous Fumarate, Manganese Sulfate, Calcium Pantothenate, Vitamin B2, Vitamin B6, Vitamin B1, Vitamin A, Folic Acid, Potassium Iodide, Sodium Selenite, Biotin, Vitamin D3, Vitamin B12



# The Phenomenal Benefits of Almased

## *The Ideal Weight Loss and Wellness*

### 1. A Faster and Stronger Metabolism

Current research from the University of Edmonton in Canada shows that nutrient-rich Almased can have a positive impact on several metabolic factors that can help boost metabolism and energy levels, without any stimulants.

Supporting your active metabolism during a reduced-calorie diet can not only help you lose weight easily but can also help sustain your results once the diet is over and you increase your calorie intake again.

### 2. Quick and Easy Weight Loss That Lasts

Since metabolism doesn't slow down during the Almased Diet, the body takes the energy it needs from fat instead of muscle, so the body's muscles are preserved during weight loss.

With Almased, you lose the weight that really matters. Since weight loss with Almased is fat loss, you'll

not only see the number on the scale go down but also those inches — a true body transformation.

### 3. No More Starvation Diets

The high-quality protein in Almased works to protect muscle mass and also helps the body feel full for 4–6 hours. Research shows that compared to a standard breakfast, after consuming Almased, the hunger hormone, ghrelin, stays relatively lower for 4–6 hours, helping to reduce appetite.

A more controlled appetite throughout the day means less reaching for extra calories from snacks between meals. When your appetite is in control, staying on track with your goals becomes easier.

### 4. Continual Blood Sugar Support

Consuming high amounts of carbs or sugar causes the body to respond by releasing insulin to help transport sugar from the

bloodstream to other parts of the body. Consistently high levels of insulin over time can impair the body's ability to lose weight and break down fat.

On a low-carbohydrate diet or low-glycemic diet, the body absorbs sugar more slowly and, in response, the body releases insulin more moderately, supporting healthy blood sugar levels. Almased has a very low glycemic index of 27. A low glycemic index helps to maintain a healthy blood sugar level after a meal.

### 5. More Than Just Weight Loss

Almased provides the body with quality nutrition in one simple shake. **It contains: macronutrients, vitamins, minerals, trace elements, and essential amino acids.** A true powerhouse of health and nutrition that helps you look AND feel better!

Almased is the ideal daily supplement for anybody with an active lifestyle. In fact, Almased provides a number of wellness benefits:

#### **Supports workout efforts**

The high protein in Almased can help the body keep muscle and quicken recovery-time, so there's no gap between workouts.

#### **Provides heart healthy benefits**

Almased's plant-based protein can help provide heart-healthy benefits. When added as part of a good diet low in highly-processed foods, Almased may provide offer fat-lowering benefits.

#### **Strengthens immune system**

Almased provides the body with a variety of nutrients. A well-nourished diet can help "good" bacteria in the gut grow, which have a beneficial effect on immune health.

#### **Supports restorative sleep**

In addition to feeling satisfied after drinking an Almased shake, L-tryptophan, an amino acid in Almased, helps the body make serotonin, a chemical in the brain needed for relaxation and sleep. With more L-tryptophan circulating in the body, some individuals have reported better uninterrupted sleep.



# The Figure Plan

## *How It Works*

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**T**he Figure Plan is Almased’s fool-proof 4-phase diet plan that helps you achieve your health goals. The plan is designed to help boost metabolism plus maximize weight loss and fat burn.

We’ll guide you through it and let you know where we recommend starting, depending on your goals!

If you’re looking for weight loss, start with phase 1 and follow the instructions from beginning to end, as closely as possible, to get the best results.

**“The Figure Plan is designed to help boost metabolism plus maximize weight loss and fat burn.”**

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Now, if your goal isn’t necessarily to lose weight, but you’re looking to make wellness improvements, lifestyle changes or support muscle mass, you can start at different points in the program.

### **HELPFUL TIPS**

- Start phase 1 on a weekend, when you can best control your food intake.
- It takes about 10 minutes for Almased to curb your hunger.
- As part of your daily fluid intake, drink up to 4 cups of vegetable broth or low-sodium veggie juice each day.
- Homemade vegetable broth is low in calories, curbs appetite and provides important antioxidants to help combat free radicals released in the body when fat is burned.



## PHASE 1 Fasting Phase

### Servings

3 shakes per day

### Other Liquids

Plenty of water, including 4 cups of vegetable broth or low-sodium veggie juice, per day in between shakes.

### Length of Time

3 to 14 days

### Directions

Drink Almased three times a day. By doing so, you reset your metabolism to burn fat while maintaining muscle. Since Almased promotes healthy levels of the hunger-controlling hormone ghrelin, you may feel full for four to six hours.

The body is getting rid of harmful toxins, so be sure to drink plenty of fluids daily to help flush out the acidic by-products that are released when the body breaks down fat. Water and vegetable broth are recommended.

Solid foods, sugary drinks (soda, fruit juice, beer) and fruit are off-limits.



## PHASE 2 Reduction Phase

### Servings

2 shakes per day

### Other Foods

1 healthy lunch each day

### Length of Time

Until desired goal is reached

### Directions

The Reduction Phase helps maximize the body's fat-burning capabilities by continuing to help rev up metabolism. It also supports healthy blood sugar levels and helps the body cut down on sugar cravings.

Consume two Almased shakes (ideally breakfast and dinner) and eat one solid meal (lunch) each day.

Avoid snacking and restrict carbohydrates to lunch to help enhance healthy weight loss. You may stay in the reduction phase until you reach your desired weight-loss goal.



## PHASE 3 Stability Phase

### Servings

1 shake per day

### Other Foods

2 healthy meals each day

### Length of Time

Several weeks

### Directions

Now you're ready to stabilize the benefits of your diet. This phase of the program aims to provide your metabolism with continual support at a level where fat is consistently and actively burned.

For several weeks, consume one Almased shake in place of any meal - breakfast, lunch, or dinner.

For best results, drink Almased in the evening and avoid eating carbohydrates late in the day.



## PHASE 4 Life Phase

### Servings

1 shake a day

### Other Foods

3 healthy meals a day

### Length of Time

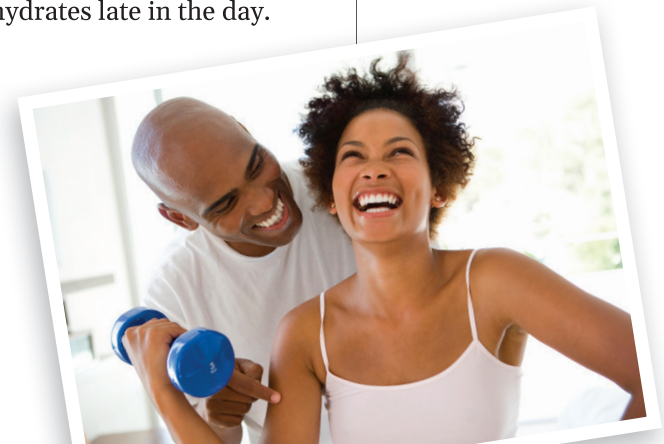
Indefinitely as needed

### Directions

Once you've completed the first three phases of the program, you begin the Life Phase.

Eat three healthy meals daily and add one Almased shake as a snack or as part of a meal to continue to keep your metabolism active.

During this phase, weight loss can continue to occur, but at a slower rate.



# Example Meal Plan

*What to consume in each phase*

## PHASE 1

Breakfast      Lunch      Dinner



Drink an Almased shake in place of meals for breakfast, lunch and dinner. Drink veggie broth in between meals (up to 4 cups a day). Alternatively, you can drink low-sodium veggie juice.

## PHASE 2

Breakfast      Lunch      Dinner



Drink an Almased shake in place of breakfast and dinner, ideally. For lunch, eat a nutritious meal consisting of lean meat, vegetables and whole grains. See page 24.

## PHASE 3

Breakfast      Lunch      Dinner



Drink an Almased shake in place of breakfast. Eat a nutritious meal for lunch and dinner. Continue to select healthy options while being mindful of portion sizes.

## PHASE 4

Breakfast      Lunch      Dinner      Snack



Maintain healthy eating habits and drink Almased as a supplement to support the metabolism and maintain weight, muscle and wellness.

# What's Your Goal?

*Where to start in the Figure Plan*

**D**id you know that Almased is beneficial in more ways than one?

Almased is a multi-functional product with several possible uses. Both men and women have used Almased successfully over the years to achieve their personal health goals, whether to drop inches, build muscle or improve wellness.

Think about what your primary goal is, then use this guide to help you choose which phase to start in the Figure Plan.

**“Think about what your primary goal is, then use this guide to help you choose which phase to start in the Figure Plan.”**



### **HEALTH TIP**

Did you know? Losing just 10% of your body weight has several advantages, such as supporting heart health, boosting overall health, and increasing self-confidence and motivation.





## Bikini-Emergency Body

<b>Goal</b>	Lose a small amount of weight quickly
<b>Where to start</b>	Phase 1
<b>Length of time</b>	2 weeks

From time to time, you may have a special occasion or event that is fast approaching. Quickly losing a small amount of weight is just what you need to slip into your favorite outfit. Both men and women can follow this plan.

### The Plan

Start with Phase 1 of the Figure Plan for one week. Make sure to drink plenty of water and at least four cups of vegetable broth throughout the day.

In the second week, continue on to Phase 2 of the Figure Plan, drink Almased twice daily and eat a solid meal. Enjoy an Almased shake for breakfast and dinner. For lunch, eat a sensible meal consisting of plenty of vegetables or salad with lean chicken, fish or tofu.

Refer to pages 12-13 for each phase of the Figure Plan.



## Weight Loss Transformation

<b>Goal</b>	Weight loss success
<b>Where to start</b>	Phase 1
<b>Length of time</b>	Until desired body weight is reached

Losing weight and keeping it off can feel like an overwhelming goal. But it's not impossible! The Almased Figure Plan is the perfect way to help you get started.

### The Plan

Start with Phase 1 of Almased for 3 to 14 days and follow it all the way through.

After Phase 1, begin Phase 2 and continue until you achieve your desired body weight. The amount of time spent on this phase depends on how much weight you aim to lose.

Once you've reached your goal, stabilize weight loss by moving on to Phase 3 to help maintain the weight loss for at least a couple of weeks.

As you feel more confident with starting back on a regular healthy well-portioned diet, you can begin Phase 4 and follow it to help maintain your new healthy habits.

Refer to pages 12-13 for each phase of the Figure Plan.



## Wellness and Blood Sugar Support

<b>Goal</b>	Improve health and wellness
<b>Where to start</b>	Phase 3
<b>Length of time</b>	Until improvements are seen

Looking to make health and wellness improvements? Almased can help you feel healthier so you can live the life you deserve. In fact, studies show that consistent use of Almased supports metabolism and healthy blood sugar levels, as well as providing heart-healthy benefits.

### The Plan

If weight loss is a desired goal, we encourage you to follow the Figure Plan from beginning to end. You can experience wellness improvements as you lose weight. However, if you simply need supportive nutrition, start with Phase 3 of the Figure Plan.

For people with diabetes, if your blood sugar is well-controlled, you can start with Phase 1 or 2.

Phase 1 may not be for everyone. It is recommended to check with a healthcare practitioner before starting on any weight-loss program. For some individuals, you may want to start with Phase 3 for a few days until you feel comfortable with using Almased, then work your way back to Phase 2. Once, in Phase 2, continue until you achieve your desired health goal.

Refer to pages 12-13 for each phase of the Figure Plan.



## Fitness and Recovery

<b>Goal</b>	Provide nutrition support
<b>Where to start</b>	Phase 4
<b>Length of time</b>	Everyday, as needed

For those looking for supportive nutrition, this is the perfect plan for you.

Using Almased as a supplement provides the body with important, as well as, extra nutrients necessary for muscle growth and recovery. Individuals who could use nutritional support vary from casual exercises to athletes, to everyone in between.

### The Plan

Start with phase 4. Drink one Almased shake a day in addition to regular healthy meals. Adding an Almased shake to your daily diet ensures that you take in 27 grams

of protein that you may need due to any added stress your body is experiencing. For those working out vigorously or looking to body-build, drink ½ shake to 1 full shake of Almased within a 40 minute to 2-hour timeframe after a workout.

Blasting the body with protein-rich Almased post-workout helps muscles and recover overnight, so there are no gaps in your exercise schedule due to muscle soreness.

Refer to pages 12-13 for each phase of the Figure Plan.

# How To Mix Almased Shakes

*Everything you need to know for mixing Almased*

## How much Almased do I take?

The caloric needs for each person are different. Use the chart to determine the amount per serving based on your height. Note: Level all tablespoons when measuring.

Use the recommended amount of Almased per Serving according to the serving size chart provided. Almased helps the body burn fat while retaining muscle mass. Skimping on Almased can lead to early hunger signs and reduced muscle preservation.



Height	For Weight Loss	For Supplement Use
up to 5'2"	8 Tbsp + 10-12 oz liquid	6 Tbsp + 8-10 oz liquid
5'3" to 5'5"	10 Tbsp + 13-15 oz liquid	8 Tbsp + 10-12 oz liquid
5'6" to 5'8"	11 Tbsp + 14-17 oz liquid	10 Tbsp + 13-15 oz liquid
5'9" to 6'1"	13 Tbsp + 16-20 oz liquid	11 Tbsp + 14-17 oz liquid
6'2" to 6'4"	14 Tbsp + 18-21 oz liquid	13 Tbsp + 16-20 oz liquid
6'5" or taller	16 Tbsp + 20-24 oz liquid	14 Tbsp + 18-21 oz liquid



**Avoid mixing Almased in hot liquids or tap water.** The heat from liquids or chlorine from tap water may destroy valuable enzymes and (some) vitamins, such as Folate and Vitamin C, in Almased.

**Add liquids into your blender or shaker cup first, then Almased.**

This technique will help you mix Almased more smoothly and ensure you're consuming the appropriate servings.

**Add fruit with caution.**

If your aim is weight loss or to support healthy blood sugar levels, avoid adding fruit with Almased at the beginning of the Diet. This allows Almased to effectively help with

sugar cravings and support healthy blood sugar levels. Once you start to see weight-loss progress, you can add 1-2 cups of low-glycemic fruits, such as berries, citrus fruits, and apples to your daily diet.

**Drink your Almased shake within an hour of mixing.**

Avoid pre-mixing Almased hours before you drink it. Waiting too long to drink Almased can lead to a thicker consistency that may not be palatable.

# Shake Recipes

*Mix Almased with your favorite ingredients!*

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Almased shakes are neutral-tasting, so you can enjoy them plain, or mix Almased in skim milk or other milk alternatives, such as unsweetened almond milk, cashew milk or coconut milk.

Flavor your shake with cinnamon or other spices, instant coffee powder (or use cold coffee instead of water for mixing), a dash of cocoa or a few drops of your favorite extracts, like vanilla or lemon.

We suggest mixing Almased in bottled or filtered water for best results. Try some of our most popular recipes! For more delicious recipes visit [almased.com](http://almased.com).

## Directions

To a blender or shaker cup add liquid ingredients, then add Almased and any dry ingredients. For an ice-cold frothy blend, add 3–6 ice cubes to Almased. Blend for 30 seconds.



## Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



## Chocoshake

- 8 Tbsp Almased
- 6.5 oz low-fat milk
- 1 Tbsp non-fat yogurt (plain)
- 1/2 cup cold coffee
- 1/2 tsp unsweetened cocoa powder



## Creamy Strawberry

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 1/4 cup fresh strawberry halves
- 1 tsp vanilla extract
- 1 Tbsp ground flaxseeds



## Lemon Drop

- 8 Tbsp Almased
- 12 oz bottled or filtered water
- 2-1/2 tsp lemon extract
- 1 tsp stevia (optional)



## Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- 1/2 pear
- 1 tsp stevia (optional)



## Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 1/4 cup cold coffee



## PB & J

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 Tbsp peanut butter powder
- 1 tsp strawberry extract

# Almased FAQs

## Your Most Popular Questions Answered

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**What is recommended for meals?** Meals may consist of lean meats (such as skinless chicken, fish or tofu) with raw, steamed or cooked vegetables and whole grains. For example: 3-4 oz (size of your palm) of skinless chicken or fish, 1-2 cups of green leafy vegetables or a salad with olive oil and vinegar dressing and ½-1 cup of brown rice. As much as possible, avoid refined sugars, white rice, pasta, white bread, candy, cakes or any overly processed, fried or prepared foods. These contain excessive artificial ingredients and preservatives your body does not need.

**Can I continue to take a multi-vitamin while on the Almased Diet program?**

Yes, you can continue using a multi-vitamin while on the program, as well as on an ongoing basis if needed. It is important for us to always remember, however, that the foundation of our diet should be one that is rich in healthy, nutrient-dense foods. That being said, food supplements, including multi-vitamins and

meal-replacement shakes, can be very valuable additions that help us — in conjunction with a sensible exercise program — to achieve optimal health.

**Can I drink coffee during the Almased Diet?** Allow yourself no more than 2 cups of coffee per day. Caffeine may raise the hormone, cortisol, which can block fat burning. Ideally, avoid sugar and replace creamer with skim or plant-based milk.

**Can I have soda, juice, wine or beer while on the Almased Diet?** Try to avoid sugary drinks or sodas (even diet sodas) because they might make you even hungrier and slow down your weight loss. Sugar, alcohol and caffeine may stimulate hunger pangs. Alcohol also slows your metabolism.

**Can I use an artificial sweetener while on the Almased Diet?**

Yes, but many artificial sweeteners have ingredients that may harm your body (toxic side effects, tumor growth in animal studies, etc). Try

to limit consumption of artificial sweeteners or try Stevia®, a natural sweetener.

**Will I gain the weight back when I go off Almased?**

No, you should not. In studies, people who used Almased kept their weight off even after 6 months of not consuming Almased. However, it all depends on each individual and how you proceed with your lifestyle. Almased is the beginning of a lifestyle change and it was this change that helped you achieve the weight loss. If you go back to the same lifestyle and eating habits that made you gain weight to begin with, inevitably the weight will return. Incorporate exercise into your daily routine, along with healthy eating habits. The secret to sustained weight loss is now yours. Adopt these new habits and continue to be a healthier and trimmer you!

**Will Almased interact with my medications?**

Almased does not negatively react with medications. However, we strongly advise you talk to your doctor before starting on any diet program.

**What is the safety of soy consumption?**

There are a lot of myths out there about soy. According to *Today's Dietitian*, "The majority of current

studies indicate that the typical amount of soy consumed in the Western diet is safe, and even beneficial, for most people." In fact, the isoflavones in soy have powerful antioxidant properties that benefit overall health.



**How do I make homemade vegetable broth?**

**Ingredients**

- 1 pound fresh or frozen vegetables (e.g. spinach, kale, onions, tomato, carrots, celery, leeks, broccoli, cabbage, peppers, beans)
- 64 oz of water
- herbs or spices to taste

**Directions**

Add roughly chopped vegetables in a pot of boiling water. Cover top and cook on medium heat until tender. Then strain the broth, discarding the solid parts. Season the remaining broth with herbs or spices, go light on the salt, and drink at intervals during the day.



## “Since starting my Almased diet, I eat healthily, exercise and I have so much energy.”

*Wendy (Orlando, FL)*

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After moving from Boston to Orlando in September of 2016, I started a new job that keeps me seated behind a desk. I was not getting as much exercise as I had in the past, so I gained quite a bit of weight. I knew I had to change my eating habits.

During a 4th of July party, my brother’s girlfriend introduced me to Almased. It was reassuring to know someone who was already using the product and had some success, so I was comfortable getting started on Almased right away.

During the first phase of the program, which I did for two weeks, I lost 12 lbs. I was amazed by the results and by the amount of energy I felt almost immediately. I felt amazing. I was not hungry; all I wanted to do was eat healthily. My cravings for bad food no longer existed. When my family would bring home pizza and sweets, I was able

to refrain from joining them and did not crave sweets any longer.

The Almased diet program has been so easy. I love mixing my own shakes - it gives me the freedom of flavoring them to my own taste. My favorite ingredients to mix with Almased are just almond milk and cinnamon. I cannot go a day without having a shake. Almased and eating healthy has become a way of life for me and I am enjoying the benefits of it.

Since starting my Almased diet, I eat healthy, exercise and I have so much energy. As of July 31, 2018, I have lost a total of 66 pounds and I feel great!

The energy that I continue to have is incredible. Having a 10-year-old demands lots of energy. There are days where I think I have more energy than he does!

## “I couldn't believe how quickly the pounds just fell off!”

*Crystal (New Castle, DE)*

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Over the past year, I had picked up quite a bit of weight. I had turned 52 years old. While looking at the birthday celebration pictures we had taken, I could not believe how much weight I had gained.

I found out about Almased while at the doctor's office and researched the product further. The success stories on the Almased website were inspirational. I felt comfortable starting the program and decided to purchase a can and give it a try.

I started with the fasting phase for 10 days. Replacing meals with Almased was easy. I would drink three shakes a day and drink vegetable broth in between meals when I felt hungry. I couldn't believe how quickly the pounds just fell off!

I weighed 196 lbs when I started. After almost 4 months on the program, I have lost 52 lbs, weighing 144 lbs. AMAZING!

People started asking me how I was doing it and six of my friends have also tried the program after seeing my results.

My doctor has noticed my health markers have improved significantly, too.

Now that I am at my goal weight, I continue to maintain my weight by living a healthier lifestyle.

I choose lean proteins and vegetables over sugary foods or junk foods. Each day, I walk three miles to stay in shape. I feel healthier and have so much more energy. Now I love the way my clothes fit and how I look.

I would highly recommend Almased to anyone who needs to lose weight. It truly works if you stick to the plan.





## “I can finally see my muscles again and it feels great!”

*Bridgette (San Diego, CA)*

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I stumbled upon Almased many years ago, but it wasn't until a few years later that I decided to commit to Almased's program. In between that time, my workout regime was still implemented, but I wasn't making the healthiest decisions with my food or drink choices. I ran at least 3-4 times a week with no weight loss, but I did keep my weight stable.

In July of 2019, I decided to really commit and see if changing my daily intake of food — as well as running and working out — would help get me to that level of weight loss I so desperately desired. So I whipped out the Almased again! I followed the Almased 4-phase program, starting with three shakes per day for 10 days, and instantly saw pounds drop away!

I then was motivated to keep this step program going and incorporated a solid lunch or dinner with two shakes a day. Almased fit well into my fast-paced lifestyle. I like to keep things easy, so I stick to a basic recipe of water and Almased.

Sometimes I experiment with extract flavors, but the simpler the better. Everything about this program has been on point. Using Almased has been a great benefit to my health and maintaining muscle strength. Soon, my family and friends were giving me compliments on my appearance left and right.

It has now been 3 months and I've lost 27 pounds going from a chubby 152 pounds to a lean 125 pounds!!! I can finally see my muscles again and it feels great! I not only have the energy to keep running my 3 miles 3-4 times a week, but I also get a night of more restful sleep and mentally make better choices when I do have my solid meals!!

The best [thing about] Almased for me is it keeps my cravings at bay! Almased is completely satisfying and keeps you full. I will continue to use it to keep feeling and looking healthy. Stick to the system...it works!



## “Almased made the impossible possible!”

*Omer A. (Phoenix, AZ)*

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Since I started using Almased, I have lost 74 pounds!

I have used expensive pills, capsules, and drinks without results before, but Almased works!

I did the first phase of the Figure Plan. After that, I drank a shake for breakfast and dinner, sometimes even a third shake before my lunch meal so I felt satisfied and didn't eat so much. I am still doing this today.

Before I started Almased, I was 235 pounds, and now I weigh 161! Almased has helped me love my body again and be healthier!

A lot of my friends have started using Almased because they see the big difference it has made for me.

I'm so happy I found Almased and will keep using it even when I get to my dream weight. Almased made the impossible possible!

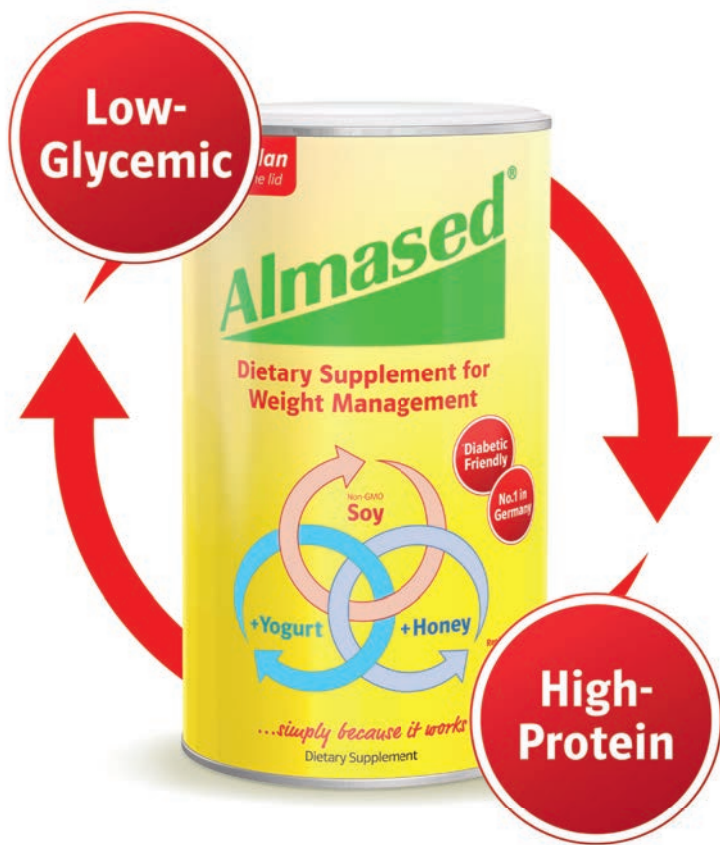


# WEEKLY PROGRESS LOG

MY HEALTH GOAL

DATE	WEIGHT	MEASUREMENTS	NOTES
And what phase are you on?	Measure your progress weekly	Measure waist, chest, and thigh circumference	How are you feeling today?

DATE	WEIGHT	MEASUREMENTS	NOTES



*...simply because it works*

Ask for Almased at your favorite pharmacy or health food store. You can also find Almased online!

**Need help with your diet?** Call us toll-free  
1-877-256-2733 or e-mail us at [info@almased.com](mailto:info@almased.com).