

**Almased®**

# The Figure Plan

*...simply because it works*



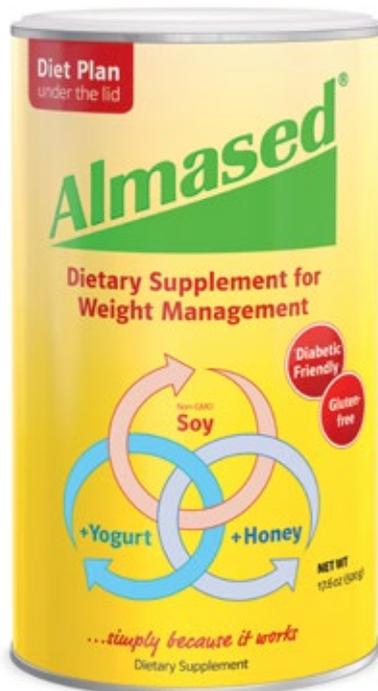
**Recipes  
Included**

## How It Works

- 4 The Almased Figure Plan Overview**
- 6 Starting Phase:**  
Reset your metabolism
- 10 Reduction Phase:**  
Maximize fat burning
- 14 Stability Phase:**  
Stabilize your metabolism
- 18 Life Phase:**  
Sustain results for life
- 20 Recipes & Tips**

**Simply because it works...**

Developed by a German scientist, Almased is an all-natural, healthy way to lose weight. It teaches the body to “think thin” with no cravings, no fatigue, and no yo-yo effect.



## Your Plan for a Slimmer, Healthier You...for Life

Almased is a unique dietary supplement consisting of three nourishing ingredients—high quality non-GMO soy, probiotic yogurt and enzyme-rich honey—which are combined in a special fermentation process. Almased helps to treat and improve the body’s metabolism. The process Almased uses to transform these carefully selected raw ingredients (some manufactured exclusively for Almased) produces a dietary supplement with high nutritional value that optimally meets your body’s needs. Unlike other supplements, Almased contains no artificial flavors, fillers, added sugars, preservatives or stimulants. Plus, its low glycemic index makes it diabetic friendly.

While other supplements simply suppress appetite, Almased’s unique formula increases the body’s metabolism, maintains muscle mass and helps the body burn fat more successfully. Almased maintains a healthy blood sugar and thyroid function, as well as healthy leptin and ghrelin levels (satiety hormones), so you’ll feel full and satisfied longer.

With the help of the Almased formula, you can lose weight quickly and keep it off, while nourishing your body and avoiding the dreaded yo-yo effect. The Almased Figure Plan guides you through four weight loss stages of the Almased Diet. Finally, the Figure Plan helps you maintain your body with a healthy approach to meals that sustains your new outlook...for life. Get started today and start seeing the results!

**Strengthen Your Immune System**

Almased provides the body with lactic acid and active probiotics, which have a beneficial effect on “good” bacteria in the stomach, thus strengthening the immune system.

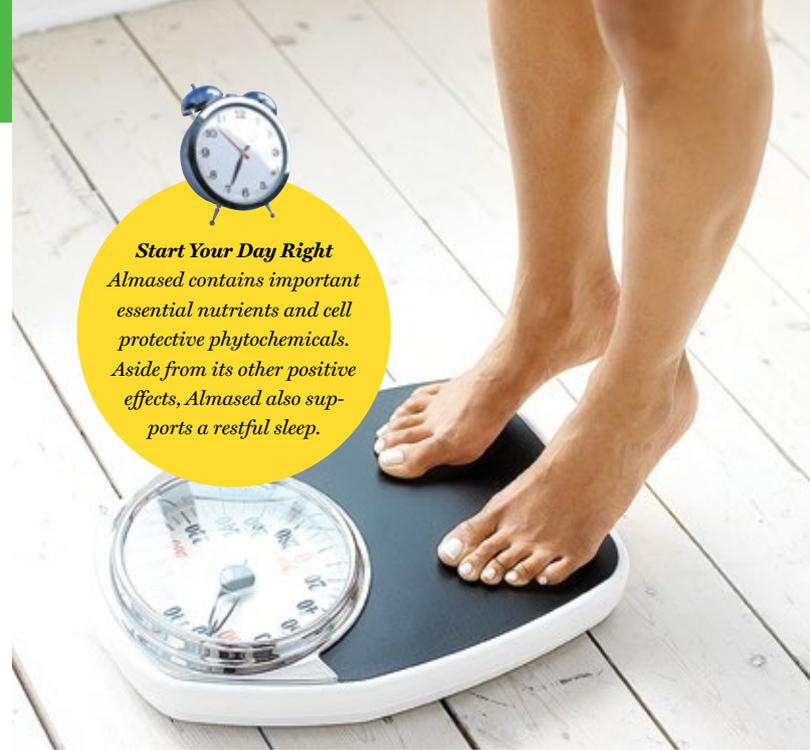


# Four Phases to a Healthier, Slimmer Body

Start today...The Almased Figure Plan breaks down into four easy-to-follow phases. Here's how it works:

 = One glass of Almased

 = One solid meal



## Phase 1

By **substituting each meal with an Almased shake**, you reset your metabolism to burn fat while maintaining muscle. Don't worry, you won't be hungry. The easily-digestible protein in Almased keeps you feeling full for four to five hours. How? Almased promotes healthy levels of the hunger-controlling hormone ghrelin. You can stay in this phase for up to 14 days.



## Phase 2

The following phase is called the **Reduction Phase**. During this phase, ideally you'll enjoy two Almased shakes (for breakfast and dinner) and one solid meal (lunch) per day. The delicious recipes illustrated in this brochure provide low-carb options to aid the fat burning process. Avoiding snacks and restricting carbohydrates to lunch will also help enhance healthy weight loss. You stay in the Reduction Phase until you reach your desired weight loss.



## Phase 3

Now you're ready to sustain the benefits of your diet: The **Stability Phase**. This step of the Almased Figure Plan aims at keeping your metabolism on a level where fat is consistently and actively burned. For several weeks, exchange one Almased shake for any meal—breakfast, lunch or dinner. For best results, drink Almased in the evening and avoid eating carbohydrates late in the day.



## Phase 4

Once you completed Phases 1 - 3, you begin the **Life Phase**. By eating three healthy meals per day (see recipes in this brochure and many more on our website), plus one Almased shake as a snack or as part of a meal, you'll keep your metabolism active. During this phase, weight loss will continue, but at a slower rate.



## A Healthy Start

Jump start your metabolism



During the initial phase, start the Almased Figure Plan with three Almased shakes per day. Restrict your intake of carbohydrates. Solid foods, sugary drinks (soda, fruit juice, beer) and fruit are off-limits! Preparing your Almased shake is as quick and easy as losing weight on the Almased Diet! Replace each meal with eight tablespoons of Almased, mixed in 10-12 ounces of bottled or filtered water, skim milk, unsweetened almond or soy milk and 1 teaspoon of olive, flaxseed or walnut oil. You can flavor your shakes with cinnamon or other spices, unsweetened cocoa powder and flavored extracts like vanilla or almond. You may also have several bowls of the vegetable broth per day as shown on page 8. You are resetting your metabolism to burn fat more successfully. In this phase, you are also ridding the body of harmful toxins, so be sure to drink 10-12 cups of fluids per day to flush out the acidic by-products that are released when the body breaks down fat. Water (ideally sparkling mineral water), coffee, fruit or herbal teas without sugar are recommended. You can extend this phase up to 14 days.



## Phase 1 Shopping List

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <b>Almased nutritional supplement</b></li> <li>• Bottled water</li> <li>• Skim milk, unsweetened almond milk or soy milk</li> <li>• Olive, flaxseed or walnut oil</li> </ul> | <ul style="list-style-type: none"> <li>• <b>For Vegetable Broth*</b></li> <li>• Olive oil</li> <li>• Leeks or onions</li> <li>• Carrots</li> <li>• Celery</li> <li>• Cauliflower</li> <li>• Broccoli</li> <li>• Fresh herbs and spices (such as thyme, basil, rosemary, pepper)</li> </ul> |
|---|--|



*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.*

### Helpful Tips:

1. Start Phase 1 on a weekend when you can best control your food intake.
2. If you feel hungry, drink an additional Almased shake or vegetable broth.
3. It takes about ten minutes for Almased to curb your hunger.

## Phase 1

# Make a Fresh Start

### Starting Phase:

#### Breakfast, Lunch and Dinner

##### Blend:

10-12 ounces water (bottled or filtered),  
skim milk, unsweetened almond or soy milk  
8 level tablespoons Almased (50 grams)  
1 teaspoon olive, flaxseed or walnut oil

*2 carb units (1 carb unit if prepared with water)*

## Vegetable Broth

For about 8 cups of broth:

- 1 tablespoon olive oil
- 1 onion
- 1½ pounds vegetables (e.g. 1 leek stalk, 2 carrots, 1 celery, ½ cauliflower head, 2 bunches broccoli)\*
- Salt and pepper to taste
- Fresh herbs to taste

► Wash and cut up the vegetables. Heat oil in larger pot and sauté vegetables for a few minutes. Add 8 cups of water and let simmer for about 45 minutes. Strain out the solid pieces. Season with fresh herbs, pepper, and little salt.

*0 carb units*

For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).

#### Snack

2 bowls of Vegetable Broth

*0 carb units*



**During Phase 1...**  
*Almased decreases appetite and boosts your metabolism, improving cell renewal and providing you with more energy.*

## Burn Fat

Increase your metabolism the natural way



During the Reduction Phase, the Almased Figure Plan maximizes your body's fat burning abilities. Two Almased shakes (breakfast and dinner) and one solid meal (lunch) per day are ideal. The recipes for regular meals in this brochure and on our website are low in carbohydrates so that the fat burning process can work at its best. If having your regular meal for dinner instead of lunch fits your lifestyle better, you can exchange them. In this case, you can have Almased for breakfast and lunch and eat your regular meal in the evening. Carbohydrates that are consumed for the lunch meal are processed faster because you are more active throughout the day.

## Phase 2 Shopping List

- **Almased nutritional supplement**
- Bottled water
- Skim milk, unsweetened almond or soy milk
- Olive, flaxseed or walnut oil



### Helpful Tips:

1. Drink plenty of fluids. Unsweetened herbal and fruit tea, vegetable broth and mineral-rich water, such as Gerolsteiner®, are ideal.
2. Avoiding snacks will help the fat burning process.

## Maximize Your Metabolism

### Reduction Phase

#### Breakfast

##### Blend:

10-12 ounces water (bottled or filtered),  
skim milk, unsweetened almond or soy milk  
8 level tablespoons Almased (50 grams)  
1 teaspoon olive, flaxseed or walnut oil

*2 carb units (1 carb unit if prepared with water)*

#### Lunch

1 serving of a low-carb meal (find examples in this brochure or on our website at [www.almased.com](http://www.almased.com))

*Between 1.5 and 2 carb units, depending on recipe*

#### Dinner

##### Blend:

10-12 ounces water (bottled or filtered),  
skim milk, unsweetened almond or soy milk  
8 level tablespoons Almased (50 grams)  
1 teaspoon olive, flaxseed or walnut oil

*2 carb units (1 carb unit if prepared with water)*



## Salmon Steak with Lemon Salt and Kale

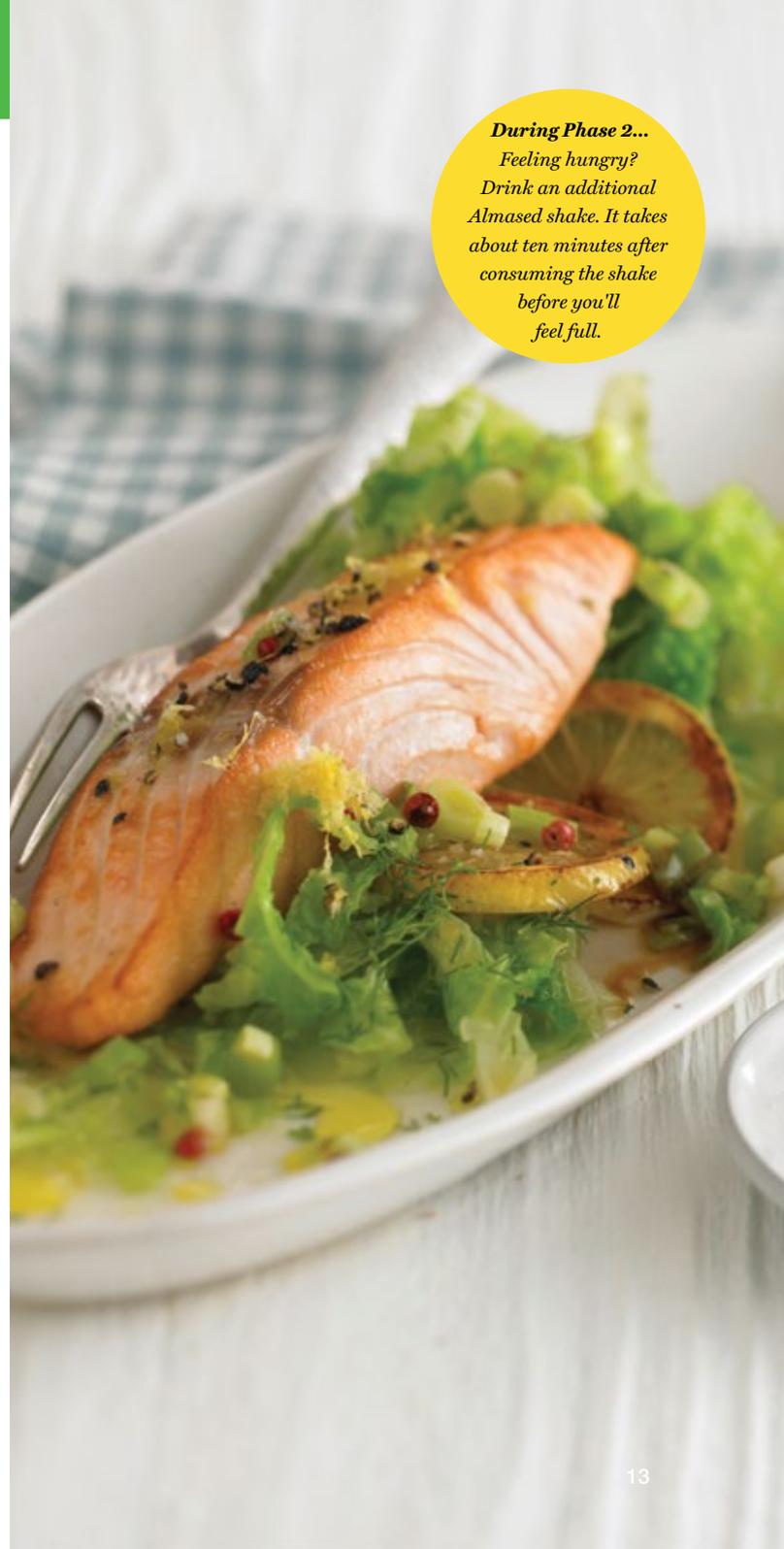
**For 2 servings:**

- 1 tsp sea salt
- lemon peel from 1/2 lemon
- 1/2 tsp pepper
- 2 salmon steaks (5 oz each)
- 1 lb kale
- 1 tsp cumin seeds
- 1 onion
- 1 tsp unsalted butter
- 1 pinch of cumin powder
- 1/2 bunch of leeks
- 1 Tbsp olive oil
- 1/2 tsp pepper
- 4 slices of lemon
- 4 twigs of dill
- 3 oz quinoa

► Mix the salt with lemon peel and pepper. Wash the salmon steaks with cold water, pat dry and rub with the prepared lemon salt. Cover it and let it marinate in the fridge. In the meantime, wash the kale, pull the leaves from the stem and cut into strips. Cut the stems into small pieces. Peel the onion and cut into small cubes. Heat the butter in a saucepan and sauté onion. Add the cumin powder and kale stem pieces and sauté for a few minutes. Then add the kale leaves for a couple of minutes until they turn dark green. Wash the leeks, cut into rings and sauté them in half the olive oil. Add pepper. At the same time, sauté the salmon with the lemon slices in the remaining oil on each side about 2-3 min. Pluck the dill and cut finely. Add the leeks to the plate and place the salmon on top of it. Sprinkle with dill and place the kale next to it. Cook the quinoa and serve with salmon and kale.

*One serving contains: 359 kcal, 36 g protein, 16 g fat, 21 g carbs, 1.5 carb units, 4 g fiber*

**During Phase 2...**  
*Feeling hungry?  
 Drink an additional  
 Almased shake. It takes  
 about ten minutes after  
 consuming the shake  
 before you'll  
 feel full.*



▼ For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).

# Stabilize Your Metabolism

Sustain your body's natural fat burning ability

During the Stability Phase, you ensure that your metabolism continues to work at an ideal level. This phase is meant to stabilize the metabolism on a level where fat is actively burned. In this phase, you should have one Almased shake with two solid meals per day. You can exchange the Almased shake for any meal. For example, you can choose one of the breakfast suggestions from the Life Phase and have your Almased drink either for lunch or dinner.

## Phase 3 Shopping List

- **Almased nutritional supplement**
- Bottled water
- Skim milk, unsweetened almond or soy milk
- Olive, flaxseed or walnut oil



### Helpful Tips:

1. Don't go to bed hungry! For best results, drink Almased in the evening, about an hour or two before bedtime.
2. You can prolong the Stability Phase to a few weeks to help your body in the adjustment of eating solid food again.
3. Since a low intake of carbohydrates is especially important in the evening, limiting high-carb side dishes (bread, potatoes, rice, pasta) can speed up the weight loss process.

# Maintain Steady Weight Loss

## Stability Phase

### Breakfast

10-12 ounces water (bottled or filtered),  
skim milk, unsweetened almond or soy milk  
8 level tablespoons Almased (50 grams)  
1 teaspoon olive, flaxseed or walnut oil

*2 carb units (1 carb unit if prepared with water)*

### Lunch

1 serving of a low-carb meal (find examples in this brochure or on our website at [www.almased.com](http://www.almased.com))

*Between 1.5 and 2 carb units, depending on recipe*

### Dinner

1 serving of a low carb meal, such as French Onion Beef Tenderloin and Lemon Lovers' Asparagus (see recipe on page 16)

*Between 1.5 and 2 carb units, depending on recipe*



## Chili con Carne

**For 2 servings:**

- 7 oz lean ground meat (beef)
- 2 tsp olive oil
- 1 onion,
- 1 small chili peppe
- 1 garlic clove
- 1 green bell pepper
- 14 oz canned peeled tomatoes
- 2 Tbsp tomato paste
- 4 oz canned corn
- 4 oz canned kidney beans
- 4 oz vegetable broth
- salt
- paprika
- chili powder
- ½ whole wheat baguette or 2 whole wheat rolls

► Heat oil in pan and fry ground meat for about 10 minutes until it becomes crumbly brown. Season with salt and paprika and put it in a big pot. Slice onion and cut bell pepper into pieces. Finely chop chili and garlic. Lightly braise everything in frying fat and add tomatoes, to- mato paste and broth to meat. Cover and cook for 15 minutes on low heat. Wash beans and add with corn to the pot. Continue cooking for several minutes on medium heat. Season with salt, paprika and chili powder. Serve with whole wheat baguette or whole wheat rolls.

*One serving contains: 470 kcal, 34 g protein, 17 g fat, 33 g carbs, 2 carb units, 5 g fiber*

▼ For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).



**During Phase 3...**  
 Prepare sauces from pureed vegetables with vegetable broth and yogurt or sour cream. This method uses less fat and carbohydrates.

## Life Phase

Live life to the fullest



+



+



+



During the Life Phase, you can have three solid meals per day. Try to avoid eating snacks. To keep the metabolism active, have one serving of Almased daily in addition to a meal. During this phase, the suggested meals for lunch and dinner are interchangeable; however, the dinner meals should contain slightly less carbohydrates than the meals for lunch. To continue losing weight, eat fewer side dishes with dinner or avoid them altogether. The recipes in this brochure are interchangeable for the menus provided with the Life Phase suggestions. You may continue losing weight during the Life Phase, however, weight loss may be slower.

### Figure Plan Diet Carb-Counter Notes

The carb units are provided in each recipe in this brochure so low-carb meals are easily identified. The lower the carb units, the fewer carbohydrates the meal contains.

- ▶ When prepared with water, an Almased drink provides about 180 calories (kcal) and approx. 1 carb unit. When prepared with 10-12 ounces of skim milk and 1 teaspoon of oil, each shake will provide between 330 to 350 kcal respectively and approx. 2 carb units.
- ▶ One carb unit is defined as a serving of food that contains 15 g of carbohydrates.
- ▶ The broth has about 10 to 30 kcal per bowl, the breakfast and meal suggestions are between 335 and 490 kcal, so your total caloric intake is approximately 1,200 to 1,300 kcal per day.
- ▶ The broth contains few carbohydrates from vegetables, which do not have to be calculated as carb units.
- ▶ Breakfast, lunch and dinner meals have between 1.5 and 4 carb units, whereas Almased provides approximately 1 carb unit (if mixed in water only).

*All recipes are diabetic friendly.*

## Good Health and Weight Loss for Life

### Life Phase

#### Breakfast (An Example)

Yogurt with Fruit:

- 1 cup plain, low-fat yogurt
- 6 tablespoons Almased
- 1 slice fresh or canned pineapple
- ½ orange
- ½ grapefruit
- 1 tablespoon sunflower seeds
- 1 tablespoon ground flaxseeds

*4 carb units*

#### Lunch

1 serving of a low-carb meal (find examples in this brochure or on our website at [www.almased.com](http://www.almased.com))

*Between 1.5 and 2 carb units, depending on recipe*

#### Dinner

1 serving of a low-carb meal (find examples in this brochure or on our website at [www.almased.com](http://www.almased.com))

*Between 1.5 and 2 carb units, depending on recipe*

### Helpful Tips for Life Phase:

1. Watch your portion size. You have entered a critical phase. Don't overeat or you risk gaining the weight back again.
2. Eat a salad before your main course. Ask for dressings on the side so you can portion it out yourself and use it more sparingly.
3. Avoid frozen dinners. They usually contain a lot of sugar, white flour and saturated fat and provide little nutrients.

## Chicken Nuggets with Herb Dip

### For 2 servings:

- 10.5 oz chicken breasts
- 1 egg
- 2 Tbsp low-fat milk
- 1 oz grated Parmesan
- 1 oz bread crumbs
- pepper, salt

### For the herb dip:

- 3 Tbsp sour cream
- 3 Tbsp low-fat plain yogurt
- 1 Tbsp chopped herbs (fresh or frozen) like parsley or chives
- pepper, salt

### For the salad:

- 3.5 oz spring mix
- 2 medium tomatoes
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- pepper, salt

► Preheat oven to 390° F. Line a baking sheet with parchment paper. Rinse chicken breast with cold water, pat dry and cut into 1 inch pieces. Mix egg and milk. In a separate bowl, mix grated Parmesan cheese with bread crumbs, pepper and salt. Roll the meat cubes in the egg-milk mix first and then in the parmesan-breadcrumbs mix. Arrange on baking sheet and bake in the oven for about 15-20 minutes until crisp. Meanwhile, mix all ingredients together for the dipping sauce. Wash the spring mix and the tomatoes and pat dry. Arrange on a plate and drizzle with balsamic vinegar and olive oil, sprinkle with pepper and salt. Add the nuggets to the salad, and serve with the dip.

*One serving contains: 426 kcal, 45 g protein, 13 g fat, 14 g carbs, 1 carb unit, 1.5 g fiber*

For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).



**During Phase 4...**  
 Drink 8-10 cups of water or other low-calorie liquids per day. Pre-dinner alcoholic drinks should be avoided as they can slow down your metabolism.

## Omelette with Bell Pepper and Ham

**For 2 servings:**

- 1 medium onion
- 1 large green bell pepper
- 1 red chili pepper
- 3 slices of cooked ham
- 1 Tbsp canola oil
- 4 eggs
- 3 Tbsp low- fat milk
- pepper, salt
- 1 Tbsp herbs
- 1 Tbsp grated Cheddar cheese,
- 1 cup of cherry tomatoes
- 1 tsp canola oil

► Peel the onion and chop finely. Wash bell pepper and chili, pat dry and dice into small pieces. Cut ham into 1 inch wide strips. Wash herbs, pat dry and chop. Whisk eggs in a bowl with the milk and add the herbs, season with salt and pepper. Heat the oil in a pan, sauté onions until translucent, add the bell pepper and chili pieces and sauté briefly. Add the ham and cook for a few minutes. Evenly distribute the whisked eggs over everything. Cook over medium heat. Once the top is slightly dry, sprinkle the Cheddar over it and fold the omelette in the middle. In the meantime, wash the cherry tomatoes, pat dry and sauté in a pan in the canola oil until they crack open. Serve the omelette with warm cherry tomatoes on 2 plates.

*One serving contains: 351 kcal, 23 g protein, 22 g fat, 7 g carbs, 0.5 carb units, 4 g fiber*



▼ For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).

## Vegetable Beef Stew

### For 2 servings:

- 2 onions
- 1 garlic clove
- 1 celery stick
- 2 carrots
- ¼ cup white wine
- ¼ lbs russet potatoes
- ¼ lbs white cabbage
- 1 cup vegetable broth
- 4 oz canned white beans
- 6 oz ground beef
- ½ egg
- 1 Tbsp tomato paste
- 1 Tbsp breadcrumbs
- parsley
- thyme
- paprika
- salt and pepper

► Finely chop 1 onion and garlic. Mix with ground beef, egg, tomato paste and breadcrumbs. Season with salt, pepper and paprika and form small balls. Heat the oil in a pan and fry the meat balls. Dice remaining onion and celery. Slice carrots. Peel and cut potatoes into bigger cubes, and cut cabbage into strips. Heat 1 tsp of oil in a pot and saute onions. Add carrots, saute for a few minutes and pour in the wine. Add potatoes and broth and boil for 5 minutes. Then put in celery and cabbage and boil for another 3 minutes. Add drained beans and meatballs. Simmer for 5 more minutes and season with herbs and spices.

*One serving contains 427 kcal, 34 g protein, 12.5 g fat, 41 g carbs, 3 carb units, 8 g fiber*

▼ For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).



### Cauliflower Cheese for Two

- 14 ounces cauliflower, boiled
- 6 fluid ounces vegetable stock
- 1 teaspoon canola oil
- 5 fluid ounces reduced-fat milk (2%)
- 1 teaspoon potato starch or similar thickening agent
- ¼ cup cold water
- Salt to taste
- Pepper to taste
- 1 pinch of nutmeg
- Worcestershire sauce to taste
- 1 teaspoon yellow mustard
- 1 large egg yolk
- 1 tablespoon chopped parsley
- 1½ ounces Cheddar cheese, grated
- 2 ounces Swiss cheese, grated
- 5 ounces small new potatoes (in the skins), boiled

► Brush a gratin dish or other ovenproof dish with a teaspoonful of oil and place the cauliflower in it. Heat the oven to 355°F.

► To prepare the cheese sauce, heat the vegetable stock and milk together. As soon as the liquid begins to boil, stir in the thickening agent; allow to come back to the boil and reduce the heat. Pour cheese in the thickened liquid and dissolve. Season to taste with the spice, Worcestershire sauce and mustard. Fold the egg yolk gently into the sauce.

► Pour the cheese sauce over the cauliflower and bake in the oven until golden brown on top. Sprinkle on chopped parsley and serve with potatoes.

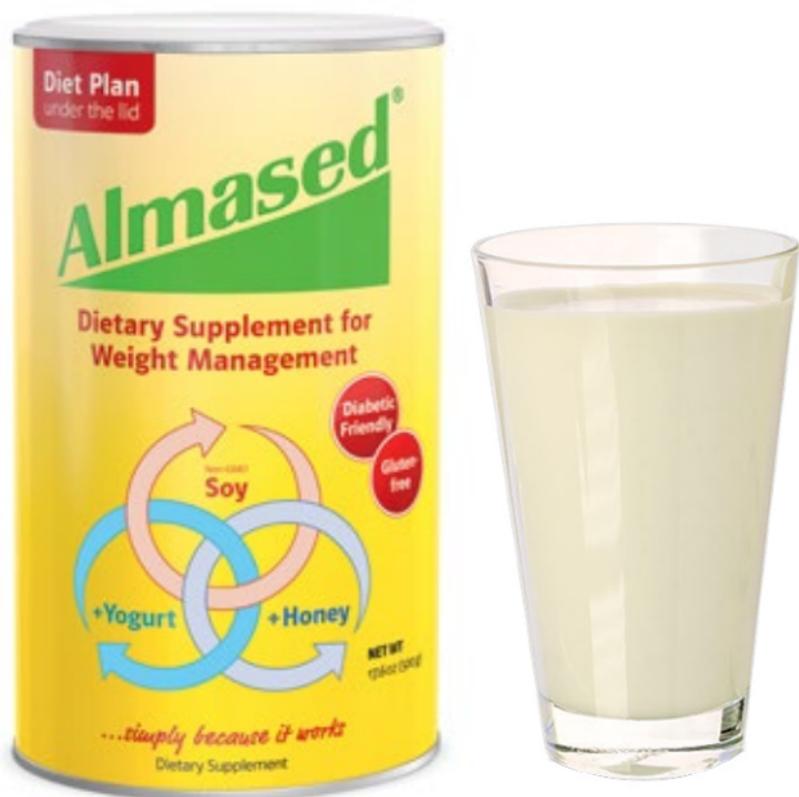
*One serving contains: 411 kcal, 22 g protein, 27 g fat, 22 g carbs, 1.5 carb units, 7 g fiber*

**For more healthy recipes and diet tips go to [www.almased.com](http://www.almased.com).**



# Simply because it works...

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For more information visit our website: [www.almased.com](http://www.almased.com)  
or call us toll-free at **1-800-ALMASED** (1-800-256-2733).

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