

All-Natural Meal Replacement

Your Guide to Great-Tasting

Almased Smoothies

WHAT IS ALMASED?

Almased is a proprietary formula that blends three key ingredients in a unique fermentation process: Non-GMO soy that provides high-quality protein to sustain hunger and maintain muscle mass; probiotic yogurt to support health of the intestinal flora, strengthening the immune system and easing digestion; and a small dose of enzyme-rich honey, thus giving Almased a natural touch of sweetness while acting as a prebiotic to soothe the stomach without impacting blood sugar levels.

With just one serving of Almased daily, you may feel its beneficial effects. Almased helps to safely and effectively speed up the metabolism, zaps weight, and boosts energy levels.

HOW IT WORKS

Almased nourishes the body with a unique formula of non-GMO soy, yogurt and honey

Ramps up the metabolism and improves energy levels.

Burns body fat without reducing muscle mass.

Regulates hunger by promoting a healthy level of ghrelin, the hormone that controls hunger.

Stimulates Fat Reduction and inhibits fat storage by keeping insulin levels balanced.

Promotes healthy blood levels for body compounds such as cholesterol.

Supports thyroid function by letting you achieve a higher resting metabolic rate and burn fat more efficiently.

SHAKE IT UP!

Almased's powdered formula is neutral-tasting, so you can make it taste any way you want! For best results, mix in low-calorie liquids and avoid adding high sugary items. Turn to the back for delicious shake ideas.



Your Figure Plan Guide

BLENDING METHOD

In a blender or blender bottle, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

WANT MORE INFORMATION? Call us toll-free at **1-877-ALMASED** (1-877-256-2733) or visit **almased.com**. Find Almased in health food stores, GNC and the Vitamin Shoppe or online at **almased.com**.

Fan Favorites



Banana Split

- 8 Tbsp Almased®
 - 12 oz water with crushed ice
 - 1/2 banana
 - 1 tsp cinnamon
 - cherry or strawberry extract, to taste
 - 1/2 Tbsp cocoa powder, unsweet
- 245 calories, 28 g protein,
32 g carbs, 2 g fat, and 4 g fiber



Green Energy

- 8 Tbsp Almased®
- 12 oz almond milk, unsweetened
- 1 cup raw kale leaves
- 1/2 pear
- 1 tsp stevia sweetener

325 calories, 31 g protein,
39 g carbs, 6 g fat, and 3 g fiber



Peanut Butter Cup

- 8 Tbsp Almased®
- 12 oz milk, fat-free
- 1 Tbsp peanut butter, unsalted
- 1/2 Tbsp cocoa powder, unsweet

415 calories, 45 g protein,
38 g carbs, 9 g fat, and 2 g fiber

Staff Favorites



Orange Creamsicle

- 8 Tbsp Almased®
 - 4 oz orange juice
 - 6 oz water
 - 1/2 tsp vanilla extract, to taste
- 242 calories, 28 g protein,
28 g carbs, 1 g fat, and 0.5 g fiber



Strawberry Dream

- 8 Tbsp Almased®
 - 12 oz almond milk, unsweetened
 - 1/2 cup of strawberries
 - 1/2 tsp vanilla extract, to taste
- 272 calories, 29 g protein,
24 g carbs, 5.5 g fat, and 3 g fiber



Alma-Colada

- 8 Tbsp Almased®
- 10 oz pineapple coconut water
- 1 tsp stevia sweetener

255 calories, 27 g protein,
35 g carbs, 1 g fat, and 0.5 g fiber

Diabetic Friendly



Spicy Veggie

- 8 Tbsp Almased®
- 12 oz low sodium tomato juice
- Tabasco to taste
- splash of lemon juice

255 calories, 30 g protein,
30 g carbs, 1 g fat, and 3.5 g fiber



Berry Happy

- 8 Tbsp Almased®
- 10 oz water with crushed ice
- 1/2 cup frozen mixed berries, unsweetened
- 1 tsp stevia sweetener

215 calories, 28 g protein,
24 g carbs, 1 g fat, and 3 g fiber



Cinnamon Roll

- 8 Tbsp Almased®
- 12 oz water, bottled or filtered
- 1 tsp cinnamon spice
- 1/2 tsp vanilla extract
- 1 tsp stevia sweetener

192 calories, 27 g protein,
17 g carbs, 1 g fat, and 2 g fiber