



Weight Loss Never Tasted This Good!

9 recipes for delicious fat-blasting smoothies with Almased

The **Almased Weight Loss Phenomenon®** is a unique and all-natural dietary supplement that has been clinically confirmed in over 25 years of research to support weight loss and overall well-being. It is made from non-GMO soy, yogurt and honey in a special fermentation process that releases bioactive peptides. The gluten-free and diabetic friendly formula has a low glycemic index (27) and contains no artificial sweeteners, fillers, flavors, added sugars, preservatives or stimulants.

Diet Plan: You can replace your meals with Almased for weight loss, or add it to your regular diet routine for weight maintenance and wellness. For more information on the Almased Diet, visit our website www.almased.com.

How it Works

Supports the break-down of fat and inhibits the storage of new fat in the body while retaining muscle mass.

Keeps the metabolism active and improves energy levels and mood.

Regulates hunger by promoting healthy levels of the satiety hormones leptin and ghrelin.

Helps to avoid cravings by supporting balanced blood sugar levels.

Promotes healthy blood levels for body compounds such as cholesterol.

Supports thyroid function by letting you achieve a higher resting metabolic rate.

Shake it Up!

Almased's powdered formula is neutral tasting, so you can flavor it any way you want!

For best results, mix in low-calorie liquids and flavor with cinnamon, unsweetened cocoa powder and flavored extracts.

Low glycemic fruits such as berries, apples and citruses can be added to smoothies occasionally beginning in the second phase of the Almased Diet. However, in some individuals, adding fruit can hinder weight loss and therefore should be avoided. As an alternative, use fruit extracts or flavoring drops for a fruity flavor.

It is recommended to consume 5-7 tsp of oil (flax-seed, walnut, or olive) daily to provide your diet with essential fatty acids, necessary for good health.

Oil can be added to Almased smoothies, homemade vegetable broth, salad dressings or healthy meals.

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 info and our FREE 14-Day Figure Plan?

Call us toll-free at 1-877-ALMASED (1-877-256-2733) or visit almased.com.

Find Almased in Walgreens, GNC, the Vitamin Shoppe, Vitamin World and health food stores.



Weight Loss Smoothies



Cinnamon Roll

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

240 calories, 29 g protein, 18 g carbs, 6 g fat



Cocoa Flax

- 8 Tbsp Almased
- 12 oz unsweetened coconut milk
- 2 tsp unsweetened cocoa powder
- 1 Tbsp ground flaxseeds
- 1/2 tsp nutmeg
- 1 tsp stevia (optional)

248 calories, 27 g protein, 18 g carbs, 8 g fat



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 1/4 cup cold coffee
- 1 tsp stevia (optional)

240 calories, 29 g protein, 18 g carbs, 6 g fat



Yogurt-Berry

- 8 Tbsp Almased
- 10 oz water
- 6 oz plain non-fat yogurt
- 1/4 cup fresh or frozen blueberries
- 1/2 tsp vanilla extract
- 1 tsp stevia (optional)

304 calories, 38 g protein, 34 g carbs, 1 g fat



Lemon Drop

- 8 Tbsp Almased
- 12 oz water
- 2 1/2 tsp lemon extract
- 1 tsp flaxseed or walnut oil
- 1 tsp stevia (optional)

220 calories, 27 g protein, 15 g carbs, 6 g fat



Spicy Veggie

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

254 calories, 29 g protein, 30 g carbs, 1 g fat

Wellness Smoothies



Green Energy

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

292 calories, 29 g protein, 32 g carbs, 6 g fat



Orange Creamsicle

- 8 Tbsp Almased
- 4 oz 100% orange juice
- 6 oz water
- 1/2 tsp vanilla extract

236 calories, 28 g protein, 28 g carbs, 1 g fat



Peanut Butter Banana

- 8 Tbsp Almased
- 12 oz unsweetened soy milk
- 1 Tbsp natural peanut butter
- 1/2 medium banana
- 1 tsp unsweetened cocoa powder

453 calories, 43 g protein, 37 g carbs, 15 g fat