

21-DAY RESET

21 days to a better body.

Are you up for the challenge?









THE PLAN

DAYS 1-14 FASTING PHASE



Drink an Almased shake in place of breakfast, lunch, and dinner.

In between shakes, make sure to drink plenty of water, including a minimum of 4 cups of vegetable broth or low-sodium veggie juice, daily.

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

DAYS 15-21 REDUCTION PHASE









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

Aim to make meals healthy.

Avoid snacking and restrict carbs to lunch to help enhance healthy weight loss.

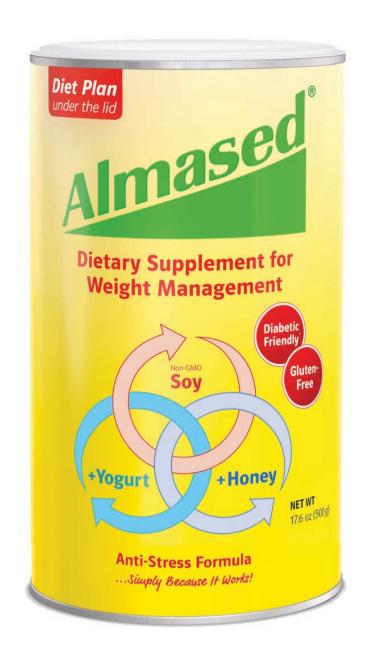


WHAT HAPPENS IN THE FIRST 14 DAYS:

During the first 14 days of fasting, you'll 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 byproducts that are released when the body breaks down fat.



ABOUT THE PRODUCT

Each canister contains an average of 10 servings (8 Tbsp). An Almased shake mixed in water contains only 180 calories with 15 grams of slow carbs and 27 grams of high-quality protein and amino acids.





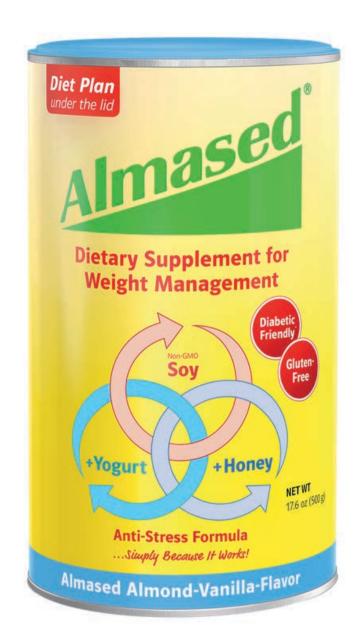
WHAT HAPPENS AFTER 21 DAYS:

During the 21 days of Almased, you maximize your body's fat burning capabilities, so you experience weight loss with less effort than a typical diet.

Almased also supports healthy blood sugar levels, which helps the body cut down on sugar cravings. You may find that you crave less sweets after the diet.

MIXING INSTRUCTIONS

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, a dash of cocoa or a few drops of your favorite extracts, like vanilla or lemon.



NOW IN TASTY ALMOND-VANILLA!





SHAKE RECIPES

HOW TO MIX ALMASED

Into a blender add liquids first, then Almased, and lastly dry ingredients. Blend for 10–20 seconds, then pour into a glass and enjoy!



BANANA OAT

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1/4 banana
- 1 Tbsp organic oats
- 1 tsp cinnamon



CARROT SHAKE

- 8 Tbsp Almased
- 1 cup unsweetened almond milk
- 1/2 cup carrot juice
- 1 Tbsp ginger, grated
- 1 tbsp chia seeds, optional
- 1 tbsp chopped nuts, optional
- 1 tsp ground cinnamo



COCONUT-BANANA

- 8 Tbsp Almased
- 12 oz low-calorie coconut milk
- 1/4 frozen banana
- 1/4 avocado
- Sprinkle with 1 tsp nuts or 1 tsp coconut shreds





CHOCOLATE CHERRY

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 2 Tbsp unsweetened cocoa powder
- 1/2 cup frozen pitted cherries
- 1 Tbsp collagen powder



KIWI BANANA

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 4 oz nonfat Greek yogurt
- 1/2 cup kale
- 1 kiwi
- 1/4 banana
- 1 Tbsp almond butter



MINTY PINEAPPLE-CUCUMBER

- 8 Tbsp Almased
- 1 cup unsweetened mint tea
- 12 oz cold filtered water
- 1/2 cup frozen chopped spinach
- 1/4 cup frozen pineapple chunks
- 1/2 medium cucumber, chopped



PEANUT BUTTER BERRY

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 1 Tbsp peanut butter powder
- 1 Tbsp chia seeds
- 1/2 cup blueberries
- 1 Tbsp chopped nuts

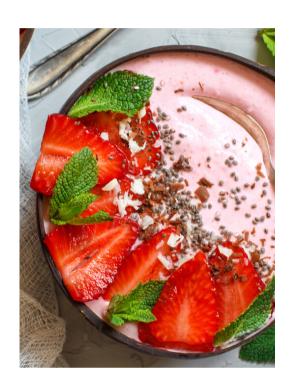






SNICKERDOODLE

- 8 Tbsp Almased
- 12 oz original almond milk
- 1/4 medium banana
- 1 dash cinnamon
- 1 Tbsp peanut butter powder
- 1 tsp vanilla extract
- 6 ice cubes



STRAWBERRY CHEESECAKE

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 2 oz nonfat Greek yogurt
- 1/4 cup cottage cheese
- 1 cup frozen strawberries
- Toppings: shredded coconut, chia seeds, and 1 strawberry, sliced



SWEET POTATO PIE

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1/4 cup steamed sweet potato cubes
- 1 tsp butter extract
- 1 tsp ground cinnamon
- 6 ice cubes



VERY BERRY SHAKE

- 8 Tbsp Almased
- 12 oz water
- 1 cup frozen mixed berries
- 2 Tbsp plain non-fat Greek yogurt
- 1 Tbsp ground flaxseed

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BROTH CENTRAL

WHY DRINK VEGGIE BROTH?

Broth can promote hydration and mineral balance. Plus, it can give you glow-y skin and curb cravings.



HOW MUCH BROTH DAILY?

Drink veggie broth either between shakes or as a healthy snack, up to 4 cups daily.

MAKE ENOUGH BROTH FOR THE WEEK!

Making veggie broth is easy, plus you can adjust the recipes to make a larger batch to save for the week.

STORING BROTH

Veggie broth can be refrigerated in an airtight container for 5 days or in the freezer for up to a month!







Stove-Top Directions:

- 1. Heat a large pot of water and bring to a boil.
- 2. Wash all of the ingredients thoroughly (see broth recipes on next page).
- 3. Slice all ingredients thinly and evenly.
- 4. Once water is boiling, gently add all ingredients. Bring water to boil, reduce to low heat, and cover pot. Simmer for 45 minutes 1 hour.
- 5. Use a large mesh to strain broth and discard the solids.
- 6. Allow broth to cool. Then ladle broth into bowl or mug to enjoy. Transfer the rest to airtight containers.

Pressure-Cooker Directions:

- 1. Place all the ingredients in the inner pot of the pressure cooker.
- 2. Pour in water.
- 3. Place lid on the pressure cooker and be sure vent knob is sealed.
- 4. Cook on high pressure for 15 minutes.
- 5. Once time has elapsed, let the pressure release naturally to prevent hot liquid from spewing through the valve.
- 6. Strain the solids from the broth and discard the solids. Let the broth cool before consuming or storing in airtight containers.

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BROTH RECIPES

Each recipe makes approximately four cups.



YOUR EVERYDAY BASIC BROTH RECIPE

- 1/2 medium onion
- 2 medium carrots
- 2 stalks celery
- 2 cups kale, spinach, collards or chopped sweet potato
- 4-6 cups water
- Salt, pepper, and spices to taste



BEETROOT BROTH

- 2 medium carrots
- 1 medium beetroot
- 1 medium sweet corn
- 4-6 cups water
- Salt, pepper, and spices to taste



ASIAN-INSPIRED BROTH

- 2 medium carrots
- 1 cup white mushrooms
- 1 small yellow squash
- 1 oz ginger, peeled
- 4-6 cups water
- Salt, pepper, and spices to taste





MEXICAN-STYLE BROTH

- 2 medium tomatoes
- 1 medium sweet corn
- 1 medium carrot
- 1/2 medium onion
- 1 Tbsp cilantro, chopped
- 4-6 cups water
- Salt, pepper, paprika, cumin and lime to taste



DETOX SPINACH BROTH

- 2 medium carrots
- 1 medium beetroot
- 1 medium sweet corn
- 4-6 cups water
- Salt, pepper, and spices to taste

HOPE YOU ENJOY OUR RECIPES!

Remember, you can easily make your own broth recipes by selecting your favorite combination of vegetables.

Don't have time to make broth?
As an alternative, you can drink store-bought veggie broth or 100% low-sodium veggie juice



WHAT TO EAT

(On Days 15-21)

Use our food list as a guide for making healthy choices at each meal.







PROTEIN

Consume 2-4 oz protein per meal.

Aim for 3-4 oz if you have a very active lifestyle.

Meat and Eggs

Chicken breast (no skin)
Chicken thighs (no skin)
Turkey breast (no skin)
Turkey thighs (no skin)
Ground turkey
Lean beef (90/10)
Lean pork
Free-range eggs
Egg whites

Seafood

Cod Shrimp
Flounder Scallops
Grouper Squid
Haddock Tuna
Salmon Trout
Sardines

Diet Tip: How much you eat will depend on your age, your gender, and how active you are.

Beans & Legumes

Chickpeas
Edamame
Black beans
Butter beans
Hummus
Kidney beans
Lentils
Pinto beans
Navy beans
Tofu

Nuts & Seeds

Almonds
Cashews
Brazil nuts
Flaxseeds
Hemp seeds
Pistachios
Sunflower seeds
Pumpkin seeds
Walnuts





CARBS

1/3 – 1/2 cup of cooked grains or 1 slice of bread per meal

1–2 cups cooked veggies per meal and 1/2 – 1 cup fruit per day

Grains

Amaranth

Barley

Bread, whole grain or

sprouted

Buckwheat

Bulgur

Cornmeal, whole

Couscous, whole wheat

Flour, whole wheat

Millet

Oatmeal

Pearl barley

Pumpernickel, whole grain

Quinoa

Rice, brown or wild

Sourdough, rye or wheat

Spaghetti, whole grain

Vegetables & Fruits

Asparagus

Bell peppers

Beets

Broccoli

Eggplant

Cauliflower

Cabbage

Carrots

Green peas

Green beans

Kale

Onions

Mushroom

Parsnips

Romaine lettuce

Spinach

Spring mix

Sweet potato

Tomato

Zucchini

Apple

Avocado

Blackberry

Blueberry

Cherry

Coconut

Grapefruit

Kiwi

Orange

Pear

Peach

Plum

Raspberry

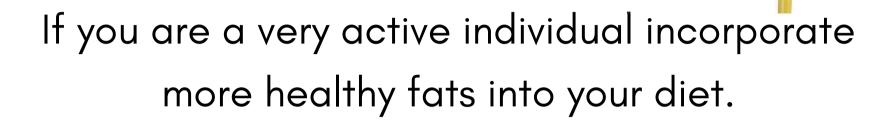
Strawberry





FATS

Consume 1–3 tsp of oil per meal or 5–7 tsp daily.



Remember, you can also get healthy fats from foods like salmon, avocado, nuts and seeds.

Oils

Avocado oil
Coconut oil, virgin
Flaxseed oil
Sesame oil
Olive oil, extra-virgin
Walnut oil

Diet Tip: A great way to incorporate oil into your diet is by adding 1 to 2 tsp of oil to your Almased shakes!



DAIRY

If your Almased shakes do not include dairy, add 1 cup of dairy or 1.5 oz of cheese to your meal.

Skim milk Yogurt, plain Cheese, reduced or low-fat



Ready, Reset, Go!

For questions about the diet, contact our Almased experts at toll-free 1-877-256-2733 or info@almased.com.

Don't forget to join our Almased community on Facebook and Instagram!





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