NAKED NUTRITION
WEIGHT LOSS BUNDLE

MAINTAIN STABLE ENERGY, CONTROL CRAVINGS, AND STICK TO YOUR NUTRITION PLAN

The Naked Nutrition Weight Loss Bundle helps you manage a healthy weight through a holistic approach.

OUR DELICIOUS SHAKES, SNACKS, AND PREMIUM SUPPLEMENTS INCLUDED IN THE BUNDLE WILL HELP YOU ACHIEVE THE FOLLOWING:

- Increase protein and fiber intake
- Eat more healthy fats to balance macros
- Maintain stable blood sugar and energy levels all day long
- Support gut health for better digestion and absorption of nutrients from food
- Promote restful sleep to support your body composition goals

All of these factors work together to help you feel your energetic best throughout the day. The delicious snacks and shakes are made with high-quality ingredients to satisfy your taste buds and prevent cravings for the bad stuff.
WHAT'S IN THE NAKED NUTRITION

WEIGHT LOSS BUNDLE

Naked Shake
Naked Cookies
Naked Fiber
Men's / Women's Multivitamins

Naked Greens
Naked Recovery
Naked Gut

We source the highest quality ingredients for all of our products to support your health and fitness goals. None of our products contain harmful additives so you can be confident about what you put in your body.
Naked Cookies
With 210 calories or less, 10g of grassfed whey protein, only 5g of sugar or less, Naked Cookie is a delicious pre-workout snack to help rev up your engines.

Naked Shake
A crave-worthy shake with pea protein and MCT oil that keep you feeling full, longer, so you don’t get the urge to reach for unhealthy snacks.

Naked Fiber
A naturally sweet and citrusy treat that provides 18% of your daily fiber needs. Supports gut health, digestion, and helps maintain stable energy.

Men’s / Women’s Multi
A high-potency multivitamin that combines vitamins, minerals, and an antioxidant blend to cover any gaps in your diet and help you feel your best.
FEEL BETTER.

**NAKED GREENS**
Premium greens supplement with organic vegetables, prebiotics, probiotics, and adaptogens. Promote a balanced mood, better sleep, and supports a healthy weight.

**NAKED RECOVERY**
A blend of six superfood mushrooms that promotes calmness, improves focus, and increases power and endurance.

**NAKED GUT**
Daily digestive supplement with seven natural ingredients to optimize gut function and improve overall health.

**NAKED KETO**
Premium keto fat bomb designed to support muscle growth, preserve lean mass, reduce body fat, and support weight loss.

*Optional Add-on*
HIGH QUALITY NUTRITION
ALL DAY LONG

Reaching your weight goals often comes down to how well you can avoid unhealthy snacks that are loaded with sugar and derail your daily calorie targets.

The Naked Nutrition Weight Loss Bundle will support you all day long with snacks and supplements that help you feel satisfied, energized, and stick to your optimal weight nutrition plan.

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**MORNING**

Use **Naked Shake** as a breakfast replacement, or add to a light breakfast. A delicious and healthy protein shake with 20 grams of protein and MCT oil will keep you satisfied till mid–late morning.

Start the day right with **Men’s/Women’s Multi** and provide your body with what it needs to function optimally. Add **Naked Gut** into your morning routine to optimize daily digestive function.
**MID-MORNING / PRE-WORKOUT**

When you feel like you need a mid-afternoon pick-me-up, it’s the perfect time to grab a Naked Cookie.

You’ll get a snack with an ideal balance of protein, fiber, and healthy fats to keep your energy levels up for the rest of the day.

**MID-AFTERNOON / POST-WORKOUT**

Depending on your daily protein needs, you can enjoy another Naked Shake to boost satiation until dinner. Post-workout protein will also kick start the recovery process and supply the amino acids that your muscles need.

A serving of Naked Keto will also add extra MCT Oil to your diet, preventing unwanted cravings.

For an afternoon fiber boost, add a scoop of Organic Naked Fiber to water for a citrusy treat. With 18% of your fiber needs in each serving that helps increase satiety, you’re less likely to make unhealthy choices leading up to dinner.

**NIGHTTIME**

Add Naked Greens to a before bed shake or glass of water. The adaptogens ashwagandha and organic Panax ginseng are herbs that help your body better deal with stress by promoting balanced cortisol levels and adrenal gland function.

A balanced mood and hormones support good sleep, which is crucial for all your health goals including reaching and maintaining a healthy weight.

Add Naked Recovery to support post-exercise recovery and improve general wellbeing. The mushrooms superfood blend will also balance physical and mental stress, and start preparing your body for quality rest.