NAKED NUTRITION
It’s easy to gain the wrong type of weight. But gaining weight that is primarily lean muscle mass requires planning, self-discipline, and consistent hard work.

The Weight Management Bundle is here to support all your hard work by helping you meet your increased calorie and protein requirements without having to compromise on the quality of nutrition.
WHAT’S IN THE NAKED NUTRITION WEIGHT MANAGEMENT BUNDLE

Naked Mass / Vegan Naked Mass  
Naked Greens

Naked Fiber  
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 Fiber
A naturally sweet and citrusy treat that provides a whopping 18% of your daily fiber needs with each serving.

Naked Greens
A blend of six different organic vegetables and grasses along with organic prebiotics, probiotics, and adaptogens.

Naked Mass / Vegan Naked Mass
Combining multiple protein sources, Naked Mass / Vegan Naked Mass is the perfect blend of complete proteins and complex carbohydrates.

Naked Gut
Daily digestive supplement with seven natural ingredients to optimize gut function and improve overall health.
Reaching your weight goals often comes down to how well you can plan your macros, spread your calorie intake throughout the day, and stick to your daily plan consistently.

But with busy schedules, it can be a challenge to prepare calorie-dense high protein meals day in and day out.

The Weight Management routine will provide the extra boost in protein and calories that you need to stay on track with your macros and calories, and help you digest your nutrition optimally.

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>MORNING</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**MORNING**

Start off your day by making a smoothie or shake with Naked Greens. The green superfood powder contains six different organic vegetables and grasses along with organic prebiotics, probiotics, and adaptogens.

It promotes detox, gut health, and immune function. Adaptogens ashwagandha and organic Panax ginseng support optimal hormonal balance and stress reduction.

**MID-MORNING / PRE-WORKOUT**

Continue the day with a big step forward towards hitting your protein and calorie goals.

Naked Mass combines Naked Whey, Naked Casein, and organic maltodextrin. It is the perfect blend of fast and slow absorbed proteins, and complex carbohydrates.

Alternatively, Vegan Naked Mass combines Naked Pea, Naked Rice, and organic maltodextrin to create the perfect blend of complete plant-based proteins and complex carbohydrates.

One serving of Naked Mass or Vegan Naked Mass in the morning sets up for success in a significant way.

Mid-morning is also a good time to use Naked Gut to optimize daily digestive function and improve the absorption of nutrients such as protein, carbs, and vitamins to help you perform better throughout the day.

**MID-AFTERNOON / POST-WORKOUT**

Some extra support for your gut with Organic Naked Fiber, which contains only one ingredient: naturally dehydrated pulp of baobab, a fiber-rich fruit from Southern Africa.

Provide your body with a little mid-afternoon fiber boost. Just add a scoop of Organic Naked Fiber to water a naturally sweet and citrusy treat.

Fiber helps improve gut health and digestion. Set your stomach up for success as you move forward with your protein and calorie plan throughout the day.