

Almased®

Figure Plan

THE 14-DAY & LONG-TERM PROGRAMME
FOR HEALTHY, EFFECTIVE WEIGHT LOSS

**The No.1 selling meal
replacement in Germany**



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Achieve healthy and effective weight loss with Almased®

Germany's No.1 scientifically proven weight loss product is designed to nourish your body and end the dieting cycle.

Have a weight loss goal in mind? Almased® makes it possible to achieve and maintain your target weight.

This in-depth plan guides you through each phase of the Almased® diet, provides you with nutritional advice and offers delicious, healthy recipes for during and after the programme. How does Almased® benefit your body and why is it the No.1 meal replacement in Germany? Here are the answers to your most important questions:

What is Almased®?

Almased® is Germany's No.1 meal replacement for weight loss, made from high-quality raw ingredients- soya, yogurt and enzyme-rich honey with added vitamins and minerals. It contains all important

nutrients the body needs, enzymes for easy digestion and more protein than other meal replacement. Almased® is non-GMO, gluten free, suitable for vegetarians and those with Diabetes. It contains no artificial flavours, fillers, stimulants or preservatives and only naturally occurring sugars.

Isoflavone-Rich Soya: Almased® uses non-GMO soya protein. Low in saturated fat and easy to digest, it is an excellent source of plant-based protein, providing all essential amino acids to help maintain your body's muscle mass. The retention of muscle during weight loss is vital for successful long-term weight management.

Yogurt: Sourced from premium quality milk, our yogurt provides additional protein and also calcium to support normal function of digestive enzymes whilst benefiting gut health.

Enzyme-Rich Honey: Our liquid honey is carefully processed to optimise the natural vitamins, minerals, antioxidants and most importantly the active enzymes which aid healthy digestion. Since the aim of Almased® is to produce a product as wholesome as possible and free from artificial sweeteners, the small amount of honey provides natural sweetness while also enhancing the taste.

Simply because it works...

Over 30 years of scientific research has validated Almased®'s positive effects on body weight and overall health. Almased® is a clinically tested formula and can be used as a meal replacement any time of the day for the purpose of

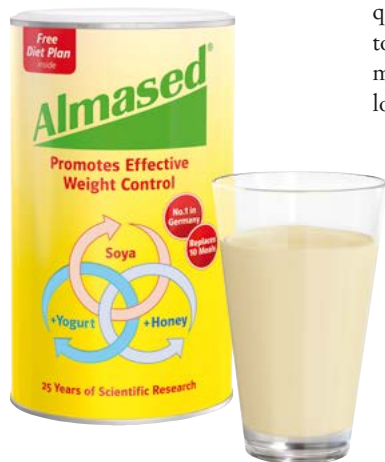
Our unique production process preserves the active ingredients to ensure easy digestion and true bioavailability of all nutrients.



weight loss, weight maintenance and to help improve overall wellbeing.

How does Almased® benefit the body?

To lose weight, we need to find the right balance between the food we eat and the energy we expend. Almased® offers a calorie controlled programme to promote healthier eating habits and ensure the energy we consume is less



than what we use. Typically, diet induced weight loss can result in 12-25% muscle loss due to an inadequate intake of nutrients and energy. Such lack of nutrients results in the body not getting the energy it needs, which in turn leads to the breakdown of important muscle tissue. Almased® combats this by providing you with essential nutrients for a healthy, well-balanced diet. The high proportion of plant-based protein found in Almased® nourishes and provides the muscles with quality nutrition, contributing to the maintenance of essential muscle even during the weight loss process.

How can you lose weight without feeling hungry when using Almased®?

The high-quality easily digestible plant protein in Almased® ensures a long-lasting feeling of satiety.

One meal replacement (about 228 kcal with water and 2 tsp of oil) will keep you feeling satisfied until your next meal.

How can Almased® support successful weight maintenance?

Whether or not our body stores fat depends not only upon the number of calories but also upon the nutritional value of the food. Diets that result in a significant reduction in calories may provide a quick-fix to weight loss however, long-lasting results are difficult to achieve.

To avoid the so called yo-yo effect, during the Almased® programme we must ensure that the body is provided with enough energy and nutrients to run efficiently in spite of the reduced calorie intake. Almased® research has shown that during the programme, essential muscle is retained¹. It is this retention of muscle which is key for healthy and sustainable weight loss.

Almased®'s Benefits:

- Clinically proven weight loss v a fat-restricted low calorie diet²
- Healthy weight loss. Reduces body fat without loss of essential muscle¹
- Quality nutrition that nourishes the body with a unique, natural blend of soya, yogurt and honey
- Contributes to weight loss when replacing two daily meals
- Maintains weight after weight loss by replacing one daily meal
- Wholesome and clean product, containing no artificial flavours, fillers, preservatives or stimulants and only naturally occurring sugars. Non-GMO, gluten-free, vegetarian and suitable for those with Diabetes
- Optimum Sports Nutrition

What Almased® can do for you



Start your day with more energy

Almased® supports metabolic activity and energy release with its high concentration of energy-yielding B vitamins such as biotin and B12, while folate in Almased® contributes to the reduction of tiredness and fatigue.



Strengthen your system

Almased® contains important phytochemicals such as isoflavones and polyphenols. Your immune system is supported by the addition of iron and vitamin A, while riboflavin and vitamin C protect the body's cells from daily oxidative stress.



Support your workout

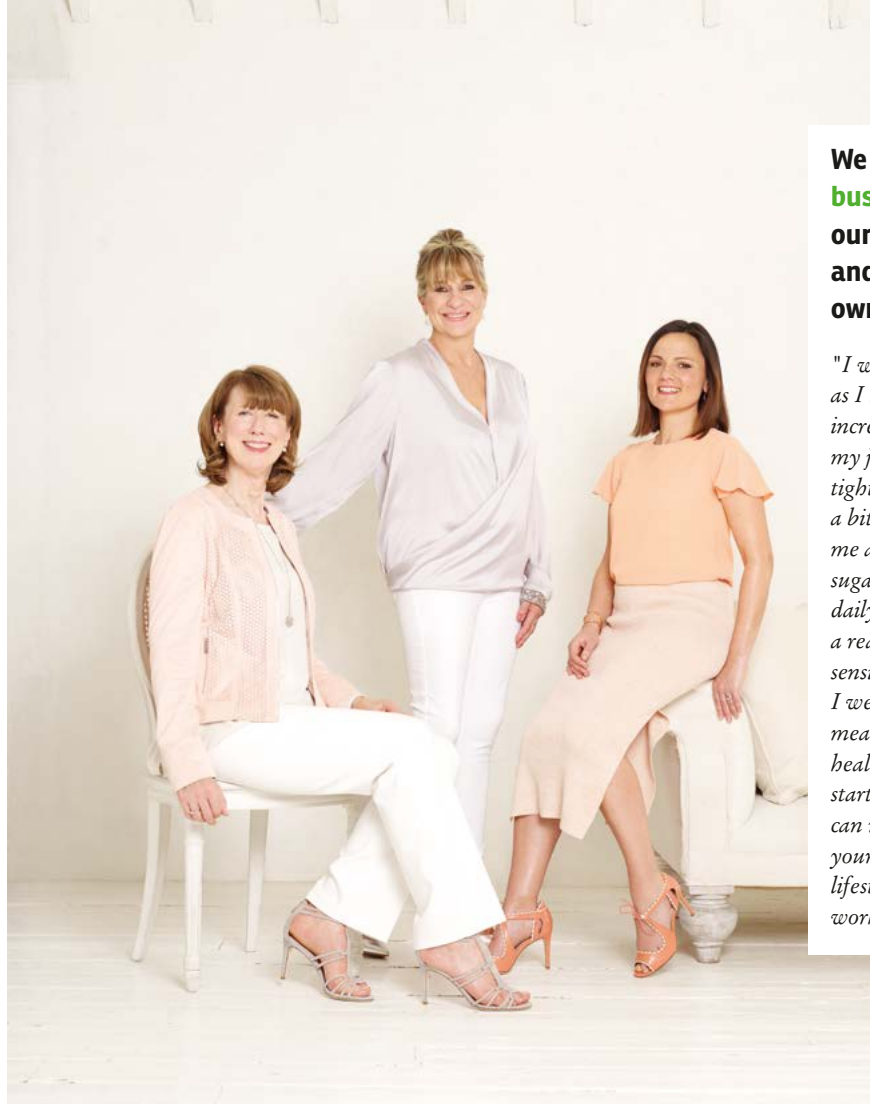
Almased® provides high quality protein for those involved in physical activity. It can help fuel performance if taken in advance of exercise, while it can aid recovery and replenish nutrients for muscular health post exercise.

1. Deibert, P et al (2004). Intl. Journal of Obesity; 28(10):1349-52.
2. König, D et al (2008). Annals of Nutrition and Metabolism; 52(1):74-78.

Achieve your ideal figure with Almased®

We have two diet plans which are easy to follow. You neither have to count calories nor prepare complicated meals.

Both plans can be tailored to your needs, depending on your weight loss goal. Our **14-Day Plan** caters for timely and effective weight loss, while our **Long-Term Plan** offers healthy, sustainable weight loss until your desired weight has been achieved. This guide also includes top tips and tasty recipes that can be incorporated into your balanced diet. Even when your target weight has been reached, Almased® can still be taken on a continual basis providing supportive nutrition for overall wellbeing. Both programmes are also suitable for people with Diabetes.



We asked three busy ladies to trial our 14-day plan and share their own experience.

"I wanted to try Almased® as I had noticed a gradual increase in my weight and my jeans had become quite tight! At first the plan was a bit of a shock as it made me aware of how much sugar I was consuming on a daily basis. I found it to be a really good reminder of sensible portion sizes so when I went back to everyday meals it made me eat more healthily. It's a great kick-start to weight loss. Almased® can really help you achieve your weight loss goal; it's a lifestyle product that certainly works" - Lara, Ascot (right).

Simple and convenient to use. How to mix Almased®?

Almased® provides essential nutrients for a healthy, well-balanced diet in a concentrated easy to use form and can be used to replace any daily meal. Dissolve 50g of Almased with either 200-350ml of water or

200ml or low-fat milk and 2 tps of oil (full recipe on page 19). Mix all ingredients together. Consume cold and within 20 minutes of preparation.

Use our Almased® shaker to create a perfectly, smooth-tasting drink!



The 14-Day Figure Plan

Our two week programme can help you reach your weight loss goal in a timely and effective way. This plan guides you through all four stages of life with Almased®, including top tips and healthy, easy-to-follow recipes.

1. This beneficial effect can be found with a daily intake of 2g of ALA.
2. Beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

Important: Add oil to your Almased® shake

It is recommended to add 2 tsps of oil (i.e. flaxseed, walnut, rapeseed, olive) to each Almased® shake in order to ensure an adequate intake of essential fats and to also aid the absorption of fat-soluble vitamins A, D, E and K.

A typical UK diet is high in saturated fats and low in essential unsaturated omega-3 fatty acids such as Alpha-linolenic acid (ALA), Eicosapentaenoic acid

(EPA) and Docosahexaenoic acid (DHA). As the body can not make these essential omega-3 fatty acids, they must be obtained through our diet.

- ALA¹ assists in the maintenance of blood cholesterol levels.
- EPA and DHA² have a positive influence on heart health and contribute to normal function of the heart.



Initiation Phase (Day 1 to 3)

In the Initiation Phase your body's system is reset.

In this phase, your regular meals are replaced with Almased® (recipe on page 19). In addition, during this phase it is recommended to consume vegetable soup as an additional meal to your 3 shakes (recipe on page 30).

Additional Information:

- It is important to drink 1.6-2L of fluid daily to aid hydration. Consuming 1-2 daily cups of tea or coffee with no added sugar is fine however, decaffeinated varieties, water, herbal or fruit

teas are preferable. Limit alcohol consumption.

- Vegetable soup is suggested as it is low in calories and can provide additional dietary fibre, vitamins and minerals.
- We recommend including 2 tsps of oil to ensure intake of essential omega-3 fatty acids.
- When prepared with water and 2 tsps of oil, Almased® provides about 230 calories, 27g of protein and 15g of slow releasing carbohydrates. When prepared with 200ml of low-fat milk, each shake will provide around 330 calories, 34g of protein and 25g of slow releasing carbohydrates.

Reduction Phase (Day 4 to 7)

The Reduction Phase supports steady and healthy weight loss. During this time, two regular meals (preferably breakfast and dinner) are replaced with Almased® in addition to one regular, balanced meal.

This phase prepares the body for the introduction of balanced meals in addition to your Almased® shakes. A selection of tasty and nutritious recipes can be found in this brochure (page 20 onwards). Meals should consist of low-fat, high protein foods (fish, chicken, turkey,

beans, pulses, eggs) wholegrain carbohydrates (brown rice, wholemeal bread or pasta, oats etc.) and be rich in vegetables. You should also limit the consumption of high-fat, high-sugar foods as well as alcoholic beverages. In order to get the best from the Almased® diet, avoid snacking in-between meals.

Please note: Should you so wish, this phase can be extended until your desired weight loss has been achieved.



Energy Balance: Key to Successful Weight Maintenance

To lose weight, calories consumed must be less than calories burned. An important part of maintaining energy balance is the amount of physical activity that you do. Your calorie consumption and calorie expenditure does not have to balance every day; it's about having a balance over time that helps sustain healthy weight.

More **ENERGY IN** than **ENERGY OUT** = **Weight gain**
More **ENERGY OUT** than **ENERGY IN** = **Weight loss**

In order to maintain your weight after a weight loss programme, your lifestyle needs to consist of healthy nutrition and increased physical activity. Exercise increases muscle mass, spurs energy consumption and can help with weight loss and weight maintenance. Following the Almased® programme in conjunction with regular exercise can lead to improved weight loss and overall fitness levels.



Stabilisation Phase (Day 8 to 10)

During the Stabilisation Phase, Almased® ensures your body is supported with the required energy and nutrients for healthy weight maintenance.

This phase slowly accustoms your body to an increase in the consumption of regular meals, helping to support the body's energy needs while retaining muscle integrity. By replacing one meal, this can help maintain weight after weight loss. For best results, replace your evening meal with Almased®.

Top Tip: Instead of being fixated on the scales, take regular body measurements (hip, waist, thigh and upper arm) as this will be a more accurate measure of fat loss. In addition, how your clothes fit will be a further indicator of your weight loss progress.



Life Phase (Day 11 to 14)

Enjoy three calorie controlled, nutritionally balanced meals. During the Life Phase, Almased® can be continually taken as supportive nutrition.

During this phase, three regular meals are consumed daily. Feel free to also incorporate Almased® into your daily balanced diet following your weight loss. For instance, consume it as a drink or add it to your cereal at breakfast, or alternatively, use it as a go-to snack during the day or pre or post-exercise. In this brochure you will find easy to follow recipes that are

nutritionally balanced and all under 600 calories. You do not have to follow the order of the recipes, you can simply use them as desired or choose additional recipes from: www.almased.co.uk

Top Tip: Upon completion of the 14-Day Plan, feel free to continue replacing 1-2 shakes per day to support further weight loss or general weight maintenance.



The Long-Term Plan

Feeling good and want to continue with Almased® for more than 14 days?

Our Long-Term programme can be followed for as long as you wish, offering healthy, sustainable weight loss until your goal has been achieved.

In the **Initiation Phase**, regular meals are replaced with Almased® (recipe on page 19). In addition, during this phase, it is recommended to consume vegetable soup as an additional meal to your three shakes. **Please note:** This phase should not be continued for more than

2 weeks as this will result in unhealthy, excessive weight loss.

The **Reduction Phase** supports steady and healthy weight loss. During this time, two regular meals (preferably breakfast and dinner) are replaced with Almased®. Your other meal should be high in protein, low in carbohydrate and rich in vegetables.

This phase can last up to six weeks or until your target weight has been achieved.

The **Stabilisation Phase** slowly accustoms your body to an increase in the consumption of regular meals, helping to support the body's energy needs while retaining muscle integrity. By replacing one meal, this can help maintain weight after weight loss. This phase can be continued for as many weeks as

No artificial fillers, flavours, preservatives or stimulants.



Almased® for optimum sports nutrition

you desire.

In the **Life Phase**, incorporating Almased® into your daily balanced diet is encouraged. Almased® can be used as a go-to healthy, nutritious snack during the day, pre or post-exercise or as supportive nutrition for overall wellbeing. It also provides optimum sports nutrition; when taken beforehand Almased®'s high quality protein and

amino acid profile will help fuel performance, whereas consuming Almased® after exercise will aid recovery and replenish nutrients for muscular health.

Diet and Lifestyle Advice

Will I regain lost weight when I stop using Almased®? Here you will find the answer.

This all depends on you and how you manage your lifestyle following the programme. Almased® is the beginning of a lifestyle change. If you return to the same poor eating habits that made you gain weight in the first place, inevitably, weight will return.

In conjunction with moderate levels of physical activity, try to incorporate the following lifestyle tips into your daily routine, to ensure healthy

eating habits and maintain weight loss.

Read food labels:

Look at traffic light labelling on the front of packaging. Red signals **high**, amber **medium** and green **low**. To support weight loss and weight

maintenance, foods with green and amber lights should be habitually consumed.

Portion control: To control portion sizes, choose smaller plates and bowls at meal times, ensuring vegetables make up the majority of meals.

Get enough sleep: Sleep deprivation can result in lethargy and an imbalance in blood sugar levels. This can increase the urge for snacking on sugary and

energy dense foods. You should aim to get at least 6-8 hours of sleep each night.

Increase levels of physical activity: The government recommends that we should be engaging in at least 150 minutes of weekly physical activity (30 minutes, 5 days a week). This should consist of two types of exercise; moderate aerobic training (swimming, cycling and fast-walking) and strength exercises (resistance training).



Nutrition in your new Almased® life

Limit consumption: Processed cereals and meats, confectionery goods, ready-meals, white bread, pasta and rice, high-sugar and salt condiments, fruit-juices and alcohol.

Consume regularly: Wholemeal pasta, bread and grains. Brown rice, rye, oats and essential fats e.g. oily fish, seeds, nuts, avocado and olive oil.

Main components of your daily nutrition: Low-fat dairy products, lean meats, eggs, legumes and pulses, vegetables, high-fibre fruits and calorie free liquids... and of course 50g of Almased® daily.



It is important to drink at least 1.6L of water every day.

Moderate alcohol intake:

Alcohol provides empty calories and prevents the body from breaking down fat.

Reduce consumption of fruit juices:

Although deemed healthy and contribute to 1 of your 5-a-day, fruit juices still contain large amounts of fast releasing sugar which can lead to weight gain.

Drink between meals, not while you eat:

Drinking while eating leads to a greater increase in blood sugar levels, which can affect the breakdown of fat.

Eat three main meals per day:

Otherwise your metabolism shifts into energy saving mode.

Choose a salad with your main course:

If you prepare the salad yourself, make sure to choose low-sugar, low-fat dressings. If in restaurants, ask for dressing on the side and use sparingly.

Avoid over-eating:

It takes about 20 minutes for the stomach to signal to the brain that it is full, so it is important to eat slowly and recognise when to stop.

Snack on protein-rich foods:

This can increase satiety and balance blood sugars. The below suggestions are great options for healthy, protein-rich snacks: 1 handful of nuts or seeds, 1 hard-boiled egg, 1-2 oat cakes or 80g raw vegetables with 2 tbsps of

cottage cheese or 1 tbsp of nut butter, 2 handfuls of berries, 100g greek yogurt and of course 50g Almased®.

Avoid ready meals: They usually contain high amounts of saturated fat, salt, sugar and provide the body with little nutrients.

Limit consumption of refined carbohydrates:

White bread, baguettes, rolls, white pasta, white rice, noodles and spaghetti, sugary cereals or cereal bars, pastries, crisps, chocolates, biscuits or cakes.

Understanding the Glycaemic Index: Helpful advice for weight maintenance

Not all carbohydrate-rich foods are created equal; they all have different effects on the body depending on their glycaemic index (GI). The glycaemic index (GI) is a ranking of carbohydrate-containing foods (1-100) and is based on the rate of absorption of sugars into the bloodstream and its overall effect on blood sugar levels.

Limit consumption of sugar-sweetened beverages: Low-calorie drinks with artificial sweeteners, alcohol, fruit juices (from concentrate), sugar-sweetened drinks.

Choose healthier cooking methods:

Try to avoid foods that are deep fried, battered or marinated. Opt for low-calorie cooking methods such as grilling, poaching, steaming, boiling, oven-baking or stir frying.

Added sugars: Eating foods with hidden sugars can affect weight loss efforts. Sugar is added to most foods however, on labels they can

be disguised using other names. Be sure to check the ingredient list: sugar cane, golden syrup, molasses or treacle, agave syrup/nectar, rice malt syrup, coconut blossom syrup, maple/date syrup, coconut sugar, unsweetened fruit juice, high fructose corn syrup, barley malt, dextrose, maltose, glucose, sucrose, fructose.

GI of 70-100 is high
GI of 56- 69 is medium
GI of 55 or less is low

Almased® has an exceptionally low GI of 27, which means that there is only a slight rise in blood sugar levels after consumption. This is one of the reasons as to why it is suitable for those with Type 2 diabetes. Foods with a lower GI have been found to help improve satiety, promote healthier blood sugar levels and can help maintain healthy weight. The key to long-term weight maintenance is to eat carbohydrates with a low GI. Examples of low GI foods are wholegrains. Wholegrain foods contain the entire kernel (bran,

germ and endosperm) which increases the amount of fibre in the food thereby slowing down the absorption of sugar into the bloodstream. It is important to include some of the following low GI foods into your daily balanced diet. Amaranth, barley, buckwheat, brown, wild and red rice, millet, quinoa, oats, rye, bulgar wheat, spelt and teff.



Healthy and nutritious recipes for today

These delicious and nutritious recipes are calorie-controlled to help you lose weight healthily. After you have completed the 14-day programme, these recipes can still be incorporated into your new, healthy, balanced diet.



Almased® Classic Shake

Ingredients for 1 person:

5 heaped tbsp Almased® (50g), 200-350ml water or 200ml low-fat milk or unsweetened almond or soya milk, 2 tsp of oil (olive, rapeseed, walnut or flaxseed).

Preparation:

Mix all ingredients together and pour into a glass to enjoy. You can flavour the recipe with cinnamon and other spices.

Nutritional values per portion:
228 Kcals, 26g Protein, 7g Fat, 15g Carbohydrates.*

**When mixed with water and oil.*

Day 1 to 3 (Initiation Phase)

BREAKFAST

Almased® Shake (recipe above)



LUNCH/DINNER

Per breakfast (see left)

ADDITIONAL MEAL (recommended)

Vegetable Soup (recipe on page 30)



Day 4 (Reduction Phase)

BREAKFAST

Almased® Shake (recipe above)



LUNCH

Irish Stew (recipe on page 31)

DINNER

Per breakfast (see left)



Day 5 (Reduction Phase)

BREAKFAST

Almased® Shake (recipe above)



LUNCH

Escalope of Chicken with Olives served on Spinach Leaves (recipe on page 20)

DINNER

Per breakfast (see left)



Escalope of Chicken with Olives served on Spinach Leaves

Ingredients (for 2 persons):

40g onion, 500g spinach leaves (frozen), 2 garlic cloves, 6 green and 6 black pitted olives, 3 sundried tomatoes, 1 tbsp olive oil, 2 chicken escalopes each weighing 180g, 1 tsp rapeseed oil, 100ml vegetable stock, nutmeg, pepper, salt

Preparation: Peel and dice the onion, then gently fry in the oil until translucent. Add the spinach and the seasonings. Cover the pan with a lid and carefully defrost and cook the spinach. Stir occasionally. Peel the garlic and together with the olives, sundried tomatoes and oil, roughly blend using a hand blender.

Spread some rapeseed oil into a frying pan using a brush, heat and then brown the chicken escalopes in the oil on both sides. Add the vegetable stock, and then stir in the olive and tomato paste. Allow the chicken escalopes to simmer for approx. 5 minutes. Check the seasoning of the spinach once again and serve on pre-warmed plates. Place the chicken escalopes on top of the spinach and drizzle with the olive and tomato paste.

Nutritional values per portion:
323 Kcal, 51g Protein, 11g Fat,
5g Carbohydrates, 2g Fibre.



Day 6 (Reduction Phase)

BREAKFAST

Almased® Shake
(recipe on page 19)



LUNCH

Penne all' Arrabbiata with Tuna (recipe on page 32)

DINNER

Per breakfast (see left)

Day 7 (Reduction Phase)

BREAKFAST

Almased® Shake
(recipe on page 19)



LUNCH

Chicken Tikka
(recipe on page 32)

DINNER

Per breakfast (see left)

Day 8 (Stabilisation Phase)

BREAKFAST

Herb Omelette with Goat's Cheese
(recipe on page 28)

LUNCH

Fishcakes with Seasonal Vegetables
(recipe on page 35)

DINNER

Almased® Shake
(recipe on page 19)



Chilli con Carne with Brown Rice

Ingredients (for 2 persons):

80g brown rice, 350ml vegetable stock, 40g red onion, 2 cloves of garlic, 450g pepper (red, green, yellow), 2 chillies (red, green), 160g lean minced beef, 1 tbsp rapeseed oil, 1 tsp tomato paste, 160g tinned chopped tomatoes, 120g tinned kidney beans (drained), 100g tinned sweetcorn (drained), 1 pinch of cayenne pepper, black pepper, salt.

Preparation: Add the brown rice to 250ml vegetable stock and leave to gently cook.

Peel the onion and garlic and chop finely. Wash the peppers and chillies, pick them over and deseed. Slice them into very fine strips. In a pan add the rapeseed oil and gently fry the minced beef with the onion and garlic. Add the tomato paste and sauté. Pour in the additional 100ml of vegetable stock. Add the chillies, peppers, kidney beans, tomatoes and sweetcorn. Continue cooking over a medium heat for about 15 minutes, leave to simmer. Season with the spices. Serve with the brown rice.

*Nutritional values per portion:
551 Kcal, 32g Protein, 19g Fat,
63g Carbohydrates, 18g Fibre.*



Day 9 (Stabilisation Phase)

BREAKFAST

Almased® Shake
(recipe on page 19)



LUNCH

Chilli con Carne
with Brown Rice
(recipe above)

DINNER

Greek-Style
Courgette Gratin
(recipe on page 36)



Day 10 (Stabilisation Phase)

BREAKFAST

Almased®
Energy Mix
(recipe on page 29)

LUNCH

Lamb Fillet with
sliced Pumpkin and
Courgette Puree
(recipe on page 37)

DINNER

Almased® Shake
(recipe on page 19)



Day 11 (Life Phase)

BREAKFAST

Blueberry Cream
with a Berry Skewer
(recipe on page 29)

LUNCH

Curried Squash
Soup with Butterfly
Prawns (recipe on
page 30)

DINNER

Quinoa Ratatouille
with Smoked Tofu
(recipe on page 38)

**ADDITIONAL
SNACK (optional)**

Almased® Shake
(recipe on page 19)



Salmon Steak with Vegetables

Ingredients (for 2 persons): 150g peppers, 400g courgettes, 150g carrots, 40g onion, 2 cloves of garlic, 1 tbsp olive oil, 2 tbsp basil, 1 tsp pine nuts, 2 salmon fillets (each weighing 200 g), 2 tbsp lemon juice, salt, pepper, 2 slices of wholegrain bread.

Preparation: Wash and cut the peppers, courgettes and carrots. Gently fry the vegetables in the olive oil with the onion and chopped garlic cloves. Wash the basil and pat dry, add to the vegetables. Sprinkle pine nuts in to the mixture.

Season the salmon steaks, drizzle with lemon juice and place on a large piece of baking paper. Place the vegetable mix on the fish and fold the corners of the baking paper together to make a parcel. Place the parcels on a baking tray and cook in a preheated oven at 180 - 200°C. Cook for 20 minutes. Serve with 1 slice of wholegrain bread.

Nutritional values per portion:
570 Kcal, 49g Protein, 30g Fat,
26g Carbohydrates, 10g Fibre.



Day 12 (Life Phase)

BREAKFAST

Herb Omelette with Goats Cheese (recipe on page 28)

LUNCH

Shepherds Pie with Sweet Potato Topping (recipe on page 36)

DINNER

Colourful Vegetable Bake with Cod (recipe on page 33)

ADDITIONAL SNACK (optional)

Almased® Shake (recipe on page 19)



Day 13 (Life Phase)

BREAKFAST

Pear and Nut Cottage Cheese (recipe on page 28)

LUNCH

Chilli con Carne (recipe on page 22)

DINNER

Salmon Steak with Vegetables (recipe above)

ADDITIONAL SNACK (optional)

Almased® Shake (recipe on page 19)



Day 14 (Life Phase)

BREAKFAST

Almased® Muesli Mix (recipe on page 28)

LUNCH

Oriental Lentils and Vegetables (recipe on page 34)

DINNER

Fillet Steak with Onion Crust (recipe on page 39)

ADDITIONAL SNACK (optional)

Almased® Shake (recipe on page 19)



This is how a diet should taste

The following recipes are simple to make, nutritious and can be easily included in your balanced diet. These meals can also be enjoyed as part of your weight maintenance plan.

If you want a diet to succeed it is important to make long-term changes to your eating habits however, it is not always about counting the calories. During the Almased programme, it is important not to restrict certain food groups. Meals should include a combination of healthy omega-3 fats, protein, wholegrain carbohydrates and antioxidant rich vegetables. Ideally, for weight loss and maintenance it is important that each meal is protein based. Protein keeps you feeling full and helps maintain

muscle integrity. This is vital for a healthy-functioning metabolism and long-term weight management.

Lunch or dinner? It doesn't matter.

You do not have to follow the meal plan, it is merely a guide. The suggested recipes are varied, healthy (under 600 calories) and tasty. They can even be used interchangeably, either for

lunch or dinner. Meals higher in carbohydrates are ideal at lunch time as they can fuel you for the rest of the day. Aim for lighter meals in the evening as we are

generally more sedentary and therefore require less energy.



Vitality breakfast: Start your day the right way with these recipes | **P. 28 »**



Super soups: Our delicious soup recipes for lunch or dinner | **P. 30 »**



Nutritious dishes: Here you will find something for every occasion | **P. 32 »**



More delicious and healthy recipes on our website: **www.almased.co.uk/recipes**



Pear and Nut Cottage Cheese



Herb Omelette with Goat's Cheese



Almased® Energy Mix

Pear and Nut Cottage Cheese

Ingredients (for 2 persons):

250g low-fat cottage cheese, 1 pear, 1 tbsp ground flaxseed, 2 tbsp chopped mixed nuts, 1 tbsp of oats, 1 tsp cinnamon.

Preparation: Wash the pear, remove the core and stalk and finely chop. Mix the cottage cheese with the flaxseed and nuts. Place the cottage cheese on a plate and top with the pear and oats. Sprinkle with cinnamon.

Nutritional values per portion:
285 Kcal, 25g Protein, 13g Fat, 17g Carbohydrates, 7g Fibre.

Almased® Muesli Mix

Ingredients (for 1 person):

150g natural low-fat yogurt (1.5%), 1 tbsp walnut oil, 50g Almased®, 1 tbsp muesli (unsweetened).

Preparation: Blend together the yogurt and oil, then add the Almased® and mix. Sprinkle with muesli and enjoy.

Nutritional values per portion:
368 Kcal, 34g Protein, 12g Fat, 31g Carbohydrates, 1.5g Fibre.

Herb Omelette with Goat's Cheese

Ingredients (for 2 persons):

1 bunch of herbs (of choice), 1 shallot, 2 large eggs, 50ml low-fat milk, 1 tbsp rapeseed oil, 50g goat's cheese, 2 slices of wholegrain bread, pepper, salt.

Preparation: Wash the herbs, dab with kitchen roll to dry and chop finely. Beat the eggs in a bowl until frothy, add the milk and season with salt and pepper, fold in the chopped herbs. Peel the shallot, then dice finely. Heat the oil in a frying pan, add the shallot and

gently cook until translucent. Add the egg mixture to the pan and cook over a low heat until firm. Turn once. Then crumble the goat's cheese over the omelette and place a lid over the pan. Ensure that you only use a very low heat and allow the cheese to melt for approx. 5 minutes. Serve with a slice of wholegrain bread.

Nutritional values per portion:
313 Kcal, 18g Protein, 17g Fat, 22g Carbohydrates, 2g Fibre.

Blueberry Cream with a Berry Skewer

Ingredients (for 2 persons):

100ml soya milk, 400g silken tofu, 1 tbsp lemon juice, 10g honey, 160g blueberries, 40g raspberries, 40g strawberries, 2 wooden cocktail sticks.

Preparation: Blend the soya milk, silken tofu, lemon juice and

honey together. Carefully rinse the berries and drain. Set aside 2 pieces of each type of berry, mash the rest of the berries with a fork and mix in. Place the cream into 2 glasses. Place the berries alternately on the sticks and serve with each glass.

Nutritional values per portion:
167 Kcal, 14g Protein, 7g Fat, 12g Carbohydrates, 7g Fibre.

Almased® Energy Mix

Ingredients (for 1 person):

200g natural low-fat yogurt (1.5%), 1 tbsp flaxseed oil or rapeseed oil, 50g Almased®, 50g strawberries.

Preparation: Mix together the yogurt, oil and Almased®. Halve the strawberries and place on top.

Nutritional values per portion:
352 Kcal, 34g Protein, 12g Fat, 27g Carbohydrates, 3g Fibre.



Vegetable Soup



Curried Squash Soup
with Butterfly Prawns



Irish Stew

Vegetable Soup

Ingredients (4 servings): 500g of any fresh or frozen vegetables -the more varied the better (examples of which include broccoli, leeks, cauliflower, kale, onions, celery, spinach, peas, cabbage, peppers), 1 pinch sea salt, fresh herbs, pepper.

Preparation: Wash, clean and chop the vegetables into small pieces. Place in a saucepan. Cover the vegetables with water and cook until tender. Leave in the solid vegetables, or if desired, blend until smooth. Season with fresh herbs, pepper and little sea salt.

Nutritional values per portion:
80 Kcal, 5g Protein, 1g Fat, 13g Carbohydrates, 5g Fibre.

Curried Squash Soup with Butterfly Prawns

Ingredients (for 2 persons): 600g butternut squash or similar, 100g leeks, 2 cloves of garlic, 3cm ginger root, 1.5 tbsp rapeseed oil, 1 tsp curry powder, 300ml vegetable stock, 200ml low-fat milk, 150g king prawns, 1 small chilli, 1 tsp rapeseed oil, black pepper, salt.

Preparation: Wash the squash and cut into cubes, remove the seeds. Cut the leeks into fine strips. Peel and finely chop the garlic, deseed and cut the chilli. Heat the rapeseed oil in a pan, add the squash and gently brown. Add 100ml of vegetable stock to the pan and let simmer on a moderate heat for about 8 minutes. Butterfly the king prawns with a knife. Heat the rapeseed oil in a frying pan, add the garlic, ginger and chilli. Add the remaining vegetable

stock. Let simmer for a further 4 minutes. Increase the temperature in the pan, open the prawns like a butterfly and cook in the oil for 2-3 minutes. Add the milk to the soup and heat, puree the soup and season with curry powder, salt and pepper. Pour the soup into bowls and place the prawns decoratively in the middle.

Nutritional values per portion:
296 Kcal, 22g Protein, 12g Fat, 25g Carbohydrates, 9g Fibre.

Irish Stew

Ingredients (for 2 persons): 240g of lamb shoulder, 1 tbsp rapeseed oil, 40g onions, 400 ml vegetable stock, 150g carrots, 250g green beans, 100g white cabbage, 100g potatoes, ½ tsp caraway seeds, 1 bay leaf, 1 tsp thyme, 2 tbsp chopped parsley, salt, pepper.

Preparation: Rinse the lamb in cold water, pat it dry and cut into cubes of approx. 2 cm. Brown the meat in the oil, peel and dice the onions, then add to the pan and fry with the meat. Add half of the vegetable stock and simmer. In the meantime, wash and clean the vegetables, then cut them into slices or strips. Peel and dice the potatoes. Add the vegetables and potatoes to the pan and stir. Add the caraway seeds, bay leaf, thyme, salt and pepper. Add the rest of the vegetable stock. Put a lid on the pan and cook on a low heat for approx. 30-40 minutes. Divide into 2 bowls, sprinkle with the chopped parsley and serve.

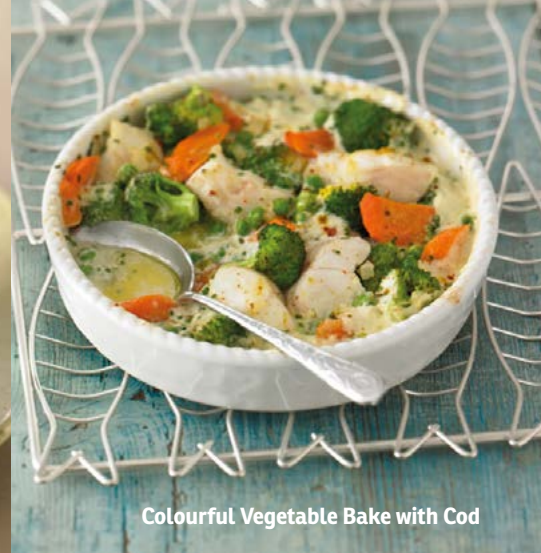
Nutritional values per portion:
323 Kcal, 31g Protein, 11g Fat, 25g Carbohydrates, 8g Fibre.



Penne all' Arrabbiata with Tuna



Chicken Tikka



Colourful Vegetable Bake with Cod

Penne all' Arrabbiata with Tuna

Ingredients (for 2 persons):

100g wholewheat pasta, 150g yellow pepper, 150g red pepper, 40g onion, 2 garlic cloves, 1 red and 1 green chilli pepper, 16 black olives, 1 tbsp rapeseed oil, 200g tinned tomatoes, 150g tinned tuna (in water), black pepper, salt, 2 tbsp each of oregano, thyme, basil, 2 tbsp grated parmesan.

Preparation: Cook the pasta until al dente. Wash, clean and dice the peppers. Peel and finely dice the onion and garlic. Wash the chilli peppers and slice finely. Finely slice the olives. Heat the oil in a frying pan, fry the onions briefly until translucent, add the diced peppers and continue to cook for approx. 5 minutes. Add the garlic, sliced olives and tinned tomatoes. Drain the tuna and add to the vegetables. Season with salt and pepper and simmer for approx. 5

minutes. In the meantime, wash and chop the herbs. Just before serving, stir the herbs into the sauce. Place the pasta with the vegetable sauce, sprinkle with parmesan and serve.

Nutritional values per portion:
434 Kcal, 31g Protein, 14g Fat, 46g Carbohydrates, 15g Fibre.

Chicken Tikka

Ingredients (for 2 persons): 250g chicken fillet, 100g low-fat natural yogurt, 2 tbsp lemon juice, 1 tsp tomato puree, ½ tsp curry powder, ½ tsp garam masala, 1 tsp paprika powder (sweet), 90g brown rice, 1 tsp rapeseed oil, 1 tsp each of coriander seeds, fennel seeds and mustard seeds, 180ml vegetable stock, 40g onion, 2 garlic cloves, 300g red pepper, 300g yellow pepper, 120g tomatoes, 1 tbsp rapeseed oil, 1 tsp tandoori paste, 100ml tomato juice, 100ml low-fat coconut milk, 1 tsp fresh coriander,

1 tbsp fresh mint, salt, pepper.

Preparation: Make a marinade with the yogurt, lemon juice and spices. Cut the chicken into pieces about 1 cm across. Mix into the marinade. Leave in the fridge covered, for about two hours. Cook the rice in the vegetable stock. Peel the onion and garlic and chop finely. Wash peppers and tomatoes, remove seeds from peppers and then chop both. Heat the oil in a deep pan or wok and fry the onions gently until translucent. Add the tandoori paste, garlic and peppers and continue cooking. Add the chicken and yogurt marinade and stir all together while continuing to cook for a further 5 minutes. Add in the chopped tomatoes, tomato juice and herbs. Top off with the coconut milk and allow to simmer for 5 minutes. Arrange the chicken with the rice and serve.

Nutritional values per portion:
475 Kcal, 40g Protein, 11g Fat, 54g Carbohydrates, 9g Fibre.

Colourful Vegetable Bake with Cod

Ingredients (for 2 persons):

400g cod, 1 garlic clove, 1 pinch of chilli flakes, 1 tbsp rapeseed oil, 200g broccoli florets, 200g frozen peas, 200g carrots, 1 onion, 1 tbsp rapeseed oil, 1 tsp wholemeal flour, 100 ml vegetable stock, 100ml low-fat milk, 1 tbsp light cream, 1 tsp curry powder, 1 tsp cayenne pepper, salt, 1/4 bunch of chives, 4 stems of parsley.

Preparation: Rinse the cod in cold water, pat dry and cut into cubes of approx. 2 cm. Peel the garlic and crush into the oil. Add the chilli flakes. Marinate the cod in this mixture and set to one side. Peel, halve and slice the carrots. Place in an ovenproof dish together with the broccoli florets and the peas. Distribute the pieces of fish evenly over the vegetables. Preheat the oven to 190 °C (fan



Greek-Style
Courgette Gratin



Oriental Lentils
and Vegetables
with Ginger and
Yogurt Dressing



Lamb Fillet with Sliced
Pumpkin and Courgette Puree

oven 170 °C). Peel and finely dice the onions, brown them in the oil, stir in the flour and add the stock whilst stirring constantly. Add the milk and allow everything to simmer briefly. Stir in the light cream and the seasonings. Wash, dry and chop the chives and then add them to the sauce. Pour the sauce over the vegetable and fish mixture. Cook in the oven for approx. 30 minutes. Serve the bake in the dish and sprinkle the parsley on top.

Nutritional values per portion:
467 Kcal, 31g Protein, 23g Fat,
34g Carbohydrates, 13g Fibre.

Oriental Lentils and Vegetables with Ginger and Yogurt Dressing

Ingredients (for 2 persons): 100g red lentils, 40g onion, 1 tbsp rapeseed oil, 250ml vegetable stock, 600g fresh seasonal vegetables (leeks, carrots, peppers,

celery etc), 2 garlic cloves, 1 tbsp rapeseed oil, 1 tsp curry powder, 1 pinch each of turmeric, cumin and ground coriander, black pepper, 150g low-fat natural yogurt, 2 tbsp sour cream, 2 tbsp low-fat quark, 3 cm ginger, 2 stems of lemongrass, 4 tbsp parsley.

Preparation: Peel and dice the onion, fry gently in the oil until translucent, rinse the lentils and add to the onions. Mix all together and add 200ml vegetable stock, simmer for approx. 15 minutes. Once the lentils are cooked, drain and retain what is left of the cooking stock. Wash, clean and dice the seasonal vegetables. Heat the oil in a pan, add the curry powder, finely chopped garlic and seasonal vegetables and gently brown. Season to taste with the remaining spices and pour in the remaining cooking stock. Cook gently for a short time. To prepare the yogurt dressing, mix together the yogurt, sour cream and quark. Peel and crush the ginger and stir

in. Wash the lemongrass and finely chop. Carefully stir the lentils and vegetable mixture together, arrange on 2 plates and serve. Chop and sprinkle the parsley over the lentil and vegetable mixture. Serve with the ginger and yogurt sauce.

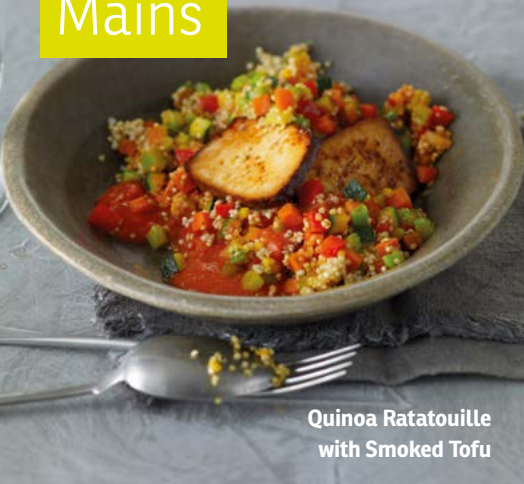
Nutritional values per portion:
418 Kcal, 26g Protein, 14g Fat,
47g Carbohydrates, 14g Fibre.

Fishcakes with Seasonal Vegetables

Ingredients (for 2 persons): 150g salmon fillet, 100g tuna fillet, 100g halibut fillet, 1/2 stale wholegrain bread roll, 80g spring onions (or leek), 160g carrots, 125g celery, 1 egg, 1 tsp cornflour, 300g seasonal vegetables (e.g. cabbage, fennel, pepper, courgette, asparagus), 40g red onion, 2 tbsp rapeseed oil, 2 tsp sour cream, 2 tbsp chopped parsley, 100ml vegetable stock, sea salt, pepper, chilli.

Preparation: Cut the fish fillets into small cubes. Soak the bread roll in water. Wash, clean and finely dice the vegetables. Combine the fish and diced vegetables with the egg and cornflour and mix well. Squeeze out the roll thoroughly and add to the mixture, then add the seasonings to taste. Cover the mixture and leave to stand. In the meantime, wash and clean the seasonal vegetables, then cut into pieces. Gently fry the diced onions in the oil, add the vegetables and carry on cooking, add some vegetable stock if required. Season to taste with salt and pepper and keep warm. Just before serving, stir in the sour cream and herbs. Heat the rapeseed oil in a pan, shape the fish mixture into burgers and slowly fry on both sides until golden brown. Place the vegetables on plates, top with the fish cakes and serve.

Nutritional values per portion:
549 Kcal, 45g Protein, 29g Fat,
27g Carbohydrates, 18g Fibre.



Quinoa Ratatouille
with Smoked Tofu



Shepherd's Pie with
Sweet Potato Topping



Fishcakes with
Seasonal Vegetables

Shepherd's Pie with Sweet Potato Topping

Ingredients (for 2 persons): 250g minced lamb (reduced-fat), 1 carrot, 150g green pepper, 1 small onion, 1 garlic clove, ½ cup of chopped mushrooms, ½ tsp chilli powder, ½ tsp dried rosemary, 2 tbsp tomato paste, 150 ml vegetable stock.

Sweet potato topping: 1 large sweet potato, 1 tbsp butter, chilli powder, salt, pepper.

Preparation: Preheat oven to 180°C. Chop the carrot, onion, pepper, mushrooms and garlic. Add the minced lamb to an oil-free frying pan. Brown the lamb, add the vegetables and cook until soft. Begin making the potato topping while the meat filling cooks. Chop the sweet potato into cubes, steam or boil. Once the potatoes are soft, add the butter and seasonings, mash until smooth. In the meantime, stir in tomato paste, vegetable stock, seasonings, salt and pepper to the meat filling. Transfer the meat filling to a

casserole dish and top with the mash. Sprinkle with salt and chilli powder. Bake for 10 minutes. Remove from oven and serve with vegetables or salad.

Nutritional values per portion:

391 Kcal, 26g Protein, 15g Fat, 38g Carbohydrates, 8g Fibre.

Greek-Style Courgette Gratin

Ingredients (for 2 persons): 1 tsp rapeseed oil, 300g courgettes, 300g tomatoes, 2 garlic cloves, 5 stems each of oregano and basil, 25g black pitted olives, 25g green pitted olives, 200g reduced-fat goat's cheese, black pepper, sea salt, 2 tbsp olive oil, 2 wholemeal rolls.

Preparation: Grease an ovenproof dish with the rapeseed oil. Wash and clean the courgettes and tomatoes, cut into slices (approx. 3 mm) and layer in the ovenproof dish. Wash the herbs, pat them dry, pluck from the stems, mix with the finely

chopped garlic and scatter over the vegetables. Slice the olives and cut the goat's cheese into small cubes, then scatter over the top of the vegetables. Season with pepper and salt. Drizzle with the olive oil. Preheat the oven to 200°C (fan oven 180°C), bake the gratin at 180°C (fan oven 160°C) for approx. 25 minutes, until the cheese is lightly browned. Serve with one wholemeal roll each (optional).

Nutritional values per portion:

480 Kcal, 29g Protein, 24g Fat, 35g Carbohydrates, 9g Fibre.

Lamb Fillet with Sliced Pumpkin and Courgette Puree

Ingredients (for 2 persons): 2 lamb fillets, 2.5 tbsp rapeseed oil, 1/2 tsp rosemary leaves, 2 garlic cloves, 400g muscat pumpkin, 250ml vegetable stock, 1 tsp red peppercorns, 100g peeled potato, 400g courgettes, black pepper, salt, nutmeg.

Preparation: Rinse the lamb fillets in cold water, pat dry and place in a deep dish. Mix the oil with red peppercorns. Chop the rosemary and mix into the oil. Peel the garlic and crush into the oil. Mix this all together, pour over the meat and allow to marinate for approx. 30 minutes. Peel and dice the potatoes, wash and dice the courgettes. Pour enough vegetable stock to cover the bottom of the pan. Heat and simmer the pieces of potato in the stock for approx. 10 minutes. Add the diced courgette, season with salt and pepper, place a lid on the pan and allow to cook for a further 8 - 10 minutes. Drain away the remaining vegetable stock and then puree the courgettes and potatoes. Season to taste with pepper, salt and nutmeg, set aside and keep warm. Wash and peel the pumpkin, remove seeds and fibre, then slice. Heat the oil in a pan, fry the slices of pumpkin slowly on both sides for approx. 10 minutes. Preheat the oven to 150°C (fan oven 130°C). Next, add to a frying pan some of



Fillet Steak with an Onion Crust and Green Beans with Bacon

Almased® Wellness Tea is the perfect complement to the Almased® diet and can be enjoyed as a light and refreshing everyday tea for general wellbeing.

The loose leaf blend is naturally caffeine free and consists of selectively chosen ingredients; Elder Blossom, Hawthorn Berries, Marjoram, Woodruff and Celery Root.



the oil from the marinated lamb, heat and brown the lamb fillets for approx. 3 minutes on each sides. Place the lamb fillets into an oven proof dish and cook for approx. 8 - 10 minutes in the oven. Then leave to rest for a little longer. Finally, place the lamb fillets with the sliced pumpkin and courgette puree on 2 prewarmed plates and serve.

Nutritional values per portion:
392 Kcal, 38g Protein, 16g Fat, 24g Carbohydrates, 7g Fibre.

Quinoa Ratatouille with Smoked Tofu

Ingredients (for 2 persons): 80 g quinoa, 300ml vegetable stock, 40g spring onions, 3cm ginger root, 150g carrots, 250g celery, 150g courgettes, 150g red pepper, 1 tbsp rapeseed oil, freshly ground black pepper, salt, curry powder, turmeric, cumin, 200g smoked tofu.

Ratatouille: 1 shallot, 2 garlic cloves, 1 tbsp rapeseed oil, 100g tomatoes, 1 can of peeled tomatoes, salt, pepper, basil.

Preparation: Bring the quinoa briefly to the boil in 200ml vegetable stock and then simmer for approx. 25 minutes on a low heat. Turn off the heat and allow to soak for about another 5 minutes. While the quinoa is cooking, start preparing the Ratatouille (directions right). Once the Ratatouille is simmering, continue with preparing the vegetables for the quinoa mix. Cut the spring onions into rings. Peel the ginger and carrots. Finely dice the ginger. Dice the carrots, courgettes and pepper. Cut the celery into pieces. Heat the oil, stir the ginger and curry powder into the oil, add the vegetables and cook gently. Add the remaining vegetable stock. Put a lid on the pan and simmer for about another 8 minutes. Add the spices and seasonings to taste. Mix the vegetables with the quinoa. Cut the tofu in slices with a thickness of approx. 0.5 cm

and brown briefly in the oil on both sides.

Ratatouille: Peel the garlic, cut into cubes and fry in the oil with the shallots. Wash the tomatoes, and cut into cubes. Add the canned tomatoes together with the basil. Season with salt, pepper. Let the tomato sauce simmer for about 20 minutes on a low heat. Then purée with a blender. Arrange the quinoa and fried tofu on 2 plates. Stir in the Ratatouille.

Nutritional values per portion:
558 Kcal, 31g Protein, 26g Fat, 50g Carbohydrates, 16g Fibre.

Fillet Steak with an Onion Crust and Green Beans with Bacon

Ingredients (for 2 persons): 360g fillet steak, 1 tbsp rapeseed oil, 80g onions, 1 tbsp hot mustard, 1 tsp breadcrumbs, 1 egg yolk, 400g green beans, 40g lean bacon, 1 tsp butter, pepper, salt.

Preparation: Wash and clean the beans, cook in boiling salted water until al dente. Drain. Season the meat on both sides with pepper and salt, brown both sides in the Preheat the oven to 200°C (fan oven 180°C). Peel the onions, finely dice and mix with the mustard, breadcrumbs and egg yolk. Divide equally and rub mixture onto both fillet steaks. Bake in the oven for approx. 3 minutes. The crust should crisp and turn a light golden yellow.

Finely dice the lean bacon, then fry gently in the butter until translucent, add the beans and stir them in. Serve with the steaks.

Nutritional values per portion:
431 Kcal, 50g Protein, 19g Fat, 15g Carbohydrates, 5g Fibre.



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