



Method 5 Fitness



M5 Lean: Meal Replacement

Reduce hunger and cravings in one complete, delicious shake

What is it?

- M5 Meal Replacement is a superior meal replacement formula scientifically designed to support lean muscle mass growth. A proprietary blend of high-quality pea, egg and whey isolate proteins—combined with essential vitamins, minerals, complex carbohydrates, and fiber—gives you a complete and satisfying meal in one easy and delicious shake. Be healthy and get lean with M5 Meal Replacement!



Problem

- The Standard American Diet (SAD) consists mainly of processed carbohydrates (cereals, breads, pasta, cookies, cakes, etc.), processed meat products, and a few fruits and vegetables. As a result, 63.1% of adults in the U.S. are considered either overweight or obese. The quality and amount of food you eat affects your health —today, tomorrow, and in the future.

Solution

- M5 Meal Replacement shake is just that: a healthy meal replacement. It provides you with a delicious, low-calorie meal at any time of day. With 20g of highly bioavailable protein and a proprietary Satiety Blend, you will feel full longer and get the key vitamins, minerals, and nutrition needed for a healthy meal. M5 Meal Replacement isn't just a protein shake. Rather, it's a complete shake filled with all the nutrition your body needs. From protein to vitamins and minerals to complex carbohydrates and fiber, this versatile shake is the perfect solution. It's low in sugar and lightly sweetened with stevia and natural flavors.
- Mix in your favorite fruits and vegetables for a delicious breakfast or afternoon snack. Maintain a healthy diet, keep your weight management in check, and get lean with M5 Meal Replacement.

What's in it for me?

- 180 calories and 20g of highly bioavailable protein
- Filled with vitamins and minerals, complex carbohydrates, and fiber
- Low in sugar
- Helps satisfy hunger to aid in weight management

- Supports lean muscle mass growth
- Safe, all-natural, no artificial sweeteners or colors

Proven Benefits

Meal-replacement shakes are an effective, easy way to drop weight, by providing a low-calorie balanced meal. You eat less and lose weight quickly and permanently. In fact, research has shown that meal replacements were just as effective for producing weight loss when compared with conventional, structured weight loss diets.

Meal Replacements also help you remember to eat breakfast- mixing up a shake first thing in the morning gives your body the nutrition it needs and also to jump start your metabolism. By drinking a meal replacement shake, you can avoid fatty foods for breakfast and save an average of 400 calories per day.

By drinking a meal replacement shake first thing in the morning, you are jump starting your metabolism and increasing your caloric burn throughout the day.

Key Ingredients

Proprietary Protein Blend: (Pea Protein, Egg White, Whey Isolate), Non Dairy Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate (a lactose-free milk derivative), Mono & Diglycerides, Di Potassium Phosphate, Tri-Calcium Phosphate, Soy Lecithin), Natural Flavor, Stevia Extract, Hawaiian Evaporated Cane Juice, Proprietary Satiety Blend: (Apple Fiber, Blueberry Fiber, Cranberry Fiber Solathin), Xanthan Gum, Guar Gum, Maltodextrin, Vitamin Blend: (Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B₁, Vitamin B₂, Vitamin K, Niacinamide, Vitamin B₆, Vitamin B₁₂, Biotin, Calcium Pantothenate.

Calories: 170 - 180

Protein 20 g

Carbs: 18 g

Dietary Fiber: 2

Sugar: 8 g

Fats: 2 g

References:

Manny Noakes, Paul R. Foster, Jennifer B. Keogh, and Peter M. Clifton. Meal Replacements Are as Effective as Structured Weight-Loss Diets for Treating Obesity in Adults with Features of Metabolic Syndrome. *J. Nutr.* August 2004 134: 1894-1899.