

American Lithium Minerals, Inc.
Form 8-K
August 26, 2009

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 OR 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) **August 24, 2009**

AMERICAN LITHIUM MINERALS INC.

(Exact name of registrant as specified in its charter)

Nevada

333-132648

71-1049972

(State or other jurisdiction of
incorporation)

(Commission File Number)

(IRS Employer Identification No.)

2850 W. Horizon Ridge Parkway, Suite 200

89052

(Address of principal executive offices)

(Zip Code)

Registrant's telephone number, including area code

702.430.4789

1914 Cordova Road, Suite 116, Fort Lauderdale, FL 33316

(Former name or former address, if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure

On August 20, 2009, our directors approved the adoption of the 2009 Stock Plan which permits our company to issue up to 4,000,000 shares of our common stock to directors, officers, employees and consultants of our company.

Item 9.01 Financial Statements and Exhibits

10.1 2009 Stock Plan

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

AMERICAN LITHIUM MINERALS INC.

/s/ Matthew Markin

Matthew Markin
President

Date: August 25, 2009
