

# REV 90 PROGRAM

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The Rev 90 Program is a nutritional program that supports the body by controlling incoming nutrition with low calorie, nutrient dense food options. This calorie restrictive diet helps stimulate the body to release excess energy stores during a 3 or 6 week cycle.

The REV 90 Program combines Slender FX™ REV™ with Youngevity's Healthy Body Start Pak™ to deliver nutritional support while stimulating metabolic pathways in the body. This program is a great option for individuals who need strict guidelines and can follow a simple diet to support weight loss. While this program is restrictive in food options, you follow it in phases. In between each phase there is a maintenance phase that allows you to increase food options while continuing to support weight loss.

## REV 90 AT A GLANCE

- Daily intake of 500-700 calories.
- Lean protein and low-calorie vegetables.
- Little to no fat while on the program.
- Follow a 3 week or 6 week program in phases.
- Supported with REV™, Fitshake™, and Healthy Body Start Pak™

# SAMPLE RECIPES

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## CHICKEN LETTUCE WRAPS

**187 calories**

### Ingredients

4 oz. lean ground chicken breast  
1 Tbsp. finely minced onion  
1 tsp. Saveur Spicy Cajun Mix, or 1 tsp. Saveur Thai Mix  
4 butter lettuce leaves  
Salt and pepper to taste

### Directions

Brown ground chicken in frying pan. Add onion, garlic, spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter lettuce or romaine leaf. Top with diced tomato if desired.

## CURRY SHRIMP

**177 calories**

### Ingredients

4 oz. shrimp  
1 onion, chopped  
1 tsp. garlic powder  
1/8 cup water  
1 tsp. Saveur Curry House Mix  
Saveur Himalayan Salt & Pepper, to taste

### Directions

Preheat a pan over medium heat. Add the onion and garlic and cook until they are translucent. Add shrimp, seasonings and water. Mix and stir fry until cooked through.

## FITSHAKE SPINACH SMOOTHIE

**157 calories**

### Ingredients

1 scoop FitShake Banana Creme  
1 cup cold water  
1 cup fresh spinach leaves  
3-4 ice cubes

### Directions

Blend and enjoy.