



Russell

LOST 85 LBS.



Rev 90

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 the program.
- Follow a 3 week or 6 week program in phases.
- Supported with REV™, Fitshake™, and Healthy Body Start Pak™

REV 90 WEIGHT LOSS PAK

FitShake™ Banana Crème – a delicious, low-calorie shake, it's packed with lean protein and a powerful probiotic and enzyme blend to support a healthy digestive system and weight loss.*

Super Greens™ - a nutrient dense, easy-to-mix powder made from the world's most powerful superfoods with real, organic whole fruits, vegetables, and herbs.

Slender FX™ REV™ - a dynamic and innovative fat-burning and metabolizing solution that supports your body's own fat-burning mechanisms, making them more efficient.*

Sample Recipes

FITSHAKE™ SPINACH SMOOTHIE

157 Calories

1 scoop FitShake™ Banana Creme
1 cup cold water
1 cup fresh spinach leaves
3-5 ice cubes

Directions

Blend and enjoy.

CHICKEN LETTUCE WRAPS

187 Calories

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.

Learn more about Rev 90 and the Better Health
Now Challenge at ygybetterhealth.com