

WELLNESS 90 PROGRAM

The Wellness 90 Program focuses on making healthy, manageable changes to your nutrition. By simply eliminating “bad foods” from your diet and adding the 90 essential nutrients (Health Body Start Pak), your body will begin to rewire its metabolic pathways. The primary focus of this program is supporting your overall health.

The Wellness 90 Program helps you make simple and healthy changes to your diet. This program is a great option for individuals who have either completed the REV 90 or Keto 90 Program and met their goals, are not ready to commit to an intensive diet, or who’s primary focus is not weight loss but improving their general health. While some individuals do experience weight loss, the Wellness 90 Program focuses on long, sustainable changes to your overall health.

WELLNESS 90 AT A GLANCE

- Daily focus on adhering to Good Foods & Bad Foods
- Lean protein, fruits, vegetables, nuts, and other healthy fats.
- Replace unhealthy snacks with Youngevity shakes.
- Follow indefinitely as a means to a healthy lifestyle.
- Supported by TMR Shake, Healthy Body Start Pak™

≡ BETTER HEALTH CHALLENGE ≡

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

SAMPLE RECIPES

VEGGIE EGG CUPS

Ingredients

4 large eggs
½ bunch asparagus, sliced in ½" chunks
½ head of cauliflower, heads cut off and crumbled
1 cup grape tomatoes, quartered
3 green onions, chopped
4 pickled Peperoncini peppers, chopped (optional)
½ tsp. garlic powder
1 tsp. dried oregano

Directions

Preheat oven to 375F. In a small bowl pour eggs, adding in the garlic and oregano. Whisk to mix. In a silicone muffin pan (large 6 muffins), portion out vegetables starting with cauliflower. Pour eggs mixture to cover each muffin cup, approximately ¾ full. Bake in the oven for 20 minutes, serve warm or cold. Store in the refrigerator for up to 4 days for an easy snack or meal.

ROASTED SALMON WITH FENNEL & CAULIFLOWER RICE

Ingredients

5 oz. roasted salmon
¼ tsp. oregano, dried
Salt and pepper to taste
1 cup roasted fennel
1 cup cooked cauliflower rice
1 Tbsp. walnuts
Lemon garnish

Directions

Put on a plate 5 oz. roasted salmon fillet, top with 1/4 tsp. dried oregano and season with a pinch each of salt and pepper. Add 1 cup roasted fennel bulb, and 1 cup cooked cauliflower 'rice' topped with 1 Tbsp. chopped walnuts. Lemon wedge as garnish.

ALMOND & BANANA SHAKE

Ingredients

2 scoops TMR Vanilla Shake mix
1 cup cold water
1 small frozen banana
1/2 tsp. almond extract
3-5 ice cubes

Directions

Blend and enjoy.