



Wellness 90



Paula

LOST 72 LBS.

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 focus 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™

WELLNESS 90 WEIGHT LOSS PAK

TMR™ Vanilla Shake - contains six different types of cold filtered proteins plus a variety of nutrients providing you with a healthy and tasty meal replacement shake.

Slender FX™ Sweet EZE™ - this herbal blend is formulated to be used as a part of your diet to maintain a healthy blood sugar levels.*

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.*

TrueDetox™ Tea - this herbal blend helps support the body through a natural detox and cleanse; supporting the eliminative system while also providing digestive and immune support.*

Sample Recipes

ALMOND & BANANA SHAKE

290 Calories

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.

ROASTED SALMON WITH FENNEL & CAULIFLOWER RICE

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.

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

Better Health
CHALLENGE

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.