

# REV™ PROGRAM



## Overview

### WHAT YOU WILL NEED:

- Bathroom scale that weighs in 0.2 pounds
- Food scale that weighs in grams/ounces
- Check your calendar & make a commitment
- Sweetleaf® Stevia Sweetener - a natural sweetener available in health food stores

*(Do not use aspartame, Sweet'N Low®, Nu-traSweet®, acesulfame, or sucralose)*

### DIRECTIONS: REV™ 3X / DAY

- Refrain from eating or drinking 20 min. before & after
- Squeeze .75 ml or 15 drops into the dropper
- Swallow hard or spit to remove excess saliva
- Squeeze REV™ under the tongue and hold for 2 min.
- Swallow REV™

*For best results, take REV drops at the same time each day (i.e., at beginning of day, mid-day, early evening)*

### REV PROGRAM - 3 WEEK OR 6 WEEK PROGRAM

If you have 10 - 20 pounds to lose

**Choose 3 Week REV Program** (26 days)

If you have 20 - 50 lbs. or more to lose:

**Choose 6 Week REV Program** (43 days)

**Days 1 and 2** are your “starter” days. Take REV™ 3X daily on these days while consuming any foods you choose, including those foods high in fat. Eat the things you might miss while on the “Healthy Weight Loss Menu”.

**Days 3 thru 23 (or 40)** are your “Healthy Weight Loss Menu” days. Take your REV™ 3x / day while consuming only the foods listed in the “Healthy Weight Loss Menu”

**Days 24, 25, 26 (or 41, 42, 43)** are you “Healthy Weight Loss Menu” days without taking REV™.



# Healthy Weight Loss Menu

## Days 3 thru 26 or 43

### BREAKFAST:

---

Herb tea, black tea, or coffee in any quantity without sugar  
Healthy Start Pak™:  
Beyond Tangy Tangerine®, Beyond Osteo-fx™,  
Ultimate EFA Plus™

### LUNCH & DINNER:

---

- 1 Protein per meal
- 1 Fruit per meal
- 1 Vegetable per meal
- 1 Bread per meal

---

### ***“Healthy Weight Loss Menu” Shortcut***

*Your daily total consumption will be: 2 proteins, 2 fruits, 2 vegetables, 2 breads*

---

### PROTEINS:

(100 grams or 3 ounces cooked)

- Lean beef
- Veal
- Chicken breast
- Lobster
- Fresh white fish
- Crab
- Shrimp

Occasional substitutions:

- 1 Whole egg + 3 Egg whites
- ½ cup Fat-free cottage cheese

### BREAD:

- 1 Melba Toast
- 1 Grissini Bread Stick

### FRUITS:

- 1 Apple
- 1 Orange
- ½ Grapefruit
- Strawberries (handful)

### VEGETABLES:

(serving size approx. handful)

- Radishes
- Cucumbers
- Celery
- Fennel
- Cabbage
- Tomato
- Spinach
- Lettuce
- Onions
- Asparagus
- Beet
- Greens
- Chard