

REV 90 PROGRAM

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REV 90 PROGRAM

OVERVIEW						
	BREAKFAST	LUNCH	DINNER	SIDE DISH	SNACK/DRINK	TOTAL CALORIES
DAY 1	Coffee/Tea, No sugar. Healthy Body Start Pak	FitShake Blueberry Smoothie	Curry Shrimp	Cabbage Stir Fry	Water, Coffee, Tea. No Sugar, Super Greens Drink	475
DAY 2	Coffee/Tea, No sugar. Healthy Body Start Pak	Taco Soup	FitShake Angel Food Cake	Onion & Beef Soup	Water, Coffee, Tea. No Sugar, Super Greens Drink	683
DAY 3	Coffee/Tea, No sugar. Healthy Body Start Pak	FitShake Strawberry Smoothie	Baked Cajun Chicken	Spiced Coleslaw	Strawberry Slushie	409
DAY 4	Coffee/Tea, No sugar. Healthy Body Start Pak	Tex Mex Chicken Salad	BBQ Hamburger with Sautéed Onions	Radish Salad	Lemon Iced Tea	406
DAY 5	Coffee/Tea, No sugar. Healthy Body Start Pak	FitShake Spinach Smoothie	Thai Beef Skewers	Cucumber Salad with Dill	Iced Cinnamon Tea	360
DAY 6	Coffee/Tea, No sugar. Healthy Body Start Pak	Chicken Strawberry Spinach Salad	FitShake Chai Latte		Water, Coffee, Tea. No Sugar, Super Greens Drink	414
DAY 7	Coffee/Tea, No sugar. Healthy Body Start Pak	FitShake Piña Colada Smoothie	Crunch Italian Chicken	Spicy Grilled Cabbage Wedges	Grapefruit Spritzer	513

REV 90 RECIPES

BREAKFAST

Diet Phase

Coffee - no sugar

Tea - no sugar

Beyond Tangy Tangerine or Beyond Osteo-fx

Water

Be The Change coffee

L'dara Tea (any)

RicoLife Purple Tea

RicoLife Royal Black

SOZO coffees (any)

Tazza di Vita coffee (any)

Javulation coffee (any)

Add dash of Saveur Cinnamon Blend to any coffee or tea for added flavor.

Transition Phase

Shake recipe for breakfast (see shake recipes) or one of the below.

Chili Spice Scrambled Eggs with Tomato & Spinach - 64 calories

3 egg whites

1 cup fresh spinach leaves

1 wedge of tomato (1.1 oz.) chopped

1/2 tsp. Saveur Chili Spice

Directions

In a medium frying pan, gently scramble eggs with the other ingredients until done or desired consistency.

Pesto Cottage Cheese Grab n Go muffins

Makes 12 small muffins; serving size 2 - 254 calories per serving size.

Dry Ingredients:

1/2 cup almond flour
1/2 cup raw hemp seed
1/2 cup finely grated parmesan cheese
1/4 cup flax seed meal
1/4 cup nutritional yeast flakes
1/2 tsp. baking powder
2 tsp. Saveur Calabrese Pesto Mix

Cottage Cheese Ingredients

6 eggs, beaten
1/2 cup 1% fat cottage cheese
1 Tbsp. Saveur California Onion Mix

Directions

Preheat oven to 375F/190C. Spray 2-inch baking cups or muffin pan with non-stick spray. Mix dry ingredients together in a bowl. Mix cottage cheese ingredients together in a bowl. Mix wet ingredients into dry ingredients. Scoop into prepared muffin cups. Bake 25-30 minutes

FitShake Pancakes - 215 calories

1 scoop FitShake Banana Creme
1/2 tsp Saveur Cinnamon Spice
1/2 tsp. baking powder
3 egg whites
1/2 cup + 2 Tbsp. water
3-5 packets Stevia, or 1/2-1 Tbsp. sweetener of choice

Directions

Put all of the ingredients in a blender and blend until smooth. Meanwhile, heat a nonstick griddle (or large nonstick skillet) coated with cooking spray or butter over medium heat. Spoon about 1/4 cup of batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked. Serve warm.

Tomato & Egg Sandwich - 86 calories

1 whole egg
1/2 tomato, sliced
Dash of dried parsley
Salt & pepper, to taste
1 Melba toast (gluten free)

Directions

Cook the egg over-easy, so the yolk is still runny. Season with dried parsley, salt, and pepper while cooking. Place the egg on the Melba toast and top with the tomato slices. Give an additional dash of salt and pepper.

Saveur Pomodoro Omelet - 272 calories

2 extra large eggs
2 stalks fresh asparagus cut
3 cherry tomatoes chopped in half
1 oz cream cheese cut in cubes
1 slice middle eye bacon diced.
1 Tbsp. Saveur Pomodoro Basil Mix
Saveur Seasoned Salt to taste

Directions

Whisk eggs, 1 Tbsp. water with Saveur products. Add egg mix to non-stick pan. (1 tsp. butter or ghee can be added to pan to prevent sticking.) Once egg mix starts to set on bottom, add asparagus, bacon, cream cheese and tomatoes. Finish cooking under grill. Serve with greens to bulk up meal without the calories.

FITSHAKE RECIPES

FitShake Blueberry Smoothie

169 calories

1 scoop FitShake Banana Creme
1 cup cold water
25 fresh blueberries
3-5 ice cubes
Blend and Enjoy

FitShake Strawberry Smoothie

169 calories

1 scoop FitShake Banana Creme
1 cup cold water
5 fresh strawberries
3-5 ice cubes
Blend and Enjoy

FitShake Chocolate Soufflé

225 calories

1 scoop FitShake Banana Creme
1 egg, raw
1 Tbsp. water
1/4 tsp. Saveur Cinnamon Blend
1 Tbsp. unsweetened cocoa powder

Directions

Place powder, egg, and water in microwaveable cup. Beat to cake batter consistency. Add a little more water if necessary. Microwave for 45-60 seconds. Pour out onto a plate and enjoy.

FitShake Pina Colada

184 calories

1 scoop FitShake Banana Creme
1 cup cold water
5 large chunks frozen pineapple (no sugar)
1/2 tsp. coconut extract
3-5 ice cubes
Blend and Enjoy

FitShake Chai Latte

170 calories

1 scoop FitShake Banana Creme
1 cup cold water
2 tsp. Saveur Cinnamon Blend
1 tsp. cardamom
1/2 tsp ground ginger
1/4 tsp ground clove
3-5 ice cubes
Blend and Enjoy

FitShake Spinach Smoothie

157 calories

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

FitShake Angel Food Cake

162 calories

1 scoop FitShake Banana Creme
1 cup cold water
1/2 tsp. coconut extract
1/2 tsp. vanilla extract
3-5 ice cubes
Blend and Enjoy

LUNCH RECIPES

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.

Chicken Strawberry Spinach Salad - 213 calories

2 cups fresh spinach leaves
5 fresh strawberries, sliced
4 ounces cooked chicken breast meat (grilled with Saveur Chili Spice)
2 Tbsp. of celery seed vinaigrette (recipe below)

Directions

Chop or break spinach into bite size pieces and put on plate. Top with cooked meat, and sliced strawberries. Drizzle with celery seed vinegar.

Celery Seed Vinegar

2 Tbsp. cider vinegar
1 packet Stevia, or to taste
1 dash garlic powder
1/4 tsp. salt
1/2 tsp. Saveur Kerala Fried Rice Spice

Spicy Cabbage Soup - 271 calories

4 oz. raw beef or hamburger (93% lean)
1/4 cup chopped onion
1 cup fresh spinach leaves, chopped
1 cup shredded cabbage
2 Tbsp. of tomato paste
1 cup celery diced
1 Tbsp. Saveur Spicy Cajun Mix
1 Tbsp. parsley, dried

Directions

Put raw meat in a pot with a few cups of water. Cook meat until fully cooked - add more water if necessary. Then add vegetables and spices and add water to level of vegetables. Add 2 Tbsp. tomato paste. Simmer on medium until vegetables are tender crisp.

Onion & Beef Soup - 346 calories

1 10 oz can Campbell's Beef Consommé
1 can of water
12 oz. Vidalia Onions, chopped
1 tsp. dried thyme
3 oz. beef sirloin steak, lean, grilled, thinly sliced and chopped
1 tsp. Saveur Fajita Spice
1 Tbsp. of butter
Saveur Seasoned Salt to taste

Directions

Place onions in soup pot over medium heat with butter, and salt and thyme. When heated enough to sizzle, reduce heat, cover and simmer 45 minutes, stirring frequently. Once caramelization begins, add can of beef consommé, Saveur Fajita Spice, 1 can of water and beef. Bring to a boil. Turn down heat and simmer 10-15 minutes.

Taco Soup - 145 calories

4 oz. boneless skinless chicken breast
2 cups water
2 Tbsp. diced onion
2 tsp. Saveur Taco Spice
2 tsp. green onion, chopped
1 tsp. chicken bouillon
Dash of cayenne pepper
Saveur Himalayan Salt & Pepper, to taste
Handful of cilantro, roughly chopped (1 cup)

Directions

Boil the chicken in 2 cups of water and the bouillon until well cooked. Take out of the water and shred the chicken. Add the shredded chicken back in along with the Saveur Taco Spice. Cook over medium heat for 5-10 minutes. Top with chopped green onions and cilantro.

Tex Mex Chicken Salad - 128 calories

4 oz. boneless skinless chicken breast
1 tsp. paprika
1 tsp. Saveur Tex Mex Rub

Directions

Rub chicken with Saveur Tex Mex Rub. Grill until the chicken is no longer pink. Serve over spinach or salad greens. Top with an orange citrus dressing.

Taco Salad - 196 calories

4 oz. raw hamburger (93% lean)
2 cups Romaine lettuce, chopped
2 Tbsp. diced onion
2 tsp. Saveur Taco Spice

Directions

Sauté ground beef, chopped onion and spices. Sprinkle on top of lettuce.

DINNER RECIPES

Boiled Shrimp - 120 calories

4 oz. shrimp
2-3 cups water (enough to cover shrimp in pan)
1 tsp. Saveur Southern Seafood Boil

Directions

Add water, seafood seasoning and shrimp to a saucepan over medium-high heat. Let the water come to a slow boil. When the shrimp start floating, remove from heat and drain. Immediately place shrimp in ice water for 1 minute. Drain and serve.

Curry Shrimp - 177 calories

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.

Baked Cajun Chicken - 129 calories

4 oz. boneless skinless chicken breast
1/2 Tbsp. whole milk
1/2 tsp. Saveur Spicy Cajun Mix

Directions

Preheat the oven to 350 degrees. In a small dish, coat both sides of the chicken with milk. Place chicken in a glass baking dish. Sprinkle top with cajun seasoning. Bake uncovered for 20-30 minutes or until the chicken is no longer pink.

Crunchy Italian Chicken- 139 calories

4 oz. boneless skinless chicken breast
1 Tbsp. Saveur Pomodoro Basil Mix
Saveur Himalayan Salt & pepper, to taste
2 tsp. onion, diced
1 Melba toast, crushed (gluten-free)

Directions

Combine crushed toast, and seasonings. Roll chicken in toast mixture and put in a covered 8×8 casserole dish. Cover the chicken and cook at 375 degrees for 20-25 minutes or until cooked through.

Barbecue Hamburger with Sautéed Onions - 229 calories

4 oz. raw hamburger (93% lean)
1 onion, diced
2 garlic cloves, minced
1 tsp. Saveur Low n' Slow BBQ Spice
Dash Worcestershire sauce
Saveur Himalayan Salt & Pepper, to taste

Directions

Dice the onion and put in a small sauté pan with Saveur salt & pepper. Sauté onions until they are translucent. Set aside. Mix ground hamburger, Saveur BBQ Spice, Worcestershire, and salt & pepper in a bowl. Form meat mixture into patties and place on the hot grill. Serve cooked burger topped with onion sauté.

Thai Beef Skewers - 128 calories

3 oz. beef sirloin steak, lean, cut into cubes
4 cherry tomatoes
2 Tbsp. fresh lemon juice
1 1/2 tsp. Saveur Thai Mix
Saveur Himalayan Salt & Pepper, to taste

Directions

Combine the lemon juice, Saveur Thai Mix and salt & pepper. Add the cubed steak and let it marinate at least 1-2 hours. Rinse the cherry tomatoes and place on the skewers, alternating with the steak. Cook on a hot barbecue while basting with marinating juices.

SIDE DISH RECIPES**Spicy Grilled Cabbage Wedges - 84 calories**

1/2 cabbage, wedged
1 tsp. Saveur Spicy Cajun Mix
Salt & fresh ground black pepper, to taste

Directions

Place cabbage wedges in tin foil, with a dash of water. Sprinkle Saveur Spicy Cajun Mix on top. Wrap tightly and cook for about 30 minutes on medium-high heat.

Radish Salad - 15 calories

10 Radishes, sliced
2 Tbsp. lemon juice
1 Tbsp. Saveur California Onion Mix
Salt & pepper, to taste

Combine all ingredients and refrigerate for 30 minutes. Serve.

Cucumber with Dill- 45 calories

1 small cucumber, sliced
2 Tbsp. white vinegar
1 Tbsp. fresh dill, chopped fine
Add Saveur Himalayan Salt & Pepper, and Stevia to taste

Slice cucumbers and add remaining ingredients. Chill before serving.

Spiced Coleslaw - 50 calories

2 1/2 cups cabbage, thinly sliced
2 Tbsp. lemon juice
2 Tbsp. apple cider vinegar
1 Tbsp. Saveur Spicy Cajun Mix

Slice the cabbage thinly. Mix the remaining ingredients and pour over the cabbage.

Cajun Asparagus - 12 calories

5 stems of asparagus
2 Tbsp. lemon juice
1 Tbsp. Saveur Spicy Cajun Mix

Directions

Lay the asparagus out on a foil lined baking sheet. Brush the stems with the lemon juice. Sprinkle the seasoning mix on top of the stems. Cook in a 425 degree oven for 8-10 minutes

Italian Balsamic Onions - 44 calories

1/2 purple onion, sliced
2 Tbsp. white balsamic vinegar
1 tsp. Saveur Pizza Spice

Directions

Place all ingredients in a tin foil bag. Cook in the oven or on the Barbecue until onions are tender.

Cabbage Stir-Fry - 99 calories

1/2 cabbage, sliced thin
2 Tbsp. lemon juice
2 Tbsp. green onion, chopped
2 Tbsp. fresh parsley, chopped fine
1 tsp. Saveur Wok Spice
Saveur Himalayan Salt & Pepper to taste.

Directions

Place the cabbage, lemon juice, onions, Wok Spice, salt & pepper in a sauté pan. Cook over medium heat until cabbage begins to soften. Stir in the balsamic vinegar and fresh parsley and serve.

Saveur Chili Mushrooms - 258 calories

3 large flat mushrooms (Portobello)

¼ avocado

3 Tbsp. ground turkey

4 fresh asparagus spears

1 Tbsp. tomato paste

1 tsp. Saveur Chili Spice

Saveur Himalayan Salt & Pepper

1 cup mixed greens

Fresh lime juice

Directions

Remove stalks from mushrooms. Mix ground turkey with ½ tsp. Saveur Chili Spice. Place mince in mushroom cups. Place on a baking tray and bake at 170 (340) for 10-12mins. Whilst cooking, mash avocado with remaining Chili Spice. Lightly steam asparagus spears. Remove mushrooms from oven, top with avocado. Serve with salad greens & asparagus and a twist of Saveur Himalayan Salt & Pepper.

BEVERAGES

Strawberry Slushie

Strawberry Slushie

5 fresh strawberries

1 tsp. vanilla extract

1 cup crushed iced

Stevia to taste

Blend and enjoy

Iced Cinnamon tea

L'dara tea - prepared, cold

Dash of Saveur Cinnamon Blend

Lemon Iced Tea

L'dara Tea - prepared, cold

Ice

1 Tbsp. lemon juice, fresh

Grapefruit Spritzer

1 cup sparkling water

Juice of 1 grapefruit (fresh)

Crushed ice

Stevia to taste