

REV 90 PROGRAM

REV 90 Maintenance Phase

To truly succeed in the REV 90 Program, most individuals will need to do more than one cycle. Meaning after your initial 3 or 6 week plan, you take a 3 week pause (Maintenance Phase) and then start the plan again. The Maintenance Phase is a very important part of your weight loss journey. Here you start to slowly introduce certain foods back in your diet but always tweaking to ensure you stay at your weight loss goal.

How does it work?

The Maintenance Phase lasts for 3 weeks, during this time the body begins to find a new “set point” and feels as though the goal weight is exactly where it needs to be at. It is critical that you weigh yourself every day during this phase. Each individual has a tendency to gain weight differently, this is why tweaking the amount of calories and food during this phase to maintain your weight goal is critical.

What do you eat?

You can start to increase your calories and introduce sources of healthy fats like avocados, salmon, almonds/walnuts, and coconut. It is best to increase your calories using proteins, so more chicken and fish. Also adding in more amounts of vegetables will ensure a greater amount of nutrient value is provided.

REV is still taken as usual. There should be no sugar or starch consumed; any protein, vegetable and fruit can be eaten. No grains. Nuts and fats are allowed. Sugar-free protein shakes are great.

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Add calories using the following plan:

- Day 1 - 700 calories (add more meat)
- Day 2 - 700 (add more meat & veggies)
- Day 3 - 700 (add more meat & veggies)
- Day 4 - 1200 (add more meat, veggies, dairy or fruit)
- Day 5 - 1200
- Day 6 - 1200
- Day 7+ - 1200-1500 (do not exceed 1500 calories during the Maintenance Phase)

Additional Tips:

Keep checking your weight each day to make sure you are not gaining any more than 1-2lbs.

Add in exercise by day 3 to support your metabolism and the increase in calorie intake.

If you gain 2.2 lbs over the weight you ended your REV 90 cycle on, then that day, eat nothing but sugar-free liquids until dinner. For dinner that day, eat a steak with an apple or a tomato. This is the intermittent fasting concept that works so well. It is what makes the plan “lifelong weight loss.”