

REV™ 90

Approved Foods

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LEAN PROTEIN

3 oz. cooked or 3.5 oz uncooked

(Note: All meats must NOT be cooked on the bone and all fat must be trimmed off.)

- White Fish
- Lobster
- Crab
- Shrimp
- Lean Beef - 95% or More
- Lean Chicken
- Lean Turkey
- (2) Egg Whites + (1) Whole Egg
- (1/2) Cup Cottage Cheese

YOUNGEVITY PROTEIN ALTERNATIVES

- (1) Serving of FitShake™
- (1) Serving of Sta-Natural™ TMR Shake
- (1.5) Serving of Slender FX™ Meal Replacement Shake
- (1) Serving of Nature's Pearl® - NP Pro Trim Body Shake
- (1) Serving TAIslim® SHAKE

VEGETABLES

2 cups raw

- Lettuce
- Spinach
- Beet Greens
- Swiss Chard
- Cabbage - Red or Green
- Onions
- Tomatoes
- Fennel
- Cucumber
- Radishes

1 cup cooked

- Celery
- Asparagus
- Cauliflower
- Brussel Sprouts
- Zucchini
- Kale

FRUITS

Medium size or number of pieces

- Apple
- (25) Blueberries
- (15) Raspberries
- (5) Blackberries
- (5) Strawberries
- Lemons
- Orange
- ½ Grapefruit

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GLUTEN-FREE/SUGAR-FREE CRACKERS

- Julian Bakery Paleo Thin Crackers
- Crunchmaster Multi-Grain Crackers
- Jilz Crackers

HERBS & SPICES

- Any herb or spice that does not contain sugar, natural herbs and spices
- Rock or Himalayan Salt
- Black Pepper
- Garlic
- Mustard
- Braggs Liquid Amino
- Stevia
- Any Saveur Foods (dry) spice, mix, or blend

DRINKS

- Herbal Teas
- Bottled Water
- Apple Cider Vinegar
- Coffee
- Drinks From Recipe Section

YOUNGEVITY APPROVED COFFEE

- Be The Change Coffee
- RicoLife™ Royal Black Coffee
- SOZO® Instant Coffee w/ African Mango

YOUNGEVITY SUPPLEMENTS

- Any Capsule, Tablet, or Soft Gel Supplements
- Any drink/powdered supplement with less than 7 grams carbohydrates per serving