

REV™ 90 PROGRAM

Overview

YGYBETTERHEALTH.COM



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 your “Healthy Weight Loss Menu” days without taking REV™.



Healthy Weight Loss Menu Overview

Sample day 3 thru 26 or 43:

BREAKFAST:

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

LUNCH: Tex Mex Chicken Salad

DINNER: BBQ Hamburger with Sautéed Onion & Radish Salad

SNACK: Lemon Iced Tea

For recipe details and daily meal plans, visit ygybetterhealth.com

“Healthy Weight Loss Menu” Shortcut

Your daily total consumption will be: 2 proteins, 2 fruits, 2 vegetables, 2 gluten-free crackers

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

GLUTEN-FREE / SUGAR-FREE CRACKERS:

- Julian Bakery Paleo Thin Crackers
- Crunchmaster Multi-Grain Crackers
- Jilz Crackers
- Any Gluten-free/Sugar-free Crackers

FRUITS:

- 1 Apple
- 1 Orange
- ½ Grapefruit
- Strawberries (handful)
- Blueberries (approx. 25)

VEGETABLES:

(serving size approx. handful)

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

To see a full list of all approved foods, please check out our REV 90 Approved Foods List.