

# REV 90 PROGRAM

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# REV 90 PROGRAM

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## **REV 90 Overview**

The Rev 90 Program is a nutritional program that supports the body by controlling incoming nutrition with low calorie nutrient dense food options. This calorie restrictive diet helps stimulate the body to release excess energy stores during a 3 or 6 week cycle.

The REV 90 Program combines Slender FX™ REV™ with Youngevity's Healthy Body Start Pak™ to deliver nutritional support while stimulating metabolic pathways in the body. This program is a great option for individuals who need strict guidelines and can follow a simple diet to support weight loss. While this program is restrictive in food options, you follow it in phases. In between each phase there is a maintenance phase that allows you to increase food options while continuing to support weight loss.

## **REV 90 Getting Started:**

Keep daily intake of nutrition at 500-700 calories.

Focus on lean proteins and low-calorie vegetables.

Follow a 3 week program if you are trying to lose 10-20 lbs.

- Use the 7 Day Meal Plan for the next 3 weeks, then begin Maintenance Phase.

Follow a 6-week program if you are trying to lose more than 20 lbs.

- Use the 7 Day Meal Plan for 6 weeks then, then begin Maintenance Phase.

Take REV 3 times a day (breakfast, lunch, and dinner)

## **REV™ DIRECTIONS:**

- 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™

## MEAL PLAN 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

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# REV 90 RECIPES

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## BREAKFAST

### Diet Phase (3week or 6week Plan)

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.

## MAINTENANCE PHASE

Use one of the following recipes during your **Maintenance Phase**, or you can use any of the Shake Recipes on Page7.

### 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.

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**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.

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## 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*

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## 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.

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**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

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