



# COMPLETE **PHASE 1** PROGRAM

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Please consult your physician before beginning any weight loss program.

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# Your “WHY”

It all starts with your “WHY?” I love this quote *“Once you discover your ‘Why?’ the ‘How’ will take care of itself.”* Whoever said this found their purpose for sure. I struggled for years with diet after diet. Nothing changed

for me until I found my WHY? Your WHY must be greater than temptation in order for



you and I to have success. The PAIN of not changing our current “lifestyle” has to be so great that it brings tears to our eyes. The PLEASURES that we will experience once our goal is a reality must create a burning desire within. This desire has to be so bad that we won’t settle for anything less! Answering a few of the following questions with sincerity will help us explore the hidden desires of our hearts for our own lives.

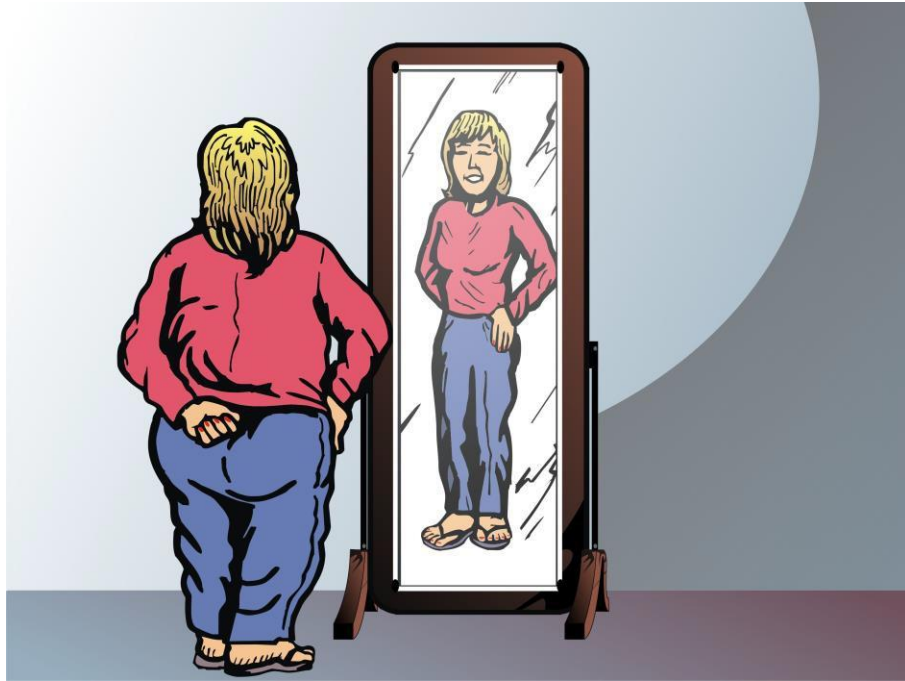


**Happiness:** Are you happy now? Would having more energy and seeing the reflection of the new you in the mirror cause you to have more joy?

**Wellness:** How would improving your health impact your life? How would coming off of prescription medications impact you and the lives of your loved ones?

**HOT:** If you felt better about yourself, what areas of life would you enjoy more? Walking the beach with a loved one? Shopping for new clothes? You will have to identify your WHY in order to resist the Diet Devil and his doughnuts!

# WHO ARE YOU?

[illegible]



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## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

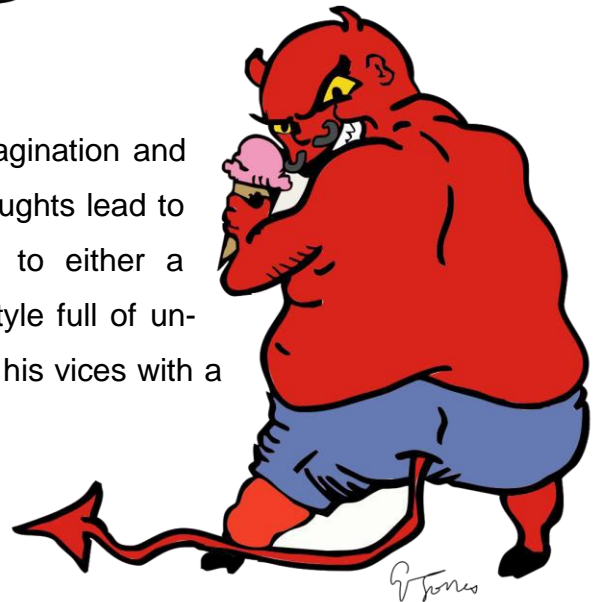
# The “Diet Devil”

The Diet Devil is out to get you. In the first few days of any program you are rolling right along, then after a day or two of doing great, that old Diet Devil and his vices are coming!

The Diet Devil will use your best friends and loved ones to sabotage you! Beware as these momentary impulses could keep you from making lasting changes that will give you the incredible, “pleasurable” life that you seek. How can inanimate objects like pizza, burgers, fries, and chocolate cake control us the way they do?



Easy! The Diet Devil brings them to life in your imagination and they take us over! They possess our thoughts. Thoughts lead to actions, actions leads to habits, and habits lead to either a healthful, pleasurable “Shibboleth” lifestyle, or a lifestyle full of unnecessary pain and strife! Banish the Diet Devil and his vices with a WHY? That will make you laugh and make you cry!



# The Mind, Body & Soul



In order to get started we have to know a few things about ourselves and how our body works. Just getting a new “diet” won't allow you to be successful over the long haul. You must understand *why* we are teaching you how food works in your body so you can eat without relying on that “diet book”. Books do not work by themselves. Books clutter shelves and are great ideas wasted until we pour them into our minds and hearts! Yes, we have to become the book!

## The Mind

The mind is so powerful. If we really want change then we must change our thought patterns. We act upon what we think about most often. The principle of real and lasting change is very simple. Change your thoughts and you will change your life! If you think negatively most of the time, then your life will be marred by negative results and consequences of the actions that were rooted from those thoughts. If you think positive then you will begin to yield positive actions! Positive actions will yield a joyous fulfilling life! Though the principle is simple, the actual *execution* of the principle is a little more difficult.

We live in a culture of negativity, propaganda, and little fulfillment. If we do not take inventory of our thoughts and become aware of every one then we will inevitably fall in line with the masses that are not living an abundant and happy life. How do we inventory our thoughts and become more positive? Begin with journaling! Every great person in the history of the world found journaling effective and exciting! Journaling is one of the most powerful ways to change your thoughts and desires. Journaling helps you get in touch with yourself, celebrate personal success, and examine failures so that



they do not happen as frequently. Journaling penetrates your heart like no other thing you can do for yourself. The apostles used a journal. Benjamin Franklin, Thomas Edison, Helen Keller and hundreds of others have achieved their goals through journaling. Those great people used a journal and had uncommon experiences and success in their lives! If you want uncommon success then you should journal too! Journaling will make you aware of your thoughts, moods, needs, goals, etc. You will see patterns and achieve goals that you never thought possible because you took “inventory”. Your thoughts and heart will grow and you will become more positive about yourself. Once you change your mind and heart your life is forever changed.

## **The Body**



The body is complex to say the least, but in order for us to change and make sense of it all we must keep things simple. Most of you come to Shibboleth in order to lose weight, learn to eat healthy, or garner more self-esteem. The scales have always measured our “weight loss” but in order to adopt a healthy lifestyle we must understand those scales and what the number on them means. The scales are not just measuring the amount of excess fat on your body, it measures the amount of essential fat, muscle, bone, water, connective tissue, waste, etc. When it comes to weight loss, we do not want to lose muscle and other healthy tissue. Some muscle loss is normal, but most “diets” simply yield more muscle loss than fat loss. This is not good!

Additionally, your brain’s health is affected by the foods you eat. Healthy eating is good for the brain. Amino acids produce neurotransmitters, which make up the communication system in your brain. The health of your body depends on you conserving healthy living tissue and starving off unhealthy, toxin filled fat. Following this program helps you do just that; conserve the tissue that keeps you living while ridding the body of the unhealthy tissue.

## **Facts About Fat :**

- Fat stores 3500 calories per pound.
- Fat damages the heart and cardiovascular system.
- Stored fat robs the body of energy.
- Fat is jiggly and itchy. (*Jump up and down. Your muscles burn and contract because muscle is living tissue, but your love handles jiggle and itch.*)
- At rest, fat burns less calories per pound than muscle.
- Per pound, fat takes up twice the space on the body as does muscle.
- Fat destroys mitochondria.
- Fat robs your self-esteem.
- Fat is now considered to be a leading cause of cancer.

## **Facts About Muscle:**

The more muscle we have on our frame, the more calories we will burn at rest. Our BMR (Baseline Metabolic Rate) is the number of calories we expend each hour while at rest. If you lose muscle and lean tissue then you lose your ability to burn calories.

In this guide we will examine how to shed unwanted body fat while conserving lean tissue and life.

## **The Soul**

We can change our thoughts and we can improve our body, but to do this we have to get the Spirit and the Soul involved too! Like Billy Joel said, “It’s all about Soul!” The Good Book says that we need “zeal according to knowledge”. Knowledge with a spirit like Eeyore won’t get you anywhere. On the same note, an infectious spirit like Tigger will make you friends, but without knowledge all you can do is bounce around in circles. Real change requires enthusiasm and practical knowledge! Connect the dots and you have a soulful lifestyle program that is lasting and will change the world one person at a time. Everyone admires the wise person with bridled enthusiasm and competence.

Now that we have connected the mind, body and soul and are enthusiastic about getting our life back lets pour in some knowledge.

**Fat** Facts:

**Fat** Stores 3500 calories per pound

**Fat** Damages the heart and  
the Cardio vascular system

Stored **Fat** robs the body of Energy

**Fat** is Jiggly and Itchy

At rest, **Fat** does not burn as many calories as muscle

Per pound, **Fat** takes up twice  
as much space on the body as does Muscle

**Fat** destroys mitochondria

**Fat** destroys your self esteem

**Fat** is now considered as a leading cause of Cancer



**Muscle** and Healthy Body Facts:

**Muscle** ,bone, water, connective tissue are  
a part of your overall *weight*

When losing weight, you do not want to lose more  
**Muscle** weight than fat weight

Healthy eating not only feeds your **Muscles** but your brain as well

Conserving healthy tissue while losing unhealthy tissue is good

**Muscle** burns more calories than fat

A lean , fit body equals a healthy self esteem



# What is a Calorie?

Calories are important! When it comes to losing weight, this topic rules... or does it? The proper definition states that a calorie is a *“unit of heat equal to the amount of heat required to raise the temperature of one kilogram of water by one degree at one atmosphere pressure.”* Shew!!! No wonder dieting is so confusing! This is the definition most nutritionists use to characterize the energy producing potential of food. In my world calories are simply ENERGY. Here are a few things I would like you to consider though when it comes to calories...

Yes, “a calorie is a calorie”, but each individual has a fire burning inside of him or her. This fire is called a metabolism. We all have a different levels of metabolism (fire) burning through the food we consume. So, if you and I consume 500 calories of ice cream that is 500 units of energy consumed, but our metabolism (internal fires) burn through those calories at different rates. The slower your metabolism, (or the smaller your fire), the higher propensity for fat storage. We are going to teach you how to keep that fire burning strong!

Calories break down differently in your body when we begin with the end in mind. 500 calories of ice cream will cause a fast elevation in blood sugar causing the “Fat Bus” to come and when the “Fat Bus” comes... well, the Fat Bus is as the Fat Bus does.

When the Fat Bus comes, three things take place:

- 1) Appetite goes through the roof!
- 2) Fat storage takes place.
- 3) Efficient fat burning can STOP for up to 48 hours.



However, if I eat 500 calories of chicken and broccoli I have taken in 500 units of energy, but there is very little resulting elevation of blood sugar, if any! For now, just remember CALORIES = ENERGY. Now, let's look at how they break down.

# Macronutrients

There are four Macronutrients that we need to understand. Protein, Carbohydrate, Fat, and Water. Ideally, a healthy lifestyle would provide the appropriate balance of these nutrients.

With our Bullet-Proof Shibboleth Shield you will be consuming the proper balance of nutrients in order to live Healthy, Happy, and HOT!



## Protein

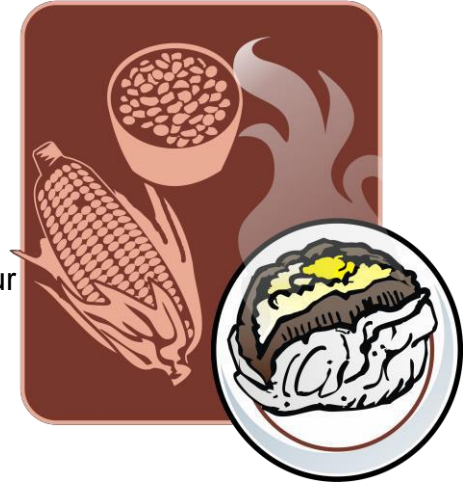


The most essential Macronutrient is Protein. Protein is a building block of muscle because it breaks down into essential and non-essential amino acids. Amino acids are important for muscle conservation, anti-aging, and energy. Specific amino acids consumed appropriately have even been shown to cure certain diseases. In short, if you do not eat the correct amount of protein you will die! Well, not really, but it's a shorter route there! Your Doctor cares for you and your health, so ask your Doctor's opinion on what adequate protein levels are for you. In recent years the medical community has been plagued with watching their patients consume outrageous levels of protein on high protein diets. Shibboleth is not a high protein program, it is an *adequate* protein program with our clients taking in anywhere between 40 and 120 grams each day. Modifications can easily be made upon advisement from your medical professional.



## Carbohydrates

Carbohydrates are the body's preferred energy source and are essential to good health. They also have high levels of anti-oxidants and phytonutrients. Since they are the body's preferred energy source, overeating them when our goal is to lose body fat, can yield sluggish results. If we want our body to metabolize body fat and we want to get in those jeans we wore as a teenager then we must manage their consumption properly.



**A diet totally void of carbohydrate can yield short-term results, but long-term can cause the body to be an energy depleted, muscle cannibal!** Yes, that's right, you will become a muscle cannibal if you don't eat any carbohydrate because your body will begin to feed off of its' own living tissue... muscle!

## Fat

Fat is also a preferred energy source of the body. Here is a quick guide on harmful fats and "less" harmful fats.

There are two types of harmful fats:

**Saturated Fat** - This is a type of fat that comes mainly from animal sources of food. Saturated fat raises total blood cholesterol levels and low-density lipoprotein (LDL) cholesterol levels, which can increase your risk of cardiovascular disease. Saturated fat may also increase your risk of type 2 diabetes.



**Trans Fat** - This is a type of fat that occurs naturally in some foods, especially foods from animals. But most trans fats are made during food processing through partial hydrogenation of unsaturated fats.

This process creates fats that are easier to cook with and have an extensive shelf life. These trans fats are called industrial or synthetic trans fats. Research studies show that synthetic trans fat can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. This can increase your risk of cardiovascular disease.

Most fats that have a high percentage of saturated fat or trans fat are solid at room temperature. Because of this, they're typically referred to as solid fats. They include beef fat, pork fat, shortening, stick margarine and butter.

There are two types of “less harmful” fats:

**Monounsaturated Fat** - This is a type of fat found in a variety of

healthy foods and oils. Studies show that eating foods rich in monounsaturated fats (MUFAs) improves blood cholesterol levels, which can decrease your risk of heart disease. Research also shows that MUFAs may benefit insulin

levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.



**Polyunsaturated Fat** - This is a type of fat found mostly in plant-based foods and



oils. Evidence shows that eating foods rich in polyunsaturated fats (PUFAs) improves blood cholesterol levels, which can decrease your risk of heart disease. PUFAs may also help decrease the risk of type 2 diabetes. One type of polyunsaturated fat, omega-3 fatty acids may be especially beneficial to your heart. Omega-3s, found in some types of fatty fish appear to decrease the risk of coronary artery disease.

They may also protect against irregular heartbeats and help lower blood pressure levels.

Foods made up mostly of monounsaturated and polyunsaturated fats are liquid at room temperature, such as olive oil, safflower oil, peanut oil and corn oil.

Ok, let's make it simple: You need fats. It is not practical in modern society to never consume bad fats. Controlling your consumption of bad fats is best. All fats can be stored as body fat with the exception of Zero Drag 100% MCT oil, and over consumption of MCT's can result in fat storage as well. Following our Bullet Proof Shield can help you make sure that you are consuming adequate levels of fat, and avoiding the more harmful ones most of the time. For the purpose of Phase 1 we will only talk about fats in relationship to cooking with them. For expanded explanation please refer to our live online classes at [www.MyShibboleth.com](http://www.MyShibboleth.com).

Zero Drag MCT Oil is 100% Medium Chain Triglyceride oil. Unlike a *long* chain triglyceride it burns so fast that it has almost no propensity to be stored as fat. It is as unlikely that we will store MCT's as fat as it is a chicken breast. Zero Drag MCT Oil has been shown to help burn body fat, reduce cholesterol levels, and aid with healthy weight loss. I cook with MCT Oil because it works. It has a variety of uses, whether your goal is to lose body fat, increase lean muscle tissue, or even compete in a bodybuilding competition! Zero Drag MCT Oil is the one product I cannot live without! Simply, use it practically when cooking unless otherwise directed by your medical professional.



## Water



Water is also an essential Macronutrient. Without it, you cannot live! Protein may be the most essential Macronutrient when it comes to food, but try living without water, impossible! Almost everyone is walking around dehydrated and their mood, energy, and appearance would be improved by just drinking adequate amounts of water.













### **Why should you drink water?**

1. Aids in metabolizing fat
2. Removes fat and toxins
3. Improves kidney function
4. Gives elasticity to the skin
5. Satisfies hunger
6. Combats fatigue
7. Combats depression
8. Improves muscle tone
9. Prevents headaches

Upon someone telling me they do not like water, I like to use this example: When we get up in the morning we usually shower. Would we get in the shower and turn on the diet soda and wash our skin? Yuck, talk about sticky and nasty! So, why do we wash our internal organs with diet sodas and other beverages? Let's wash and refresh our internal organs with life giving water. Try growing any crop without the blessing of rainwater. We need water. Did you know that your body is made up of 2/3 water? Remove the water from our bodies and we would fit in a handful of capsules as a powder! Interestingly enough the planet Earth is made up of 2/3 water just like our earthen vessels! Enough said, drink your water!

# Food Categories

Now that we have talked about the Macronutrients, we need to categorize foods. Once a food is categorized the foods within that category are interchangeable. Yes, some are better than others within a given category and there are exceptions to all of our rules, but very few. Stick to the categories and rules in Phase 1 and you will be successful beyond your wildest dreams!

I		LEAN PROTEINS
II		FIBROUS CARBS
III		COMPLEX CARBS
IV		PROTEINS+FAT
V		FRUITS
VI		SUPERFOODS
VII		SHELLFISH
M		MEAL REPLACEMENTS
S		SNACKS
F		FREEBIES
C		CONDIMENTS



# Proteins

## Category I: Lean Proteins

There are 4 calories in each gram of protein making them low in calories and nutrient dense. Our Category I proteins are **20% calories from fat or less**. The Lean Proteins preferred in our program are the following: Chicken Breast, Turkey Breast, Lean Venison, Egg Whites, Tuna in Water, Low Fat Tofu, Low Fat Cottage Cheese, 3-4 Slices of Kraft Fat Free Cheese, Halibut, Cod, Tilapia, Orange Roughy, Swordfish, and practically any Whitefish. Also, ground meats or beef cuts should be 96% lean or better to fall into Category I.

1) EGG WHITES



CHICKEN BREAST



PRACTICALLY ALL FISH



KRAFT FAT FREE CHEESE



99% FF GROUND TURKEY BREAST



TUNA IN WATER



LOW FAT COTTAGE CHEESE



LEAN TURKEY DOGS



CHICKEN/TURKEY DELI MEATS



VEGGIE PROTEIN



DEER ROAST / VENISON



PROTEIN POWDERS



CATFISH



CANADIAN BACON



SALMON



## Category IV: Proteins + Fat

There are 4 calories in a gram of protein, but 9 calories in a gram of fat. Because these proteins have added or additional fats they will have additional calories and there is a higher propensity for fat storage when consumed in incorrect combinations. These foods must be **50% calories from fat or less**. The Proteins + Fat preferred in our program are the following: 93% up to 95.9% Lean Ground Beef, Boneless Bottom Round Roast, Filet Mignon, Beef, Flank Steak, Beef, Top Loin Steak, Beef, Top Round Steak, Top Sirloin, Lean Buffalo, Pork Tenderloin, Whole Eggs.

**MOST PORK**



**LEAN BEEF**



**93% LEAN GROUND MEATS**



**MOST HAM/BEEF DELI MEATS**



**LEAN TURKEY SAUSAGE**



**93% LEAN HOT DOGS**



**VEGGIE PEPPERONI**



**WHOLE EGGS**



# Carbohydrates

We break down our carbohydrate macronutrient into 3 categories, one of which we do not label because they are not real foods they are poison!

## Simple Carbohydrates

Simple carbohydrate is classified as “food”, but not within this lifestyle. They all cause a Blow It Day! In our modern society it is impossible to stay on track with a program that never allows this category of foods. While eating these foods causes a Blow It Day, it shouldn't derail you from your program. We are human and we will give in to these tempting foods from time to time. (You get 100 Blow it Days each year!) The key here is to avoid them most of the time and let your Shibboleth lifestyle help you come up with acceptable “Survival” options! Avoid these foods most of the time or the fat bus will get you!

### Simple Carbohydrates = SUGAR (aka POISON)

White Bread	Chips	Cereals	Crackers
White Rice	Soda	Pudding	Candy
White Flour	Fruit Juice	Cakes	Cookies
White Pasta	Doughnuts	Ice Cream	Fried Foods

### Simple Carbs= SUGAR ( AKA Poison)

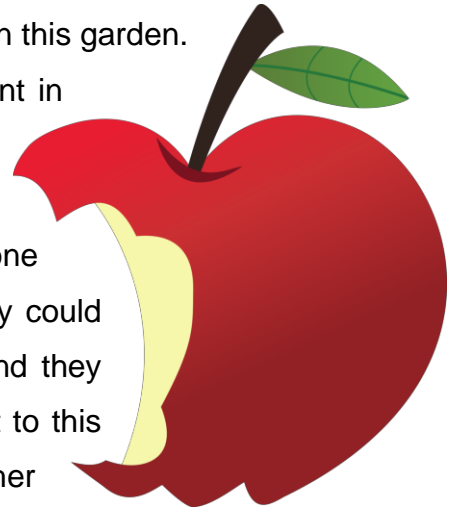




Don't get discouraged! I know, if I tell you that you can never have these again you will crave them like crazy! Voids create unmanageable temptation. Don't feel bad; destructive desire has been going on since the Garden of Eden.

Remember the story of Adam and Eve? They had it made. They walked around in a beautiful garden communing with their Creator. Their Creator gave them everything that they needed or could ever desire. There was plenty of food. There were fruit yielding trees everywhere. There was even a Tree of Life in this garden.

So that goodness might be defined, evil had to be present in the form of a Tree of Knowledge of good and evil. The Creator told Adam and Eve they could eat from ALL of the good trees in the garden, but to stay away from the one bad tree! I guess Adam and Eve thought about what they could not have instead of focusing on what they could have and they yielded to the temptation of the ONE bad tree. They went to this tree and enjoyed the instant gratification of a quick fix rather than delaying their gratification and enjoying an abundant life together in this garden! Darn it! They should have seen our Survival options, huh? Nah, the Diet Devil was out to get us then and is out to get us now. Thank goodness for Mercy and Grace! This category is that ONE bad tree.



The good news is that there are some good carbohydrates that we can count on. We will have to manage them properly, but they will create vibrant health for us all if we understand them.

### Category III: Complex & Starchy Carbohydrates

Complex Carbohydrates provide 4 calories per gram, but do dispatch a bit of a fat bus so follow the Bullet Proof Shield rules.

#### BEANS

GREAT NORTHERN

LIMA



NAVY

BUTTER



#### BLACK-EYED PEAS



#### GREEN PEAS



#### ONIONS



#### CARROTS



#### CORN



#### POTATOES



#### GRITS



#### WEIGHT CONTROL OATMEAL



#### WHOLE WHEAT PASTA



#### LONG-GRAIN BROWN RICE



#### QUINOA



#### TURNIPS

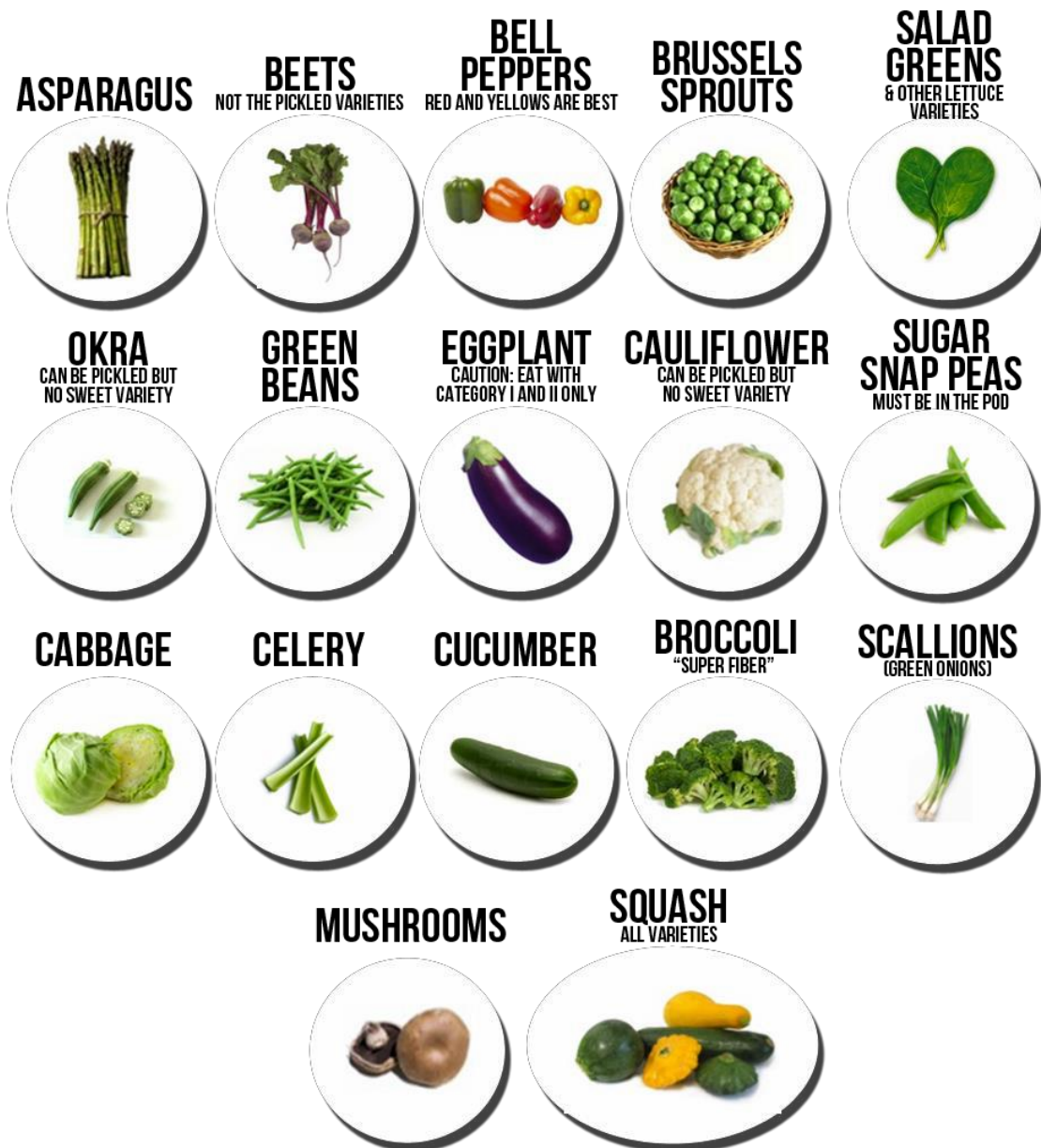


#### TOMATOES



## Category II: Fibrous Carbs

These foods have a high thermic effect. In other words they burn a ton of calories just through the digestive process. WE do not call broccoli, “broccoli”, we call it “exercise on a stalk” because you burn so many calories just by consuming it! This category of foods also helps neutralize the fat bus. Neutralizing the fats bus helps us stay in efficient fat burning mode. This category of foods is also classified as “Freebies” on your lifestyle program due to their high thermic effect. Eat them freely when prepared in their natural state, zero calorie cooking spray, or in MCT Oil. Some great Fibrous Carbs include:



There are also a few breads that we classify as Category II breads and you would be best served to start your new lifestyle with them. I call these Category II breads because if you begin with the end in mind these breads metabolize more like a green bean than they do a starchy carbohydrate. Years ago, my friends would ask me how I was losing so much weight (I lost 44 pounds in 6 weeks and more than 100 pounds in 6 months. I also came off of four prescription medications). I would tell them I was on the *peanut butter and green bean diet*. I was really just eating two tablespoons of peanut butter on my Category II bread, but beginning with the end in mind, I wrote in my journal that it was like eating *peanut butter and green beans*. My friends began eating peanut butter and green beans on a portion plate! They lost weight, but it sure was not practical or sustainable. I still laugh about that! Remember that while these breads are classified as Category II, breads are not freebies!



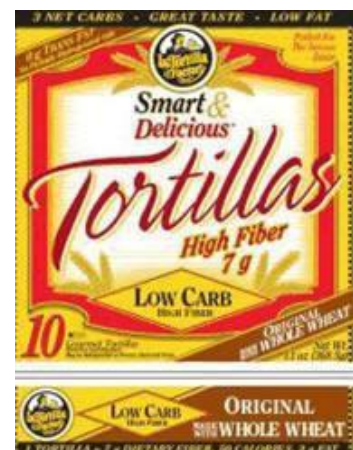
**Your Category II bread MUST be 50 calories or less with 5g of fiber per slice & you may have up to 2 slices per meal.**

Tortillas can also work as a Category II. Use this formula to evaluate tortillas and flats: **Cannot exceed 110 calories, for every 10 calories you must have at least 1 gram of fiber.**

Examples: 90 calories & 10g fiber = *Acceptable*

80 calories & 5g fiber = *Unacceptable*

You can have 2 tortillas if necessary but for best results stick to just 1 tortilla.



Please refer to your online classes in order to learn the formulas for the breads and tortillas and then you can make your own, or purchase different brands that work. There are so many great Category II breads that help you burn fat efficiently that I hope you will consider eliminating Category III breads and focusing on these great breads.

<b>Nutrition Facts</b>	
Serving Size: 1 tortilla	
Amount per Serving	
<b>Calories 72</b>	Calories from Fat 18
	% Daily Value *
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 233mg</b>	<b>10%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 12g	<b>48%</b>
Sugars 0g	
<b>Protein 8g</b>	<b>16%</b>
<b>Calcium</b>	<b>2%</b>
<b>Iron</b>	<b>4%</b>
Est. Percent of Calories from:	
<b>Fat 25.0% Carbs 27.8%</b>	
<b>Protein 44.4%</b>	





# Fruits

Fruits fall into our Category V and even though they are good for you, when your goal is losing weight (weight loss mode) you must move forward with caution. Fruit is a freebie after getting to our goal. However, right now combinations and portions are keys when having these nourishing foods. Fruits in general cause a little more blood sugar impact than our other categories. The fruits that you can have are listed in order of preference:

**BERRIES**



**APPLES**



**GRAPES**



**MELON**



**ORANGES**



**PLUM**



**PINEAPPLE**



**LEMON**



**PEACHES**



**GRAPEFRUIT**



**PEAR**



**1/2 BANANA**



Try to stay away from most of these in the beginning weeks of your program with the exception of Berries, Grapefruit, and Apples.

# Superfoods

Superfoods are just that, Super! These foods fall into our Category VI. They contain all of the Macronutrients and are very healthy. Watch out for your portions and combinations and you will do just fine.

## BEANS

**BLACK BEANS**



**RED BEANS**



**KIDNEY BEANS**



**SOY BEANS**



**PINTO BEANS**



**GARBANZO BEANS**



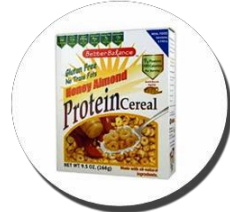
**NATURAL PEANUT BUTTER  
(NO HYDROGENATED OIL)**



**HI-LO FROM NUTRITIOUS LIVING**



**KAY'S NATURAL CEREAL**



## NUTS



**ALMONDS    BRAZIL NUTS    CASHEWS    CHESTNUTS    HAZELNUTS**  
**MACADAMIA    PECANS    PEANUTS    PINE NUTS    PISTACHIOS    WALNUTS**



# Shellfish

Shellfish is our Category VII. Shellfish are very lean, so lean they have a low propensity to be stored as fat when prepared the correct way. However, they are usually high in cholesterol. Therefore, we categorize them differently for those who have high cholesterol so that their consumption can be limited.

**LOBSTER**



**CRAB LEGS**



**SHRIMP**



**OYSTER**



**CLAMS**



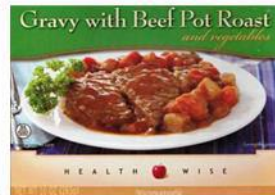
**CRAWFISH**



# Meal Replacements

Are you on the go? Do you keep a busy schedule? Meal Replacements are just what you need. You'll find a huge list of these also at [www.myshibboleth.com](http://www.myshibboleth.com) in our e-store.

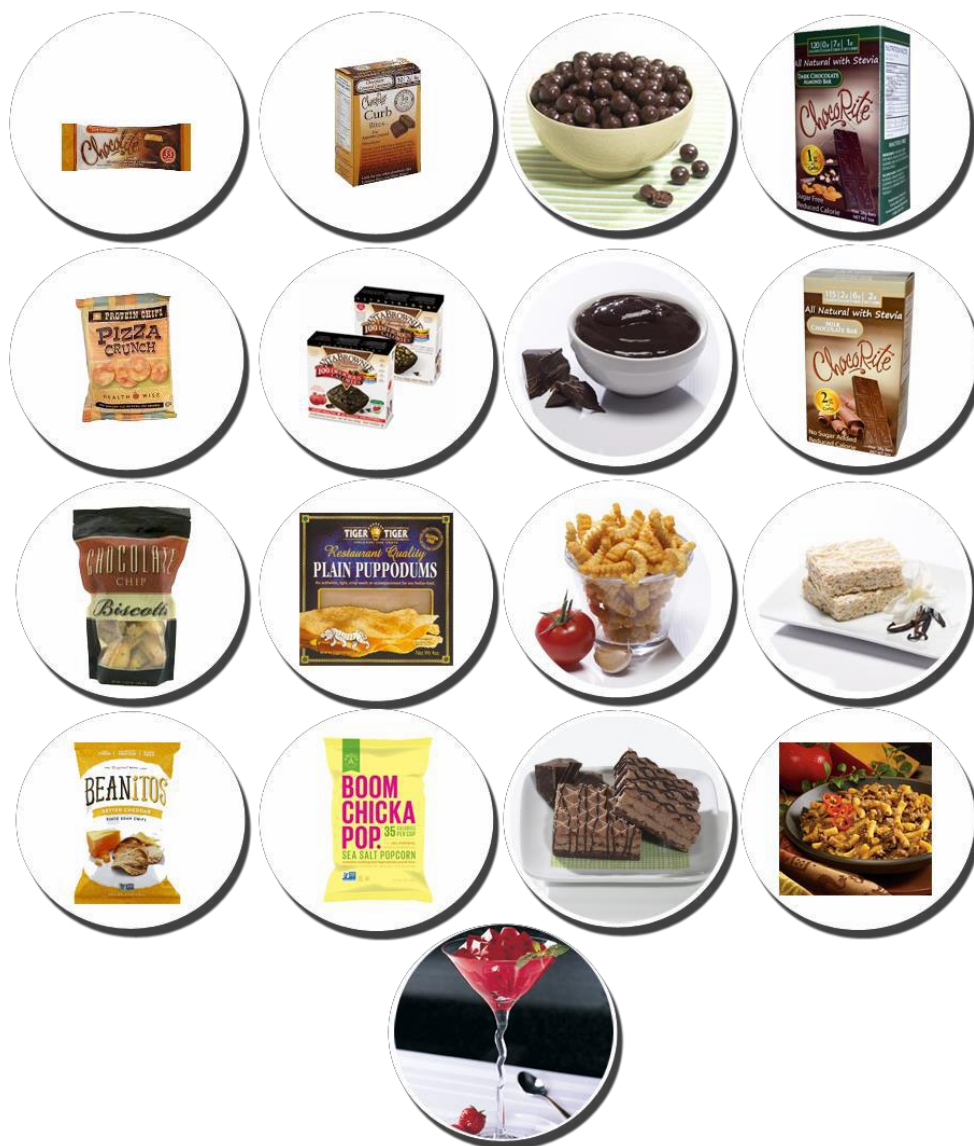
- 1) Must be between 200-400 calories
- 2) Protein > Net Carbs (Total Carbs – Fiber – Sugar Alcohol)



# Snacks

Everyone loves to snack on something satisfying. We do not want our Planet Shibboleth family living with voids or feeling deprived. Here is a list of void replacements and snacks that you do not have to avoid. There are many more void replacements and snacks located at [www.myshibboleth.com](http://www.myshibboleth.com). You can have 1 snack each day to satisfy your cravings without giving up great results. You can split each snack into smaller portions and consume them throughout the day. Also, remember that half of any properly combined and portioned meal counts as a snack too! The formula for calculating a snack is:

- 1) It has to be 100-200 calories
- 2) Protein > Net Carbs (Total Carbs - Fiber - Sugar Alcohol) x .30.



# Freebies

Freebies can be eating freely. Most of these have little to no calories. Other foods that count as Freebies are our Fibrous Carb “Veggies”. If you are attending our online classes you will hear Mentors refer to EXTRAS. Extras are a type of freebie, but you cannot have these “freely”. We go into these in more depth in our online classes.

## FIBROUS CARB “VEGGIES”



## BRAN CRISPBREAD



## SUGAR-FREE GUM



## PICKLES (NOT SWEET VARIETY)



## SUGAR-FREE JELLO



## WALDEN FARMS 0-CAL PRODUCTS



## SUGAR-FREE POPSICLE



## DIET SODAS (NO CARAMEL COLORING)



## SUGAR SUBSTITUTES





# Condiments

Condiments are a delicious way to add flavor to any meal. Never add more than 50 calories of condiments to a meal. Use condiments sparingly! To qualify a condiment, keep the sugars at 5g or less, fat at 2g or less. Our condiment rule is: 5, 2 and very few (sugar 5g or less & fat 2g or less)... the less the better.

## FOODS

### AVOCADOS



### CARROTS



### LIGHT WHITE CHEESE



### NUTS



### OLIVES



### ONIONS



### TOMATOES



## SAUCES & SEASONINGS

A1 STEAK

BUTTER BUDS

DALE'S MARINADE

DRY RANCH DRESSING MIX

FAT FREE REDDI WHIP

FAT FREE SOUR CREAM

HEINZ REDUCED SUGAR KETCHUP

HERITAGE FARE CHICKEN WING SAUCE

HERSHEY'S COCOA

HERSHEY'S SUGAR FREE SYRUP

KROGER SLOPPY JOE MIX

LIGHT MIRACLE WHIP

MCCORMICK SALAD TOPPINGS

MUSTARD (YELLOW OR SPICY)

SALSA

STUBB'S ORIGINAL BAR-B-QUE SAUCE

SUGAR FREE COFFEE MATE

SUGAR FREE JELLY

SUGAR FREE PANCAKE SYRUP

TOBACCO SAUCE

SALAD SPRITZERS

ZERO CALORIE SPRAY BUTTER





# The Bullet-Proof Shield

Your armor is The Bullet-Proof Shield. It's a shield of knowledge. It's with this shield that you can defeat The Diet Devil and achieve your weight loss goals. Just know that you are not stronger than The Diet Devil. He has more power than you and has the ability to take the form of even your closest family members or friends. Take courage! We have the armor you need to defend against his charms and devices. Take this armor and use it. It's your only defense. Without it, you will be overcome.

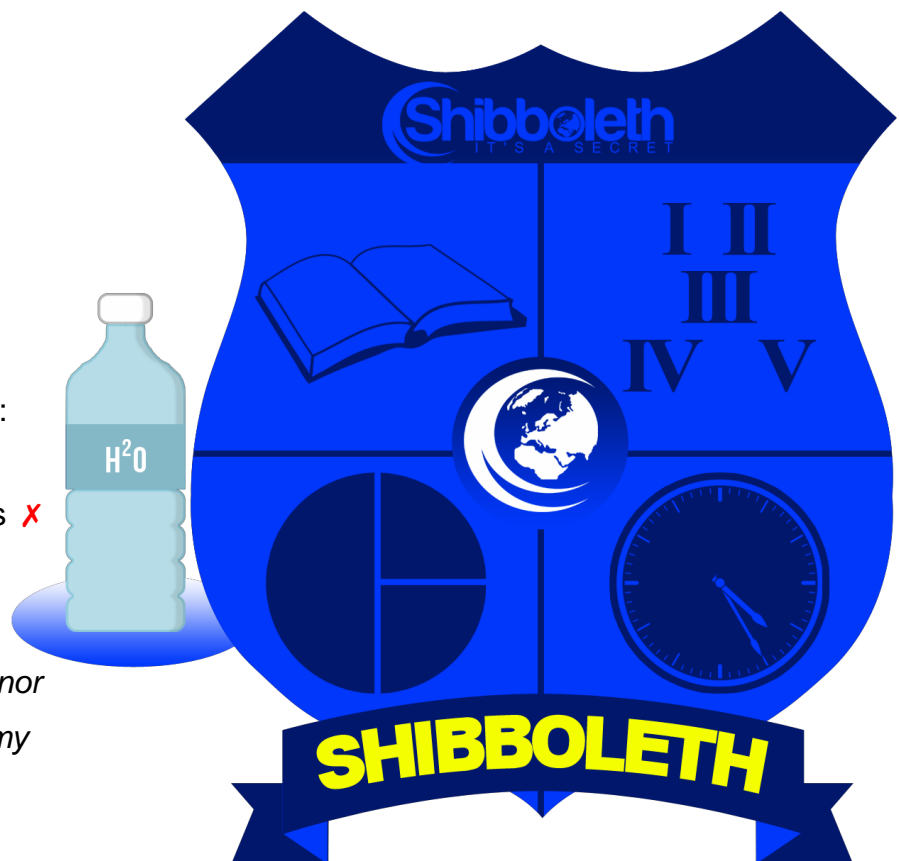
The Bullet Proof Shield consists of six parts:

1. Water
2. Journaling
3. Combinations
4. Portions
5. Timing-Weekly
6. Sh! It's a Secret

There are two types of days:

1. Perfect Days ✓
2. Holiday/Blow-IT Days ✗

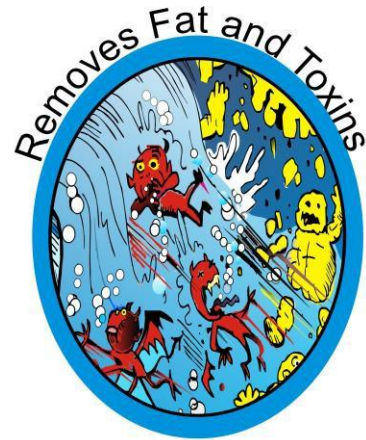
*"So, then because thou art lukewarm, and neither cold nor hot, I will spew thee out of my mouth." (Revelation 3:16)*



# Water

“Water in Fat Out” .....Drink 1/2 to 1 gallon of water each day

A simple thing we call  
**Water**



What **Water** does for the body...

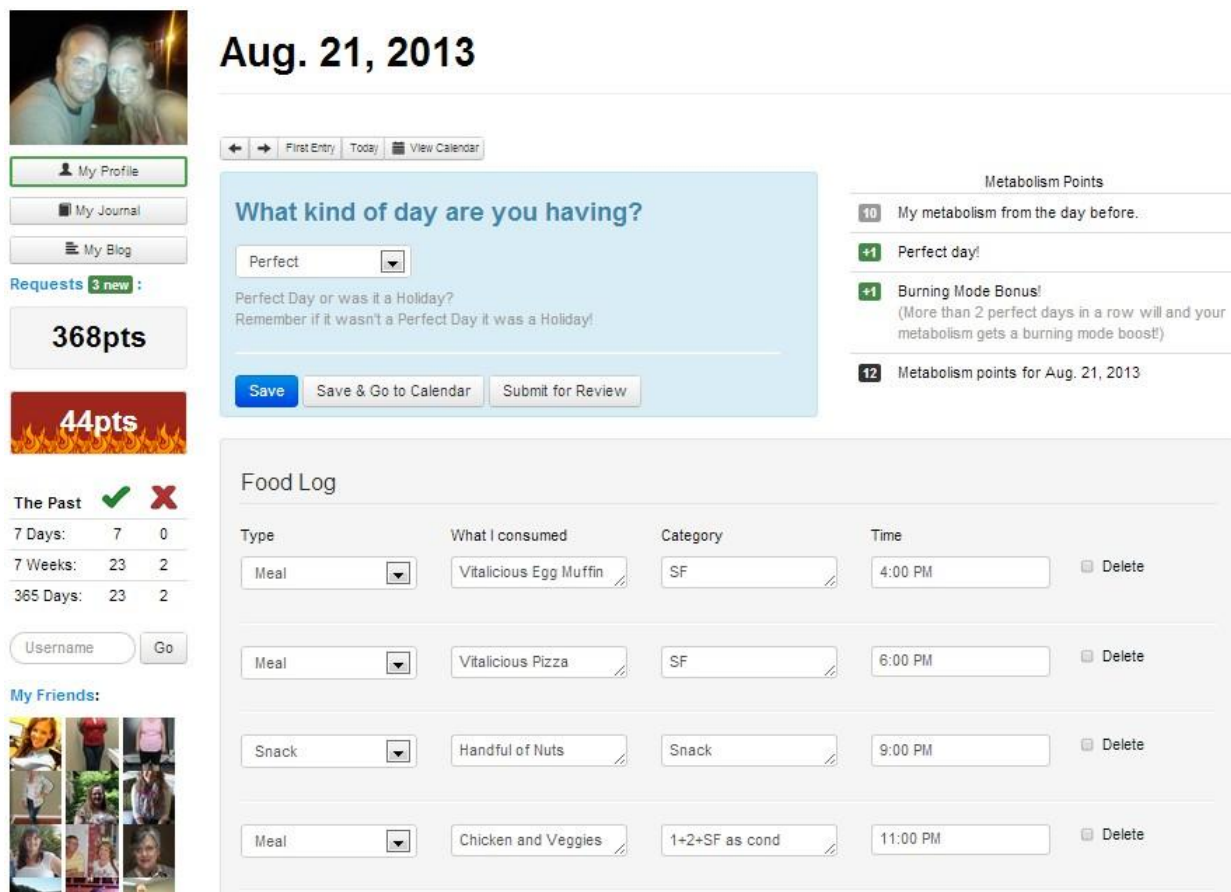




# Journaling

Studies show that people who journal lose more weight than those who don't! I've been journaling for more than 13 years. Along with class attendance, journaling is the most important part of your weight loss program. The rule is simple, if you bite it, you write it. Then you write why you bit it. Journal on the days you want to journal. Journal on the days you don't want to journal. Journaling takes only a few minutes a day but will extend your lifeline for years. It is just as important to journal on a blow it day as it is on a perfect day. Journaling helps find void replacements and helps you inventory your thoughts.

## Online Journal Example:



The screenshot shows a web-based journal interface for the date August 21, 2013. On the left is a sidebar with a user profile picture, navigation links for 'My Profile', 'My Journal', and 'My Blog', a 'Requests' section showing '3 new', a score of '368pts', a '44pts' badge, and a 'The Past' section with a table of daily, weekly, and 365-day statistics. Below this is a 'My Friends' section with a grid of small profile pictures. The main content area is titled 'Aug. 21, 2013' and includes a navigation bar with 'First Entry', 'Today', and 'View Calendar'. A light blue box asks 'What kind of day are you having?' with a 'Perfect' dropdown menu and a note about perfect days. To the right, a 'Metabolism Points' section shows a list of points earned, including a 'Perfect day!' and a 'Burning Mode Bonus!'. At the bottom, a 'Food Log' table records four entries: a meal of 'Vitalicious Egg Muffin' at 4:00 PM, a meal of 'Vitalicious Pizza' at 6:00 PM, a snack of 'Handful of Nuts' at 9:00 PM, and a meal of 'Chicken and Veggies' at 11:00 PM. Each entry has a 'Delete' button.

**Aug. 21, 2013**

← → First Entry Today View Calendar

**What kind of day are you having?**

Perfect

Perfect Day or was it a Holiday?  
Remember if it wasn't a Perfect Day it was a Holiday!

Save Save & Go to Calendar Submit for Review

**Metabolism Points**

- 10 My metabolism from the day before.
- +1 Perfect day!
- +1 Burning Mode Bonus!  
(More than 2 perfect days in a row will and your metabolism gets a burning mode boost!)
- 12 Metabolism points for Aug. 21, 2013

**Food Log**

Type	What I consumed	Category	Time	
Meal	Vitalicious Egg Muffin	SF	4:00 PM	Delete
Meal	Vitalicious Pizza	SF	6:00 PM	Delete
Snack	Handful of Nuts	Snack	9:00 PM	Delete
Meal	Chicken and Veggies	1+2+SF as cond	11:00 PM	Delete

## Online Journal Example Cont'd:

---

<input type="text" value="7:30 AM"/>	<input type="text" value="11:59 PM"/>	<input type="text" value="8"/>
When did you wakeup?	When did you go to bed?	(1) Don't want to get out of bed. (10) I can whip a bear with a switch!

---

### Weight & Measurements

<b>Weight</b> <input type="text" value="206.0"/> today's weight?	<b>Neck</b> <input type="text" value="(optional)"/>	<b>Chest</b> <input type="text" value="(optional)"/> Measuring the chest at the bust line	<b>Waist</b> <input type="text" value="(optional)"/> Measuring the waist at belly button	<b>Hips</b> <input type="text" value="(optional)"/> Measuring the hips at the widest part
--	--	---	--	---

---

### Walking

Miles walked today  
  
Numerical data only. Example 1.5 or 2.25

☐ Walked with a weighted vest

☐ Other Exercise Today?  
  
Please note any types of exercises, other than walking, for today.

### Progress Picture

How is your progress looking today?

No file chosen

Description of photo

---

### Extra Information

Glasses of water <input type="text" value="5"/> 8oz = 1 Glass	<input type="checkbox"/> Challenge Today? <input type="text" value="(optional)"/> Name of Shibboleth challenge or Recharge Meal.
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### Journal Notes

# Combinations

All nine of these combinations meet the necessary nutritional requirements. Consistently eating from these combinations produces amazing results. The nutritional requirements listed below are extremely important to make our system sustainable while removing unwanted fat expediently.

1. Lean Protein (Cat I)
2. Lean Protein (Cat I) + Fibrous Carb (Cat II)
3. Lean Protein (Cat I) + Fibrous Carb (Cat II) + MCT Cooking Oil
4. Lean Protein (Cat I) + Fibrous Carb (Cat II) + Complex Carb (Cat III)
5. Lean Protein (Cat I) + Fibrous Carb (Cat II) + Fruit (Cat V)
6. Protein + Fat (Cat IV) + Fibrous Carb (Cat II)
7. Superfood (Cat VI)
8. Superfood (Cat VI) + Fibrous Carb (Cat II)
9. Shellfish (Cat VII) + Fibrous Carb (Cat II)
10. Shellfish + Fibrous Carb (Cat II) + Complex Carb (Cat III)
11. Meal Replacements (MR)



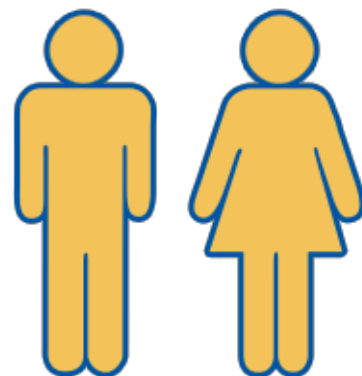
**Chicken Breast + Broccoli + Brown Rice**

# Portions

Portions are as important as Daily timing. If you do not place enough wood on the fire (metabolism) then the fire will go out! If you put too much wood on the fire then you will suffocate it. You have to put in the correct nutrients and the right portion of nutrients in order to build a raging fire that will help burn some booty!

## Gender Portions

This is for the beginner, and there are exceptions to every rule:



**Men** – 3 Meals, up to 1 Snack and Freebies when in weight loss mode. If in maintenance mode then you may have up to 2 snacks each day. Your Shibboleth Success Coach may modify and allow men to have additional snacks, or disallow snacks depending on metabolism levels and journaling.

**Female** – 3 Meals, up to 1 Snack and Freebies. If in maintenance mode and exercising you may have up to 2 snacks each day. Your Shibboleth Success Coach may allow you to skip your snack if you don't need it and results are being obtained. Instructor may also allow for additional snacks if a female adds intense exercise. Always consult your physical trainer and/or doctor.

## Measuring Portions

Portions are also about measuring the quantity of your meals and snacks. Correct meal portions are as follows: Eat a properly combined meal on a 6-8" plate. The thickness of the food on the plate should not be greater than the thickness of the thickest part of your hand. If you do not have a portion control plate on hand, then place

your hands together and place them over the meal. As long as your hands can conceal your meal then you are eating a correct portion. Your stomach is no larger than your hands placed together and additional food only stretches your stomach. I am also including some charts (on the next page) for the more analytical, to help guide you, but the hand rule works just fine.



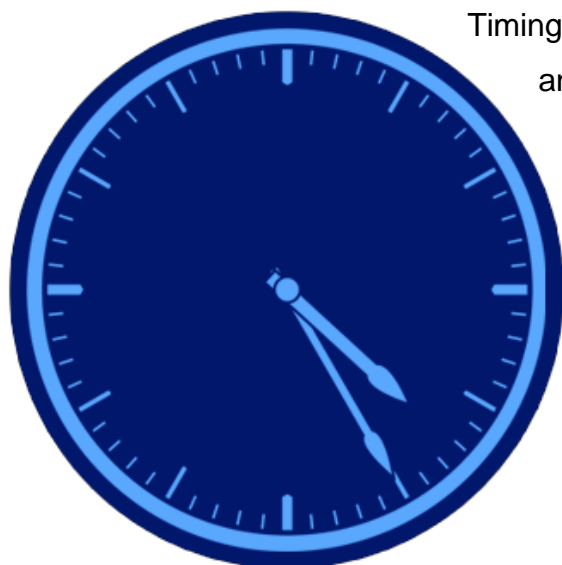
**WHEN MEASURING IN CUPS 1/4 CUP IS BEST FOR THE WEIGHT LOSS PHASE.  
HOWEVER, YOU MAY GO UP TO 1/2 CUP AS LONG AS YOU COMBINE THE  
FOODS CORRECTLY.**

<u>COMPLEX CARBS</u>	<u>Hands</u>	<u>Cups</u>	<u>M/S/F</u>	<u>Condiment</u>
Baked Potato	½ of 1 Hand	½ Cup	Cat III	No
Corn	½ of 1 Hand	½ Cup	Cat III	No
Ezekiel Bread	1 Slice	1 Slice	Use As Directed	No
Grits	1 Package	1 Package	Cat III	No
Lima Beans	½ of 1 Hand	½ Cup	Cat III	No
Long Grain Brown Rice	½ of 1 Hand	½ Cup	Cat III	No
Muesli	½ of 1 Hand	½ Cup	Cat III	No
New Potato	½ of 1 Hand	½ Cup	Cat III	No
Oatmeal	½ of 1 Hand	½ Cup	Cat III	No
Peas Outside the Shell	½ of 1 Hand	½ Cup	Cat III	No
Porridge	½ of 1 Hand	½ Cup	Cat III	No
Rice Cake	2 (<35 Cal)	2 (<35 Cal)	Snack ONLY	No
Soy Chips	10-17	10-18	Cat III or Snack	No
Sweet Potato	½ of 1 Hand	½ Cup	Cat III	No
Weight Control Oatmeal	1 Package	1 Package	Cat. II + III	No
Whole Grain Pasta	½ of 1 Hand	½ Cup	Cat III	No
Whole Wheat Bread	1 Slice	1 Slice	Cat III	No
Whole Wheat Pasta	½ of 1 Hand	½ Cup	Cat III	No
Yams	½ of 1 Hand	½ Cup	Cat III	No

<u>SUPERFOODS</u>	<u>Hands</u>	<u>Cups</u>	<u>M/S/F</u>	<u>Condiment</u>
Pinto Beans	—>	1-2 Cups	SF	Yes
Black Beans	—>	1-2 Cups	SF	Yes
Garbanzo Beans	1 Handful	¼ Cup	Snack	Yes
Lentils	—>	1-2 Cups	SF	Yes
Northern Beans	—>	1-2 Cups	SF	Yes
Red Beans	—>	1-2 Cups	SF	Yes
Soy Beans	—>	1-2 Cups	SF	Yes
Kay's Natural Cereal	2 Packages	2 Packages	Meal or Snack	Yes
Special K Protein Plus	1½ Cups Dry	1½ Cups Dry	Meal	Yes
Edamame	—>	1-2 Cups	SF	Yes
Nuts	1 Handful	¼ Cup	Snack	Yes
Peanut Butter	2 Tablespoons	2 Tablespoons	SF or Snack	Yes
Power Butter	2 Tablespoons	2 Tablespoons	SF or Snack	Yes

# Timing

**DAILY TIMING HELPS US BUILD A FIRE THAT CANNOT BE QUENCHED EVEN BY THE OCCASIONAL HOLIDAY or BLOW IT DAY.**



Timing is so important. We space our properly combined and portioned meals evenly throughout the day.

Our metabolism is a fire and we want to put the right amount of wood on the fire to help our fire grow. Daily Timing helps us build a fire that cannot be quenched even by the occasional blow it or Holiday. Our timing rules are as follows:

1. Eat first meal within an hour of getting up
2. Eat second meal 3-6 hours after first
3. Eat third meal 3-6 hours after second
4. Eat your 3rd meal 2 hours before bed
5. You can have a snack anytime

Here are some examples and case studies:



## **Case Study 1 – Normal Day / Normal Person**

Wake Up at 6:00 AM ..... Eat Meal at 7:00 AM

Lunch at 12:00 PM ..... Eat Meal at 12:00 PM

Snack at 2:00 PM ..... Eat Snack at 2:00 PM

Dinner at 6:00 PM ..... Eat Meal at 6:00 PM

Freebie at 10:00 PM ..... Eat Freebie at 10:00 PM

Bedtime at 11:30 PM ..... Go To Bed Empty





### **Case Study 2 – Early Riser**

Wake Up at 4:30 AM ..... Eat Meal at 5:00 AM  
Freebie at 11:00 AM ..... Eat Freebie at 11:00 AM  
Lunch at 2:00 PM ..... Eat Meal at 2:00 PM  
Dinner at 5:00 PM ..... Eat Meal at 4:30 PM  
Snack at 9:00 PM ..... Eat Snack at 9:00 PM  
Bedtime at 10:30 PM ..... Go To Bed Empty



### **Case Study 3 – Third Shift**

Wake Up at 10:00 PM ... Eat Meal at 11:00 PM  
Go To Work at 12:00 AM  
Break at 2:00 AM ..... Eat Snack at 2:00 AM  
Lunch at 4:00 AM ..... Eat Meal at 4:00 AM  
Freebie at 6:00 AM ..... Eat Freebie  
Dinner at 12:00 PM ..... Eat Meal  
Bedtime at 4:00 PM ..... Go to Bed empty

These are illustrations only to show the diversity and flexibility of our program. There are many, many ways to successfully complete Shibboleth's daily timing and portion components.

Upon waking, you should eat a MEAL within an hour. You have been sleeping and your metabolic fire is at a low point. You need to *break the fast* and get that fire raging so that we can make another step toward our goal today. While you should wait 3 to 4 hours before having another MEAL, you can go as long as 6 hours without having another meal. Unless sleeping, you should never go longer than 6 hours without eating a MEAL, snack or freebie. If it is necessary, as it is sometimes, then one should bridge the gap with a SNACK or FREEBIE. You should go to bed on an EMPTY stomach.




An empty stomach is defined as having no MEAL 3-4 hours before bed and for best results do not have a meal 6 hours before bedtime.

While journaling, do not give yourself a Holiday / Blow-It Day if you are within 30 minutes to an hour of this rule, but you should be aware of your daily timing rule (ie: if you eat a perfect meal within 1 hour and 45 minutes of rising, and all other components are met this will not be a Blow-It Day!)

There will be times when you have not had your third MEAL of the day and get home too late to eat and then must go to bed on an empty stomach. When life gets in the way and you have missed a meal then you may eat the following combinations before bed (Category I or Category I + II)

If you are exercising first thing in the morning and you have a goal to lose body fat, then you should eat your first MEAL within an hour of ending exercise unless otherwise directed by your trainer or medical professional

Weekly Timing is based on two types of days: Perfect Days ✓ & Holidays (Blow-it Days) ✗. A Perfect Day is when you have completely followed The Bullet-Proof Shield. Count your day as a Holiday if your portions, combinations or timing are wrong. Don't worry though because on this program, you get 100 Blow-It Days a year! That's right, all you need to do is the right thing more than the wrong thing. Now that you know the two types of days let me show you why Weekly Timing is so important. Look at the chart below.

Weekly Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Fast</b>	✓	✓	x	✓	✓	x	✓
 <b>Faster</b>	✓	✓	✓	✓	✓	x	x
 <b>Fastest</b>	✓	✓	✓	✓	✓	✓	✓

In the FAST line, you see this person had 2 Perfect, then a Holiday, 2 Perfect, then another Holiday & finally another Perfect day. That's not bad. That's a total of 5 Perfect days and only 2 Holidays. When looking at the FASTER line you notice that it has the same number of Perfect and Holidays but in a different order. What makes this scenario better than the one before is the placement of the Holidays.

On this program you can be confident in the fact that after 2 Perfect days you are in EFB (Efficient Fat Burning mode). Therefore the person in the FASTER line was in EFB for 3 days where the person in the FAST line never made it to EFB. Will he/she still reach their goal? Yes. The more Perfect days you have between your Holidays, the better your weight loss will be. Isn't it obvious now why the last line is the FASTEST?

# Online Journal



My Profile

My Journal

Find Friends

Notifications (2)  
Inbox (16)  
Sent Messages  
Write  
Archives  
Trash

155pts

90pts

157 meals

**The Past**   
7 Days: 5 0  
7 Weeks: 41 6  
365 Days: 70 16

**Challenges**   
Recharge 0 1  
Gauntlet 0 0

6



May 2014

Today First Entry View Journal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 W 8	2 W 10	3 W 10
4 	5 W 10	6 W 10	7 W 10	8 W 10	9 W 10	10 W 10
11 W 10	12 E W 10	13 W 10	14 W 10	15 10	16 10	17 E 10
18 10	19 W 10	20 W 10	21 E 10	22 W 10	23 W 10	24 W 10
25 W 10	26	27	28	29	30	31

Symbol	Meaning
E	Indicates you exercised
W	Indicates you made a weight entry
P	Indicates you added a progress photo
M	Indicates you updated your measurements
C	Indicates you participated in a challenge
J	Indicates you requested a journal review
1 - 10	Indicates your motivational level

WE ARE HERE TO CHAT!

**Fire represents that you are in efficient fat burning.**

Here's a fun question... How would you like to travel to your favorite destination? By bicycle or sports car? You'll get there either way, but how long do you want to spend getting there?



# SHIBBOLETH ON THE GO





### Bojangle's

- Grilled Chicken Filet sandwich - use your own bread
- Buffalo Bites - with 1 to 2 sides of green beans



### Burger King

- Whopper (NO mayo) - use your own bread
- Tender Grill Chicken Sandwich - use your own bread
- BK Veggie Burger - use your own bread
- TENDERGRILL Garden Salad - use your own dressing
- Ham, Egg & Cheese CROISSAN'WICH - use your own bread
- Egg & Cheese CROISSAN'WICH - use your own bread



### Captain D's

- Seasoned Tilapia Dinner - NO rice or bread stick - with 2 sides (salad, green beans, or broccoli)
- Wild Alaskan Salmon Dinner - NO rice or bread stick - with 2 sides (salad, green beans, or broccoli)
- Shrimp Skewers Dinner - NO rice or bread stick - with 2 sides (salad, green beans, or broccoli)



### Chick-fil-A

- Chargrilled Chicken Sandwich – use your own bread
- 8 Chicken Nuggets - with a side salad (NO croutons) use your dressing or their Lite Italian dressing, or use a Shibboleth Approved tortilla
- Chargrilled Chicken Salad - NO croutons or sunflower seeds, use your own dressing or their Lite Italian dressing
- Chargrilled Chicken Cool Wrap - use your Shibboleth! Approved tortilla instead of theirs





## McDonalds

- 2 Mac Snack Wraps - put contents of both snack wraps inside one approved tortilla
- 2 Grilled Chicken Snack Wraps (any type) - put contents of both snack wraps inside one approved tortilla
- Angus Deluxe Snack Wrap - NO mayo - use your own bread or tortilla
- Premium Grilled Chicken Classic Sandwich - use your own bread
- Big N' Tasty - NO cheese or mayo - use your own bread or tortilla
- Quarter Pounder - use your own bread
- Premium Caesar Salad with Grilled Chicken - use your own dressing
- Premium Southwest Salad with Grilled Chicken - NO cheese or tortilla chips - use your own dressing
- Egg McMuffin - use your own bread or tortilla
- Side Salad - Use your own dressing (may add to any meal)



## Starbucks

- Reduced-Fat Turkey Bacon with Egg Whites on English Muffin - use your own bread
- Skinny Latte's, Macchiato, Frappuccino – these TALL sizes count as your snack for the day.



## Subway

- 6 Inch Whole Wheat Sandwich with Roasted Chicken or Turkey - have them gut the bread and double the meat, and add all the Category 2 veggies you want. - NO dressing.



## Taco Bell

- 3 Chicken Soft Tacos - dump everything out onto your tortilla
- 3 Fresco Chicken or Fresco Steak Soft Tacos - dump everything onto your tortilla



### Wendy's

- ¼ lb Single – use your own bread
- Ultimate Chicken Grill Sandwich – use your own bread
- Small Chili & Side Salad – you may add ½ baked potato, if you want



### Zaxby's

- Grilled Chicken Sandwich – NO honey mustard or crinkle fries - use your own bread
- The House Salad with Grilled Chicken - NO fried onions or texas toast - use your dressing.
- The Caesar Salad with Grilled Chicken - NO bacon or croutons - use your dressing

For more info visit our website at [www.myshibboleth.com](http://www.myshibboleth.com)

# SUCCESS!



**TRAVIS MARTIN**

**100+ POUNDS LOST AND MAINTAINED OVER 13 YEARS**



**SHAWNDA MCCLOUD - 71 POUNDS DOWN!**



**ALLEY RAMIREZ FRANCISCO- 50 POUNDS DOWN IN 5 MONTHS!**

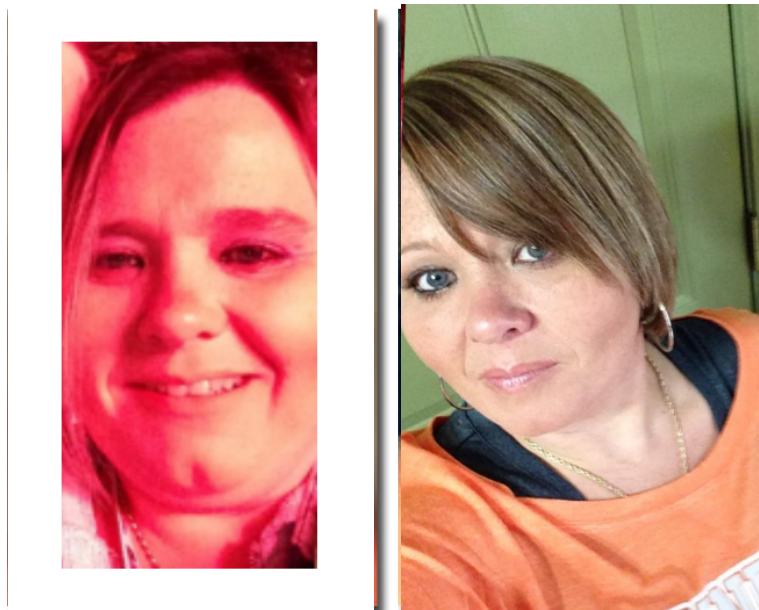


**BETH RAGSDALE - 41 POUNDS DOWN!**





**CHRISTY HAYES CARLSON - 90 POUNDS DOWN!**



**CRYSTAL VARGAS - 36 POUNDS DOWN!**



**JAMIE SIMONDS - 30+ POUNDS DOWN IN JUST 12 WEEKS!**



**MARK W ROWLAND - 52 POUNDS DOWN!**

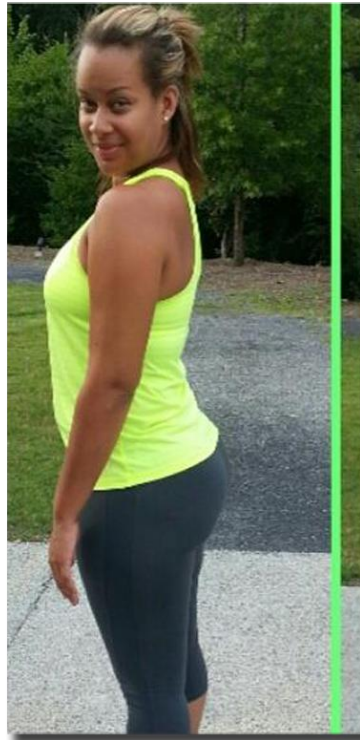




**REBECCA FANNY YARBROUGH - 18 POUNDS DOWN!**



**SHANA HUTSON CASH - 107 POUNDS DOWN!**



**SHERICA PERRY BAILEY- 26 POUNDS DOWN!**



**STAYCE RAGSDALE PEARDON- 50 POUNDS DOWN!**



**TIM PARKER- 50 POUNDS AND 28 INCHES DOWN!**



**TRACIE SWANSON BEASLEY- 58 POUNDS DOWN!**





**-- SUSAN HULEN AND CHERYL STEPHENS --  
MORE THAN 100 POUNDS DOWN COMBINED!**



**TERESA SANFORD - 25 POUNDS DOWN!**



This has just been a small taste of what Shibboleth has to offer you. There is so much more for you to learn as the program grows with you! More variety, more life lessons, more support than you've ever received on a weight loss program to help you maintain your lifestyle changes. If you would like more information, please visit us at:

**[www.myshibboleth.com](http://www.myshibboleth.com)**

For free videos and free downloads of journal pages and our workbook, please visit :

**[www.freeweightlossministry.com](http://www.freeweightlossministry.com)**



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