Phase 1, Fastest Weight Loss Combination Rules:

Foods in **GREEN** box can be eaten alone for a meal.
Foods in **RED** box must be paired with a Category 2.
Foods in **BLUE** box can be eaten with any combination.
Foods in **BLACK** boxes can be used with any meal.

***IMPORTANT!** Phase 1 variety is endless, but we'll start with these simple combinations and rules to get your foot off the ground! Tune into classes online or in our centers to learn WHY these combinations work, HOW to add more variety, HOW to incorporate your MIND, BODY & SPIRIT to keep the weight off forever! **DO NOT SKIP THIS PART!**

WATER: Drink at least ½ gallon (64 oz) up to 1 gallon (128 oz) of water per day. Don't like water? Let's try to change your mind!

Water Benefits -

- Keeps you hydrated
- Helps repair elasticity of your skin
- Aids in metabolizing fat
- Removes fat and toxins
- Improves kidney function
- Satisfies hunger
- Combats fatigue
- Combats depression
- Improves muscle tone
- Prevents headaches

PORTIONS: Eat off of a 6" – 8" Plate
Use your hands for portion control from the Phase 1 Combinations listed.
Your protein should amount to approximately 4 – 6 oz and fit under one hand.
Your Category 2 Carbs can fit under your other hand.
You can have up to 2 slices of Category 2 bread when having a sandwich.
Otherwise, let's stick to one slice.

EATING OUT: When eating out, always consider your protein sources a Category 4. We don't know how they might have cooked it so unless you have asked them to "dry-grill" it, we'll call it a Category 4.
This means you can only have it with a Category 2. For instance, a chicken breast must be eaten along with a side salad or a side of broccoli and no potato, rice, corn, etc. This would be a proper 4+2 Remember your condiment and portion rules! Take a bag home for doggie or for seconds 4-6 hours later!

JOURNAL: ***If you BITE it, you WRITE it!*** Start writing down what you eat, when you eat it and how you felt about it… **TODAY!** These notes will be invaluable to you on your Shibboleth Journey! It will help us help you when you hit any stumbling blocks! **RECORD EVERYTHING THAT GOES IN YOUR MOUTH!**

www.myshibboleth.com

Keep It Simple! Have Fun! Get Ready to be Amazed!

PHASE 1 COMBINATIONS FOR FASTEST WEIGHT LOSS – www.myshibboleth.com

Category 1, Lean Protein (LP)
Egg Whites
Turkey Breast
Chicken Breast
All Fish
Pork Loin
96% Lean or Better Ground Meats
Non-Fat Greek Yogurts
Low Fat Cottage Cheese
Fat Free Cheese
Boar's Head Deli Meats
96% Lean or Better Hot Dogs/Franks
Tuna in Water
Kroger CarbMaster Milk
Fat Free Fair Life Milk
Hemp Flakes
Tofu

1+2

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Category 4, Protein + Fat (P+F)
Whole Eggs
Canadian Bacon
Pork Chop, Ribs
Chicken Wings
Chicken Thigh & Leg
Lean Steak Cuts
93% - 96% Lean Ground Meats
Turkey Pepperoni

4+2

Cooking Oils
Zero Calorie Cooking Spray
Coconut Oil
Zero Drag 100% MCT Oil

Category 2, Fibrous Carbs (FC)
Broccoli, Cauliflower
Mushroom, Asparagus
Green Beans
Brussels Sprouts
Cabbage
Yellow Squash (All Squash)
Butternut Squash
Zucchini
Lettuce / Leafy Greens
Bell Peppers
All other Peppers
Pickles
Cucumbers
Spinach
Hemp Flakes

Category 2 Breads
Nature's Own Double Fiber Wheat Bread
Nature's Own 40 Calories per slice Breads
Sara Lee 45 Calorie Delightful
Healthy Life 35 Calorie Breads

Category 2 Buns
Healthy Life 80 Calorie Sandwich Buns
Healthy Life 80 Calorie Hot Dog Buns
Thomas Light English Muffin

Category 2 Tortilla's
La Tortilla Factory 50 Calories Low Carb
Ole Extreme Fiber
La Banderita Xtreme Fiber
Mission Carb Balance

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2+6

Category 6, Superfood (SF)
Natural Peanut Butter
All Nuts
Kidney Beans
Black Beans
Soy Beans
Pinto Beans
Hemp Hearts/Seeds

2+7

Category 7, Shellfish (SHELL)
Shrimp
Lobster
Clams
Mussels
Oyster
Crab
Crawfish
Scallops, etc.

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CONDIMENTS
Have with any meal.
Must total 50 calories or less
5 grams of sugar or less
2 grams of fat or less

Examples:
Mayonnaise, Mustard
Ketchup
Fruit, Nuts
Sauces, Dressings
Cheese, Avocado
Onion, Tomato, etc.
Any Dry Seasoning pkts