

FAITH DRIVEN

8-Week Challenge:

ROUND 2

(KEY COMPONENTS & MEAL PLAN)

Lose Up to 40 Pounds with Travis!

Welcome to the Faith-Driven: 8-Week Challenge!

Join us for an incredible journey of faith, transformation, and renewal. This challenge is designed to strengthen your body, mind, and spirit as you break free from old habits and step into a healthier, faith-driven lifestyle.

Let's do this!
~ Travis



BEGIN YOUR 8-WEEK CHALLENGE

01 WATCH THE CHALLENGE ORIENTATION VIDEO



02 JOIN AND ACCEPT THE CHALLENGE



Legacy to Breakthrough:
Shibboleth Members' Journey to I AM
Faithfully Fit & 8-Week Challenge

Round 2: Legacy to Breakthrough:
Shibboleth Members' Journey to I AM
Faithfully Fit & 8-Week Challenge

Start Date: April 7, 2025	Last Day: May 24, 2025
Status/Action: <input checked="" type="checkbox"/> Accept	Registered / Limit: 22 / --
	Holidays Allowed: 12

[JOIN THE CHALLENGE HERE](#)

03 SIGN UP FOR TEXT NOTIFICATION



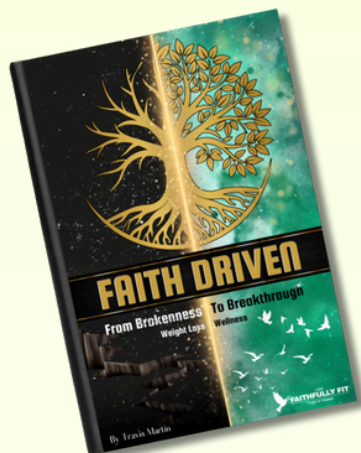
[SIGN UP HERE](#)

04 JOIN THE 8-WEEK CHALLENGE SUPPORT GROUP



[JOIN THE GROUP HERE](#)

05 ESSENTIAL COMPANION BOOK FOR 8-WEEK CHALLENGE COMES WITH A BONUS PORTION PLATE



[ORDER HERE](#)



Key Components for the 8-Week Faith Driven Challenge

(Week 1):



Bullet-Proof Shield



We're thrilled you're joining us for the 8-Week Faithfully Fit Challenge! Below, you'll find essential guidelines to make this journey successful and transformative. Let's break it down step by step:

Daily Water Intake

- **Minimum:** ½ gallon per day
- **Maximum:** Up to 1 gallon per day
- **Important:** If you drink less than ½ gallon in a day, it counts as a holiday. More than 1 gallon? Great! You're still on track for a perfect day.



Journaling: Key to Accountability

- **Rule:** If you bite it, write it. If you nibble it, scribble it!
- Use either:
 - Our online journal for convenience.
 - The Faithfully Fit Paper Journal: A 4-week journal designed to change your life if you complete it fully.
- **Paper Journal Tip:** Mark your type day in the digital journal and upload a photo of your paper journal entry.

Food Combinations

- **Week 1:** Stick to the provided food list.
- **After Week 1:** You can add:
 - Negative 2 or Negative 3 recipes.
 - Approved combinations: 1+2, 4+2, or 7+2 (with or without MCT oil).

Requests for changes to the meal plan will only be approved for special needs.

Portion Control

- **Rule:** Eat 3 or fewer eating episodes per day.



Examples:

- Breakfast for the Father, Lunch for the Son, Dinner for the Holy Spirit.
- Can include any combination of meals or snacks, but keep it to 3 or fewer total episodes.
- Portion Tip: Meals must fit on a portion-control plate. Sandwiches, hamburgers, or hot dogs? Stick to one serving, even if two would fit on the plate.

Timing & Fasting

- Eating Window: Eat all meals within your chosen window (e.g., 6 AM–6 PM).
- Fasting Requirement:
 - Minimum: 12-hour fast every 24 hours.
 - Goal: 16-hour fast.
- Outside your eating window, only water or approved beverages are allowed. No grazing!

Faith Component

- Begin each day with a morning prayer and end with an evening prayer.
- Honor System: Mark your journal video as watched and save your entries daily.



Optional Supplements

To maximize results, we recommend the **Big Three**:

- Peak Performance Total Health: The most comprehensive option.
- Vitality Multivitamin & Mineral Supplement: A budget-friendly alternative.
- Collagen Boost: Supports skin, hair, and joint health.

Optional Add-On: Berberine for glucose control and efficient fat burning.

PEAK PERFORMANCE: Women's dietary Supplement

Melaleuca
The Wellness Company

PEAK PERFORMANCE
Brain Health
WOMEN'S DIETARY SUPPLEMENTS

30 AM & PM PACKETS

PEAK PERFORMANCE BRAIN HEALTH

Peak Performance Brain Health brings together eight life-changing daily supplements to deliver essential vitamins and nutrients, lower free radicals, and support mental recall, memory, and concentration.

For general health, immune support, increase energy, and reducing activity-induced inflammation and free radicals, optimized for brain health.

SHOP NOW

COLLAGEN BOOST: Dietary Supplement

Melaleuca
The Wellness Company

Collagen Boost
DIETARY SUPPLEMENTS

30 SERVINGS

Collagen Boost

Helps reducing the appearance of cellulite, fine lines, and wrinkles while also improving the look, firmness, and vibrancy of your skin!

Activate your body's natural collagen synthesis with this unique collagen supplement drink.

SHOP NOW

BERBERINE: Glucose Support

Melaleuca
The Wellness Company

Berberine
GLUCOSE SUPPORT

60 TABLETS

Berberine

Supports maintain healthy blood sugar levels and support healthy weight management

CONTAINS:

- berberine
- milk thistle
- chromium powered by Oligo

SHOP NOW



Approved Condiment Rule

- **Best Options:** Walden Farms calorie-free products, herbs, and spices.
- If you use other condiments, ensure they meet the 5/2/Few Rule:
 - 5g of sugar or less
 - 2g of fat or less
 - Use only a small amount ("a smidge").




Daily Movement (Recommended but not mandatory)

- **Goal:** 10,000 steps per day.
- Each step burns fat, and you'll feel great getting that dopamine hit!
- **Extra Effort:** Break a sweat daily with our progressive workout system. Even 10 minutes of effort can transform your day.

Mistakes Are Part of the Process

- **Honest Mistake?** Keep going. Don't tap out.
- **Tapping Out:** Happens only when you give up entirely (e.g., exceeding the allowed holidays intentionally).
- Ask yourself: **If not now, when?** The right time to do the right thing is always **now**.

Food Combinations:

ADVANCED COMBINATION CHART			
 BLOWTORCH			
1 LP + 2 FC + MCT	1 LP + MCT 1	7 SHF + MCT	7 SHF + 2 FC + MCT
 WEIGHT LOSS		1 LP +HHF+ MCT	7 +HHF+ MCT
 COMBINATIONS			
1 LP	7 SHF	1 LP + 2 FC + 3 EC	7 SHF + 6 SF + 2 FC
1 LP + 2 FC	7 SHF + 6 SF	1 LP + 2 FC + 5 FR	PP
1 LP + 6 SF	6 SF	1 LP + 7 SHF + 2 FC	1 LP + 4 PF + 2 FC
4 PF + 2 FC	6 SF + 2 FC	1 LP + 7 SHF + 2 FC+3 EC	1 LP + 7 SHF + 2 FC
7 SHF + 2 FC	4 PF	7 SHF + 2 FC + 3 EC	6 SF + 2 FC
MR -2, -3 MEAL REPLACEMENTS		7 SHF + 2 FC + 5 FR	1 LP + 2 FC + 6 SF



Category 1 (Lean Protein) + Category 2 (Fibrous Carb): A powerful combination for fat loss.



Category 4 (Protein Plus Fat) + Category 2 (Fibrous Carb): Great for satisfying meals while controlling blood sugar.



Category 3 (Energy Carb) + Category 1 (Lean Protein) + Category 2 (Fibrous Carb): A balanced approach that includes a starchy carb.

Here is our food combination chart, which is essential for our program and especially for beginners.

Meal Plan Criteria



- **Daily Calories:** Approx. 1200 calories.
- **Daily Carbs:** Less than 30 grams.
- **Combinations:** Use only approved combinations:
 - Categories: 1+2, 4+2, 7+2.
 - Meal Replacements: Only -2 or -3 options.
 - Recipes: Must be -2 or -3 on the weight loss meter.



7-Day Meal Plan for Faith Driven: Brokenness to Breakthrough Challenge

(Week 1):

Day 1

- **Breakfast:** Egg Whites with Spinach cooked in MCT oil and a slice of -2 toast (Category 1+2).



- **Lunch:** Grilled Chicken Salad (romaine, spinach, cucumbers) with Walden Farms calorie free dressing (Category 1+2).



- **Dinner:** Baked Salmon with roasted asparagus (MCT oil) and a side salad (Category 1+2).



Day 2

- **Breakfast:** Greek Yogurt (plain, non-fat) with a handful of blueberries and 1 tbsp hemp hearts (Category 1+C).



- **Lunch:** Turkey Wrap (Boar's Head turkey, lettuce, approved tortilla) with a side of celery (Category 1+2).



- **Dinner:** Shrimp Stir-fry (shrimp, zucchini, squash) cooked in MCT oil (Category 7+2).



Day 3

- **Breakfast:** Healthwise Hot Chocolate with unsweetened almond milk, approved milk, or water (-2 Meal Replacement).
- **Lunch:** Quest Bar with unsweet tea (-2 Meal Replacement).
- **Dinner:** Chicken Breast with roasted Brussels sprouts and onions (Category 1+2).



Day 4

- **Breakfast:** Scrambled Eggs with diced bell peppers and onions, side of turkey bacon (Category 4+2+C).



- **Lunch:** Grilled Tilapia with steamed broccoli and a wedge of lemon (Category 1+2).



- **Dinner:** Turkey Meatballs with steamed cauliflower mash and a small salad (Category 4+2).



Day 5

- **Breakfast:** Cottage Cheese (low-fat) with celery sticks and 1 tbsp peanut butter (approved, Category 1+2+6).



- **Lunch:** Lettuce Wrap Burger (96% lean ground beef, lettuce wrap, mustard) with green beans (Category 1+2).



- **Dinner:** Grilled Cod with sautéed kale (MCT oil) and diced tomatoes (Category 1+2).



Day 6

- **Breakfast:** Magic Spoon cereal with Fairlife Fat-Free Milk (-2 Meal Replacement or Superfood).



- **Lunch:** Tuna Salad (tuna in water, spinach, light mayo) with a side of cucumber slices (Category 1+2).



- **Dinner:** Baked Pork Chop (96% lean) with roasted cabbage and carrots (Category 4+2).



Day 7

Breakfast: Egg White Omelette with mushrooms, spinach, and 1 slice of -2 toast (Category 1+2).



- **Lunch:** Mighty Muffin with a cup of black coffee (-2 Meal Replacement).



- **Dinner:** Scallops with riced cauliflower and green beans (Category 7+2).





Approved Meal Replacements (Protein > Net Carbs)

Here are the meal replacements that fit
the criteria:

- AHS Cheesesteak Pasta
- AHS Fettuccine
- AHS Mac and Cheese
- AHS Pancakes
- Carbolite Frozen Treat (Healthsmart)
- ChocoRite Peanut Butter Patties
- ChocoRite Chocolate Pecan Clusters
- CocoRinga Hot Chocolate
- Bio Coffee
- Fiber Gourmet Biscotti
- Fiber Gourmet Thimbles
- Fiber Gourmet Cinnamon Thinnables
- 1/3 of a Hemp Bar
- Fiber Gourmet Pasta
- Hemp Hearts
- Hemp Flakes
- Healthwise Hot Chocolate
- High Protein Healthwise Oatmeal
- Legendary Pastries
- Legendary Sweet Rolls
- Mighty Muffin
- Beverly UMP Shakes
- GC Control Shakes
- Simply Fit Bars
- Quest Bars
- Any approved meal replacement
rated -2 or -3 on the weight loss
meter

Approved Sandwich, Wrap, Burger, and Hot Dog Recipes

1. Turkey and Swiss Wrap



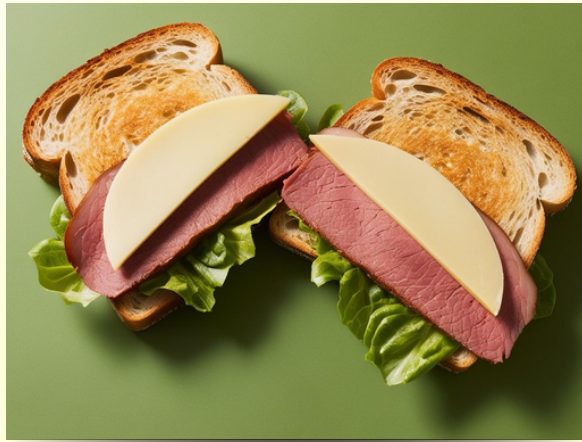
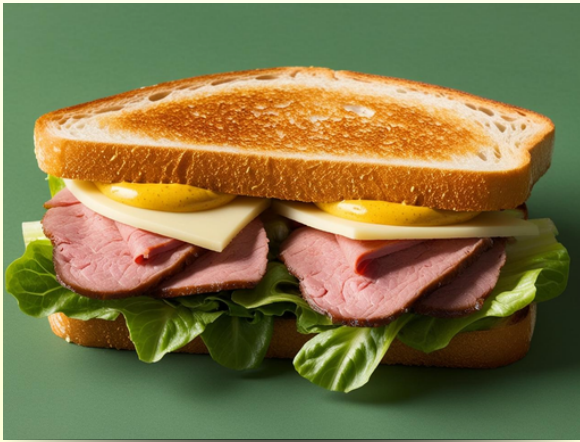
Ingredients:

- 1 -2 approved tortilla (e.g., La Tortilla Factory Low Carb Whole Wheat)
- 3 slices Boar's Head Oven-Roasted Turkey Breast
- 1 slice Borden Fat-Free Swiss Cheese
- Lettuce, tomato, and mustard

Instructions: Layer turkey, cheese, and veggies on the tortilla. Roll tightly.

Nutrition: 260 calories, 25g protein, 10g net carbs

2. ROAST BEEF AND PROVOLONE SANDWICH



Ingredients:

- 2 slices -2 bread (e.g., Sara Lee Delightful 45-Calorie Bread)
- 2 oz Boar's Head London Broil Roast Beef
- 1 slice Sargento Ultra-Thin Provolone
- Mustard and romaine lettuce

Instructions: Assemble ingredients between slices of bread and toast if desired.

Nutrition: 245 calories, 23g protein, 9g net carbs

3. CHICKEN BACON RANCH WRAP



Ingredients:

- 1 -2 tortilla (e.g., Mission Carb Balance)
- 2 oz grilled chicken breast
- 1 tbsp Walden Farms calorie free Ranch Dressing
- 1 slice Canadian Bacon
- Shredded lettuce

Instructions: Spread dressing on the tortilla, layer ingredients, and wrap.

Nutrition: 270 calories, 27g protein, 7g net carbs

4. EGG SALAD SANDWICH



Ingredients:

- 2 slices -2 bread (e.g., Nature's Own Keto Bread)
- 2 boiled eggs, chopped
- 1 tbsp light mayo
- Lettuce leaf

Instructions: Mix chopped eggs with mayo, spread on bread, and top with lettuce.

Nutrition: 250 calories, 21g protein, 8g net carbs

5. CHEESEBURGER LETTUCE WRAP



Ingredients:

- 2 oz 96% lean ground beef patty
- 1 slice fat-free cheese
- 2 large lettuce leaves (as a wrap)
- Pickles, mustard, and diced onion

Instructions: Cook beef patty, add cheese, and wrap with lettuce and condiments.

Nutrition: 265 calories, 26g protein, 5g net carbs

6. HOT DOG LETTUCE WRAP



Ingredients:

- 1 Ball Park White Meat Turkey Frank or 1 Hebrew National 97% Lean Frank
- 2 large lettuce leaves (as a wrap)
- Mustard and diced onions

Instructions: Heat turkey frank, wrap in lettuce, and top with mustard and onions.

Nutrition: 120 calories, 12g protein, 2g net carbs

7. GRILLED CHICKEN CAESAR WRAP



Ingredients:

- 1 -2 tortilla (e.g., Flatout Light Italian Herb)
- 2 oz grilled chicken breast
- 1 tbsp Walden Farms calorie free Caesar Dressing
- Shredded lettuce and Parmesan cheese (sprinkle)

Instructions: Toss chicken with dressing and wrap in the tortilla with lettuce.

Nutrition: 265 calories, 28g protein, 9g net carbs

8. HAM AND CHEDDAR MELT



Ingredients:

- 2 slices -2 bread (e.g., Lewis Healthy Life Keto Bread)
- 3 slices Applegate Naturals Herb Turkey Ham
- 1 slice Borden Fat-Free Cheddar Cheese
- Mustard

Instructions: Assemble sandwich, toast in a skillet, and serve warm.

Nutrition: 260 calories, 24g protein, 8g net carbs

9. BUFFALO CHICKEN WRAP



Ingredients:

- 1 -2 tortilla (e.g., Joseph's Lavash Bread)
- 2 oz shredded rotisserie chicken (breast only)
- 1 tbsp Frank's RedHot Buffalo Sauce
- Shredded lettuce

Instructions: Toss chicken with sauce, layer on tortilla with lettuce, and wrap.

Nutrition: 270 calories, 25g protein, 7g net carbs

10. CLASSIC TURKEY DOG WITH BUN



Ingredients:

- 1 Ball Park White Meat Turkey Frank
- 1 -2 hot dog bun (e.g., Lewis Healthy Life Keto Hot Dog Bun)
- Mustard and diced onions

Instructions: Heat turkey frank, place in bun, and top with mustard and onions.

Nutrition: 150 calories, 15g protein, 6g net carbs

Approved Shakes

1. CHOCOLATE ALMOND DELIGHT



Ingredients:

- 1 scoop GC Control Chocolate Shake Mix
- 8 oz unsweetened almond milk
- 1 tbsp almond butter (optional for richness)
- 1 handful of ice

Instructions: Blend all ingredients until smooth.

Nutrition: 280 calories, 20g protein, 8g net carbs

2. VANILLA BERRY BLAST



Ingredients:

- 1 scoop Beverly UMP Vanilla Shake Mix
- 8 oz unsweetened almond milk
- ¼ cup frozen blueberries
- 1 tbsp hemp hearts

Instructions: Blend until creamy.

Nutrition: 290 calories, 22g protein, 10g net carbs

3. PEANUT BUTTER CUP SHAKE



Ingredients:

- 1 scoop GC Control Chocolate Shake Mix
- 8 oz water or unsweetened almond milk
- 1 tbsp powdered peanut butter (e.g., PB2)
- 1 handful of ice

Instructions: Blend well and enjoy.

Nutrition: 250 calories, 21g protein, 7g net carbs

4. CREAMY CINNAMON ROLL



Ingredients:

- 1 scoop Beverly UMP Vanilla Shake Mix
- 8 oz unsweetened almond milk
- 1/2 tsp cinnamon
- 1 tsp Lakanto Monk Fruit Sweetener

Instructions: Blend ingredients for a dessert-like shake.

Nutrition: 260 calories, 24g protein, 6g net carbs

5. MOCHA BLISS



Ingredients:

- 1 scoop GC Control Chocolate Shake Mix
- 8 oz brewed coffee (chilled)
- 2 oz unsweetened almond milk
- 1 tsp cocoa powder
- Ice cubes

Instructions: Blend together for a morning pick-me-up.

Nutrition: 260 calories, 20g protein, 8g net carbs

6. TROPICAL PARADISE



Ingredients:

- 1 scoop Beverly UMP Vanilla Shake Mix
- 8 oz unsweetened coconut milk
- ¼ cup frozen pineapple
- 1 tsp unsweetened shredded coconut

Instructions: Blend until smooth.

Nutrition: 290 calories, 23g protein, 9g net carbs

7. CHOCOLATE MINT REFRESH



Ingredients:

- 1 scoop GC Control Chocolate Shake Mix
- 8 oz unsweetened almond milk
- 2 drops peppermint extract
- 1 handful of ice

Instructions: Blend for a refreshing, minty treat.

Nutrition: 250 calories, 20g protein, 7g net carbs

8. STRAWBERRY CREAM



Ingredients:

- 1 scoop Beverly UMP Vanilla Shake Mix
- 8 oz unsweetened almond milk
- ¼ cup frozen strawberries
- 1 tsp Lakanto Monk Fruit Sweetener

Instructions: Blend until smooth.

Nutrition: 280 calories, 22g protein, 10g net carbs

9. PUMPKIN SPICE SHAKE



Ingredients:

- 1 scoop GC Control Vanilla Shake Mix
- 8 oz unsweetened almond milk
- 2 tbsp pure pumpkin puree (no sugar added)
- ½ tsp pumpkin pie spice
- Ice cubes

Instructions: Blend all ingredients for a fall-inspired treat.

Nutrition: 270 calories, 20g protein, 9g net carbs

10. CHOCOLATE COCONUT BLISS



Ingredients:

- 1 scoop Beverly UMP Chocolate Shake Mix
- 8 oz unsweetened coconut milk
- 1 tsp unsweetened shredded coconut
- Ice cubes

Instructions: Blend until creamy.

Nutrition: 280 calories, 22g protein, 8g net carbs

You can use any approved milk or water above. Kroger

Carbmaster Milk, Fat Free Fairlife Milk, or even Egg Whites

International as a liquid base.



Approved Beverage List

- Water: Minimum 1/2 gallon daily.

Unsweetened Beverages:

- Unsweet Tea
- Black Coffee

Calorie-Free and Sugar-Free Beverages:

- Advocare Spark
- Sparkling Water (unsweetened or sweetened with approved sweeteners)
- Diet Sodas (limited to one per day for best results)
- Zevia (naturally sweetened with stevia)
- Approved Energy Drinks (e.g., Celsius, Bang – check for sweetener compliance)

Supplemental Drinks:

- Advocare Spark
- Zip Slim
- Any almost zero calorie approved beverage



Approved Sweetener List

Natural Sweeteners:

- Lakanto Monk Fruit Sweetener
- Allulose
- Stevia (liquid or granulated)
- Erythritol

Approved Sugar Substitutes:

- Splenda (Sucralose)
- Equal (Aspartame)

Avoid:

Honey, agave, or any natural sweetener with high glycemic impact. Once you are in maintenance you can move to a little local honey for a sweetener.



Approved Calorie-Free Salad Dressing Rules

- Must be calorie-free or 5 calories or less per serving.

Examples of brands/products:

- Walden Farms calorie-free dressings (all varieties)
- Hidden Valley Ranch Dry Mix (prepared with 0-calorie options like fat-free Greek yogurt)
- G. Hughes Sugar-Free Dressings

Note:

Avoid dressings with added sugar or oils not approved for the program.



Approved Cooking Oils

Top Choice:

- 100% MCT Oil (Medium-Chain Triglycerides)
Best for cooking and salad dressings due to quick absorption and fat-burning

Other Approved Oils:

- Coconut Oil (unrefined and virgin)
- Zero-Calorie Cooking Sprays (e.g., PAM)
- Ghee Butter (cow-based, clarified butter for cooking)

Avoid:

Vegetable oil, canola oil, and other processed oils.



Grocery Lists





Meal Replacements

- Mighty Muffin
- Quest Bars
- Healthwise Hot Chocolate
- Healthwise High Protein
- Oatmeal
- GC Control Shake Mix
- Beverly UMP Shake Mix
- CocoRinga Hot Chocolate
- Bio Coffee
- AHS Cheesesteak Pasta
- AHS Fettuccine
- AHS Mac and Cheese
- AHS Pancakes
- Carbolite Frozen Treats
(Healthsmart)
- ChocoRite Peanut Butter
Patties
- ChocoRite Chocolate Pecan
Clusters
- Fiber Gourmet Biscotti
- Fiber Gourmet Thinables
- Fiber Gourmet Cinnamon
Thinables
- 1/3 of a Hemp Bar
- Fiber Gourmet Pasta
- Legendary Pastries
- Legendary Sweet Rolls
- Simply Fit Bars



Proteins

- Egg Whites
- Whole Eggs
- Boar's Head Turkey Breast
- Grilled Chicken Breast
- Salmon Fillet
- Shrimp
- Tilapia Fillet
- Turkey Bacon
- 96% Lean Ground Beef
- Turkey Meatballs (96% lean or better)
- Cottage Cheese (low-fat)
- Tuna in Water
- Pork Chops (96% lean)
- Scallops

Vegetables

- Spinach
- Romaine Lettuce
- Cucumbers
- Asparagus
- Zucchini
- Squash
- Brussels Sprouts
- Onions
- Bell Peppers (diced)
- Broccoli
- Cauliflower (for mash or rice)
- Kale
- Green Beans
- Cabbage
- Carrots
- Mushrooms



Fruits

- Blueberries
- Frozen Pineapple (optional for shakes)
- Frozen Strawberries

Grains, Wraps, & Bread

- 2 Bread (e.g., Sara Lee Delightful 45-Calorie Bread)
- 2 Tortillas (e.g., La Tortilla Factory Low Carb, Mission Carb Balance)

Dairy

- Fat-Free or Low-Fat Greek Yogurt (plain, non-fat)
- Borden Fat-Free Swiss Cheese
- Sargento Ultra-Thin Provolone Cheese
- Fairlife Fat-Free Milk or Kroger Carbmater Milk



Let's Make This Challenge Life-Changing

This challenge is about doing your best, building healthy habits, and staying committed for 56 days. We're here to support you every step of the way.

Let's do this together! 💪

The Faithfully Fit Team



Travis Martin

Founder/ Head Instructor of I AM Faithfully Fit

Join our supportive community in embracing a sustainable, practical lifestyle. Let our faith-based weight loss program transform your life!

JOIN I AM FAITHFULLY FIT CLUB



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FAITH-DRIVEN Book



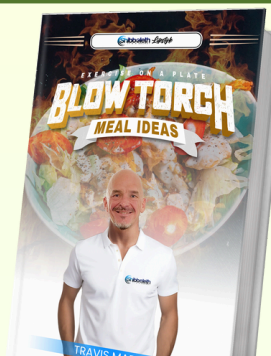
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