



Travis's Favorite Starter Meals

Breakfast

Greek Yogurt. You can use Oikos Triple Zero plain or flavored yogurts. Two of the small containers is enough for a meal. I like to add a palm full of berries or 1 tbsp of [very sweet hemp flakes](#) to my yogurts. The hemp will help with energy and regularity. There are lots of approved options in our library: [Greek Yogurt Search](#)

Chobani Greek Yogurt. Plain. I like to add [Advocare Spark](#) to Chobani Plain yogurt but you don't have to add anything to it. You could also add a palm full of berries. The Spark gives me a rush of energy and focus.

Low Fat Cottage Cheese or Fat Free Cottage Cheese. Keep your total calories for a meal at or around 200-250 if this is the only ingredient to your meal. If you stay around the 200 calorie range for the meal you could also add 1/4 of a banana. Slice the banana and add to cottage cheese. You could also add a palm full of berries. I also like to add 3 tbsp of very sweet hemp flakes or hemp hearts.

*If you are willing to dial back and have say, 100 calories of approved cottage cheese, you could have scrambled egg whites or two scrambled whole eggs with a serving of approved cottage cheese.

Here is a great approved cottage cheese recipe for your perusal. [Breakfast Cottage Cheese Spread](#)

Fried Egg, Bread and Cheese. [Joseph's High Fiber Bread](#); any of their products or an approved tortilla. Fry a whole egg and place a slice of Kraft Fat Free Cheese or any other fat free cheese on top of the egg. Warm or toast approved bread and place egg and cheese on top.

[High Protein Hot Chocolate](#) with or without 1 teaspoon of [Ghee butter](#).

High Protein Hot Chocolate; one serving mixed with [Bio-Coffee](#); 1 serving. This is a favorite of mine. Some of my best fat loss days are the days when I do this for breakfast and lunch and then have a red column or yellow column dinner on a portion plate. I go to bed in EFB and feeling light and peaceful.

High Protein Hot Chocolate; one serving mixed with [CoCoRinga](#); 1 serving. This is another favorite. Do this for breakfast and lunch and then have a red column or yellow column dinner on a portion plate. See the attached file for the [Combination Chart](#). I love to add fat free cool whip to the top of this beverage.
DELICIOUS.

Approved Meal Replacement Shake. I like the following shakes. [Beverly UMP](#), [Oh Yeah](#), [ChocoRite](#) and [Advocare Meal Replacement Shakes](#). Do a quick search to find many options in the website's resources.

Nuts N More High Protein Peanut Butter Sandwich. [Nuts N More](#); 2 tbsp between the lids of approved bread or better yet inside one approved tortilla. Since you are using high protein peanut butter you could also have approved bread, 1 tbsp of Nuts N More, and 1/2 of a banana for a delicious peanut butter and banana sandwich. This is what I call a [Perfect Pairing](#). It just works, even though it isn't the right combination. Of course you can always add sugar free jelly.

Cereal. I love these three cereals. Advanced Health Systems ([AHS](#)) [Cinnamon Crisp Cereal](#) and Advanced Health Systems (AHS) [Coco Berries cereal](#). You can have up to two packages with Kroger Carbmaster Milk or [Fat Free Fairlife Milk](#). Use enough milk that you are satisfied but less is best. The third cereal is [Kay's Natural cereal](#). Kay's offers some of the best products on the market. Gluten Free and Natural. I like 1 cup of Kay's up to 1.5 cups of Kay's with an approved milk. If you want to really turn your cereal into a fat burning cereal then replace the milk with [Egg White International's](#) liquid egg whites. Yes I am serious. It is delicious and supplies necessary amino acids. You can add stevia to sweeten your cereals further and even a palm full of berries is acceptable. Attempt to keep meal calories from cereals at or below 250.

Lastly, one of my favorite breakfasts or lunches is one of these cereals with approved milk and with 1-3 tbsp of very sweet hemp flakes. If you do this back down to 1/2 portion of cereal and replace removed portion with the very sweet hemp flakes. Outstanding and refreshing.

If you are looking for a cereal that is easy to find then go with [Kashi Go Lean](#) Original.

If you want other cereals other than the ones mentioned check out website's [food library](#). There are lots of cereals to choose from but remember all cereals aren't created equal.

[Quest Bar](#), [Quest Cookie](#) or a [Power Crunch](#) bar.

A High Protein Hot Chocolate or Bio-Coffee or CoCoRinga Hot Chocolate with a Power Crunch Bar

Two up to three scrambled eggs. I scramble whole eggs in Pam cooking spray. After scrambling the eggs I add either 1 tbsp of [hemp hearts, hemp flakes, or very sweet hemp flakes](#). With this meal you have every single essential and non-essential amino acid.

Egg White Omelet ~ As many egg whites as I want with spinach and approved cheese. You can add any category two vegetable you want to add along with onions and a few diced tomatoes. You don't have to limit egg whites when cooking in Pam or MCT oil but make sure you only use 1 tbsp of MCT Oil. Make sure you purchase a quality MCT oil that is meant for cooking like our brand [Zero Drag 100% MCT Oil](#) or Now Sports 100% MCT Oil. There are many that use lesser types of mcts and aren't meant for cooking. Cook MCT on medium to low heat.

Grilled Cheese Sandwich ~ Approved Fat free cheese 3-4 slices between the lids of any approved bread. Healthy Life bread makes for a good grilled cheese sandwich. I fry my grilled cheese in Zero Drag 100% MCT oil. Flip often. Brown the bread and melt the cheese. Easy.

Pancakes. I use Advanced Health Systems ([AHS](#)) [Pancakes](#). If only having pancakes I use

two packages of the pancake mix, mix with water and cook in either Zero Drag 100% MCT oil or Pam cooking spray. I use sugar free pancake syrup. I'll add a palm full of berries and or 1/4 of sliced banana as condiment.

If I am having scrambled eggs with my AHS pancakes I only have one package of the pancakes. If you want to make your own pancakes from scratch then check out recipes in resources in the website.

Shibboleth Pecan Pancakes. Mix 1 package of Advanced Health Systems Pancake Mix with a palm full of pecans thrown into the batter. Cook in 1 tbsp of Zero Drag 100% MCT Oil. You can also use Pam cooking spray. Remember to use approved sugar free syrup.

Carbquik Biscuits. I love these [drop biscuits](#). Two biscuits with two eggs is a staple for me. I also love these biscuits with butter spray and xylitol sweetener in the middle of the biscuit. Mama used to make us sugar biscuits when we were little. This is my version of a sugar biscuit.

I also like two small Carbquik biscuits with melted approved fat free cheese in the middle. I also will add approved bacon or one slice of fried turkey spam in the middle of the biscuit. Watch the portion rule. When losing weight you should strive to only eat one and not two. If you do eat two it's still a perfect meal but not as good for weight loss.

Bacon and Cheese Biscuit. Light Life Smart Bacon. Fat Free Cheese. Carbquik. Crisp 2-4 Slices of Light Life Bacon in Zero Drag 100% MCT Oil. Prepare one Carbquik Biscuit using Carbquik recipe in Shibboleth resources. Melt 1 Slice of Kraft Fat Free Cheese inside of biscuit and place bacon inside. Enjoy only one Bacon and Cheese Biscuit!

Eggs and Wieners ~ 1/2 cup of scrambled egg whites with one 97% lean Hebrew National frank fried in Zero Drag 100% MCT oil or in Pam Cooking Spray. You can use reduced sugar ketchup to dip the fried wiener in!. I do.

Scrambled Egg Whites with a Grapefruit. This is a category 1+5 which isn't an approved combination, but the nutrients in these two foods combined make for a Perfect Pairing and a great weight loss option.

McDonalds Egg McMuffin Take the insides of an Egg McMuffin and put in your Shibboleth Approved Tortilla or use one Thomas Lite 100 calorie muffin and place insides of Egg McMuffin between the bread. Do not worry about scraping the cheese out. Do not use their bread. Use your own approved bread or tortilla.

Cracker Barrel. 1 piece of spicy grilled catfish with three scrambled egg whites.

High Protein Oatmeal. Any flavor and up to two packages if you like eating oatmeal by itself. You could also have two scrambled eggs with one package of High Protein Oatmeal.

If you like store bought oatmeal try 1/2 cup of cooked steel cut oats or one package of Quaker Weight Control Oatmeal. Add three tbsp of hemp hearts or hemp flakes to stop the fat bus.

**Never eat any oatmeal by itself when in a weight loss mode. The only oatmeal you should eat*

alone when in weight loss mode is the high protein oatmeal listed above.

Scrambled Egg Whites with two [Jimmy Dean Turkey](#) sausages, links, or crumbles. I fry the Jimmy Dean sausages in 1 tbsp of Zero Drag 100% MCT oil to give them a better flavor. When having this perfect pairing I cook the egg whites in Pam cooking spray.

Lunch/Dinner

[An Approved Bar.](#) My favorite is 1/2 Oh Yeah Bar but it's not the best for you. The Quest Bar, Shibboleth bar, Power Crunch Bar, Quest Cookie, 1/3 Hemp Bar, and Oh Yeah One Bar are probably best but there are a ton more in the food library.

[Chick Fil A.](#) 8-12 Grilled Chicken Nuggets with a side salad using your favorite approved salad dressing. I will use lemon juice as salad dressing if I don't have mine with me. I will also use Olive Garden Light Italian Dressing occasionally. My favorite dressing is the MCT based salad dressing recipes online. Here is a link to some fat burning salad dressings, mayos, gravies and more. [MCT Recipes](#)

[Zaxby's Grilled Chicken Zalad.](#) Remove the croutons and fried crunchy things. I like to use their wing sauce as my salad dressing. One tbsp ONLY of blue cheese dressing mixed with wing sauce as a salad dressing is delicious.

[Wendy's Chili.](#) I love their chili over a side salad. If I am really hungry I will get the large Wendy's chili over a side salad but the small Wendy's Chili is much better for weight loss and still satisfying. If you want a Perfect Pairing try a small Wendy's Chili over 1/2 baked potato. If you do take out then add some approved fat free cheese and melt on top of chili or chili and potato when you get home.

Approved Meal Replacement Shake. I like the following shakes. [Beverly UMP](#), [Oh Yeah](#), [ChocoRite](#) and [Advocare Meal Replacement Shakes](#). Do a quick search to find many options in the website's resources.

Some easy fat burning recipes I love...

[Seafood Slimming Soup](#)

[Seafood Tom Yum Soup](#)

Sandwich ~ A Shibboleth approved sandwich up to 2 slices of approved bread, 2-6 ounces of approved deli meat, optional approved cheese and optional approved condiments. Always best to use La tortilla 50 calorie tortilla or 1 slice of bread with large hearts of romaine leaf as top part of sandwich.

Turkey Spam Sandwich ~ A Shibboleth approved [turkey spam](#) sandwich is 2 slices of approved bread, 2 ounces of Turkey Spam fried in MCT Oil with or without fat free cheese and approved condiments.

Grilled Cheese ~ A Shibboleth approved Grilled Cheese sandwich is 2 slices of approved bread, 2-4 slices of fat free cheese or up to 2 ounces of Cabot Light Cheese melted between the lids of approved bread and fried or heated in MCT Oil.

Hot Dog ~ A Shibboleth approved [Hot Dog](#) includes up to 1 approved Healthy Life Hot Dog Bun or even better a La Tortilla Factory 50 calorie tortilla. Optionally, you may use 2 tbsp of Hormel Turkey Chili, Slawsa brand condiment, and other approved condiments.

Hamburger ~ A Shibboleth approved Hamburger is 2-6 ounces of 93% lean up to 99% lean ground meat (turkey or beef) patty grilled or fried between the lids of two large Hearts of Romaine leaves with approved cheese and approved condiments. You can use approved bread or tortilla but less bread is always best. We purchase our approved hamburger meat from Laura's Lean website and we order the 96% Lean ground beef. Delicious as burrito meat, hamburger steak, etc.

Peanut Butter and Jelly ~ A Shibboleth approved [Peanut Butter](#) and Jelly Sandwich is 2 tablespoons of approved peanut butter with or without 1 tbsp of approved sugar free jelly. Place between the lids of two slices of approved bread or better yet in an approved tortilla. The La Tortilla 50 calorie tortilla is always the best choice, well, unless you love [brancrisp](#) bread like I do.

Grilled Chicken Salad ~ 2- 6 Ounces of Grilled Chicken over any kind of leafy green. You may use approved cheese as a condiment. You may use eggs as a condiment. Tomatoes as a condiment. etc. Keep overall calories at 300 or below for the entire meal.

Salmon and Asparagus. 2-8 ounces of salmon grilled, broiled, or pan fried in Zero Drag 100% MCT oil. I use a little old bay seasoning, salmon seasoning, or a seasoning called tajin but you can use any approved seasoning or spice with your fish or any other meat. We like to fry our asparagus in our air fryer.

Cod fish and Squash. We add a little ghee butter to our cod and season it with Goya fish seasoning. We stew our squash and use lots of sea salt and pepper. Sometimes we sauté the squash in 100% MCT oil. If we want it breaded and fried we bread the squash (or vegetable) in [Bob Red Mill's TVP](#) or Carbquik flour. Simply grind the TVP into flour using a cheap coffee grinder. Dip the meat or vegetable you are breading in egg white wash, roll the food around into your batter, and fry in 100% MCT oil. We mix salt, pepper, and old bay seasoning into our flour mix.

Breaded and fried shrimp with fried okra. We bread and dry the shrimp same as above and then dip it into cocktail sauce or use a spicy Thai sauce. Sometimes we don't bread the okra but simply bake it, unbreaded, in the oven using the [popcorn okra recipe](#).

Steak and asparagus. We love grilling an 8-12 ounce steak and sharing it. Oddly we like to dip our steak into melted ghee butter!! Yum. Again we almost always use our Air fryer to fry the best asparagus ever. We use MCT Oil for the asparagus. Don't forget to throw some blue cheese crumbles on top of your steak and asparagus.

Low country boil. Boiling water. Old Bay Seasoning. Shrimp. Crab. Crawfish. This is one of my favorite when I can find shell fish on sale. Throw the seafood into the boiling water along

with potatoes or corn (never both), and lots of broccoli. Voila, in 10 minutes you have a delicious low country boil. For a maintenance meal enjoy the potatoes or corn but for a fat burning meal avoid the potato and corn. We use melted ghee butter and lots of fresh lemon juice and salt in our melted ghee.

Kraut and Wieners. Two Hebrew National franks diced up and paired with sauerkraut. Fry in Zero Drag 100% MCT Oil.

[Travis' Spaghetti Recipe](#). I use one of the following pastas. Zucchini Spirals. Spaghetti Squash. [Explore Cuisine Pasta](#). Thin Slim Foods Pasta. [Know Better Foods Pasta](#). [Carba Nada](#)... Pick one. Only use 96% Lean Ground Meat.

[Travis's Slow Cooker Pork Tenderloin](#). You don't have to use the wine in the recipe.

[Travis' healing weight loss shake](#). Hemp Protein is simply the best. I put a recipe together that makes it taste as great as it is nutritionally beneficial

[AHS Mac and Cheese, Fettuccine or Cheese Steak Pasta](#). Trust me here. Prepare one package of any of these. Have with the following.

4 ounce approved [hamburger steak](#) with one of the above. Exactly. Hamburger Steak with a little Worcestershire sauce with mac and cheese.

Grilled Chicken and Fettuccine

Fish and Mac and Cheese

Delicious.

Mock Tuna Helper or Hamburger Helper. For comfort foods have one package of AHS Mac and Cheese or AHS Fettuccine with 3 ounces of canned tuna mixed as replacement for Tuna Helper.

You could also add in 96% lean or better lean ground meat to replace your old Hamburger Helper.

Fat burning city!

Pintos and Collards. I love to have 1 up to 1.5 cups of pintos or black beans with collard greens. We boil the collards down good and season well. I like to use Goya Ham Seasoning. It doesn't matter what seasoning you use as long as it is near zero calories. Add some garlic if you like and even a little onion. Of course you have to salt and pepper to taste preference and don't forget to add a little 100% MCT oil!

Pintos and Ms Campbell's Chow Chow or Slawsa. Again. 1 up to 1.5 cups of pintos, black beans or both with chow chow as a condiment.

High Protein [Microwaveable Meals](#). If in a hurry and on the go I will pick up one of these shelf stable microwaveable meals. I love the Turkey Chili. They are all pretty good if you need something quick and do not have time to cook fresh foods and ingredients. My favorite is the Turkey Chili over [Double Bite Chips](#) with approved fat free cheese melted on top.

Turkey or Beef Tacos. Finely ground 96% Lean ground beef or turkey with your favorite taco seasoning. Scramble beef or turkey in Pam cooking spray or Zero Drag 100% MCT Oil until browned. You can use salsa and Kraft Fat Free Shredded Cheese. (Any fat free cheese or approved cheese will work as a condiment.)
Use 1 La Tortilla Tortilla or a Josephs' High Fiber Pita bread.

Sushi Roll. Spicy Tuna or Salmon (any meat) rolled in cucumber or soy paper. In many restaurants they call this a Naruto roll. Just make sure there is no white rice! 6 pieces. You can use wasabi and soy sauce. You may have up to 8 ounces of your favorite wine with this selection but it is not necessary.

Red Lobster Broiled Fish and Broccoli (Any Fresh Catch of the Day)

Create your own feast with any one or two of the following:

Garlic Grilled Shrimp

Wood Grilled Fresh Salmon

Garlic Shrimp Scampi

Steamed Snow Crab Legs

Peppercorn Grilled Sirloin

You must have broccoli or a side salad as a side. If you get the salad be sure and use your approved dressing. Light Italian or lemon juice works well. Make sure your portion of meat and or broccoli fit under your two hand rule or on your portion control plate.

Captain D's Grilled Shrimp Skewers and Green Beans or Salad. Approved salad dressings only. 2-3 pieces of Broiled Fish with Green Beans or Salad.

Boar's Head Turkey Sandwich. 4 Ounces of Cajun Flavored Boars Head Turkey with Lettuce with or without Health Wise Protein Chips

Mexican Restaurant

3 Soft Chicken Tacos but use your own shell

Chicken Soup with No Rice

Ted's Montana Grill

Salt and Pepper Grilled Trout with Broccoli

Joe's Crab Shack

Original Steam pot without corn or sausage. Broccoli only. Ask them to give you extra broccoli in place of the corn and sausage.

Tomato Soup and Sandwich (Perfect Pairing)

3 Ounces of Deli Turkey

Lettuce, onion, tomato, and mustard

2 Slices of Approved Bread like Healthy Life bread or Nature's Own Double Fiber Wheat Bread.

1 Cup of Tomato Soup. [High Protein Tomato Soup](#)s for terrific fat burning or Campbell's Tomato Soup as alternative.

Above I have given you some meal ideas. I know you aren't going to like all of them but you only need a few ideas like these to get you through the upcoming week. Keep in mind that the best fat burning meals are always those combinations in the red and yellow columns.

While using any of the above meal ideas remember that none of this works if you add your own nutritional philosophies to the ideas above. Don't mingle two different programs together. For this to work you have to control your blood sugar through correct portions and food combinations. If you have some ideas you want to add to the ideas above then please ask how your idea will affect your blood sugar. I want you to lose weight and reach your goals. So don't let the thought "*a little of this or a little of that won't hurt*" get in your head, because it could!

Please only eat two up to three meals in a day. Please make sure if using any of the meal ideas above that you control your portions by eating from a 6-8" plate or limiting meal calories to 200-400 calories.

If you are vegan or vegetarian simply replace the meats listed with the many approved vegan and vegetarian meat replacements in our food library. Brands like Gardein and Light Life work great. An example search is here: [Vegetarian Approved Foods](#)

If you are gluten intolerant then simply replace above breads with UDI'S Millet Chia bread. Avoid other meal options that have gluten or ask for a suitable replacement in the group. There is always a way to modify a meal and make gluten free but not dispatch the fat bus. Here is a sample gluten free list: [Gluten Free Approved Foods](#)

If you are against splenda and other artificial sweeteners then simply replace those with stevia, monk fruit or xylitol. These sweeteners will not dispatch the fat bus and are delicious. Anytime an artificial sweetener is mentioned in a recipe online that you don't want to consume then replace with with one of the above or omit it altogether. The same goes for spices and condiments you don't want to consume or are against. Condiments and approved sweeteners are there to enhance taste so they can be replaced with other approved ingredients or eliminated all together. The fat loss magic takes place due to the macro nutrient combinations and has nothing to do with the chosen condiments. A list of foods that do not contain artificial sweeteners is here: [No Artificial Sweeteners](#)

If you are still struggling with meal ideas that you like and that burn fat you can try a custom meal plan by visiting www.getyourmealplan.com so we can help!

Please, please do not give our materials out to non members. It hurts our reputation when non members attempt to follow one of our meal plans without the instructions that come with them.

Non members do not know or follow the bullet proof shield and don't get results. We all know the "secret" so encourage them to get involved and find it out for themselves!

Thank you all for letting me and my team be a small part of your life.

Happy Meal Planning and Warm Regards,

Travis J. Martin

Travis Martin
Bless the Name of the Lord!