

Pale Horse Island

August 26 – September 3, 2013

Pale Horse Island Rules!

1. Day 1: Beginning on August 26th, you can only have an **approved Shake for Breakfast and Lunch, or an approved sandwich for breakfast and lunch**. “Jack” will provide additional details Monday evening during the 8 pm Kick-off meeting. **Do not eat dinner until after you have more details from Jack during the meeting.**
2. You may have **1 Holiday meal** during Labor Day weekend so choose “when and which” wisely.
3. If you eat anything not listed on the Re-Charge Meal Plan without Jack’s permission you must “tap out”. This is Jack’s Island until you **survive the Island** without “tapping out”.
4. Choose a Re-charge Meal plan and stick with it until a new day dawns. You cannot switch meal plans during the course of one day.
5. The weak minded can choose a Snack/Extra/Freebie from the list one time per day.
6. **You must walk 25 miles during the Island Boot Camp** if you are not under a Doctor’s care and have not been told you are incapable of walking. Counting your steps doesn’t count as walking. Brisk walking only. Wear an X-Vest if you have one.
7. During this Island we will have a last man or woman standing competition.

Graduation will be held on the following Tuesday September 3rd at 8:00 PM. Those that did not Tap Out will be celebrated and be given the option of continuing the Island experience with Jack’s guidance. The Last Man or Woman standing and not “tapping out” will be given a special “Last Survivor” trophy.

*Travis has completed these Re-Charge Meal Plans (*formerly called Rebound Menus*) in order to **get his momentum back**, and to **regain control of his eating habits**. Most of these Re-Charge Meal plans are designed for an intermittent fasting technique.

***Average weight loss using the plans provided have been more than 1 pound per day.** Again, these are Travis’ results and not intended to make weight loss promises.

***Average weekly weight loss for Island participants has been more than 4 pounds per week per person.**

This is Travis’ lifestyle and is not recommended for anyone other than Travis Martin aka “Jack” without your Doctor’s permission.

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Recharge Meal Plan # 71

Breakfast:

Vitalicious Pizza

Lunch:

None

Dinner:

Vitalicious Pizza

Recharge Meal Plan # 72

Breakfast:

Egg White and Spinach Omelet with Fat Free Feta Cheese

Lunch:

None

Dinner:

Shibboleth Approved Shake with Egg White International or Water with 2 Tbsp of your favorite flavor of Artic Zero Ice Cream

Recharge Meal Plan # 73

Breakfast:

Approved Cereal with Egg Whites International, Kroger Carbmaster Milk, or Fit Pro Real Milk

Lunch:

None

Dinner:

Pan seared fish and an approved egg roll

or

Pan seared fish and an approved salad

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Recharge Meal Plan #74

Breakfast:

7 approved biscotti and 2 Tbsp of Peanut Butter

Lunch:

None

Dinner:

Category 1 Ground Turkey or Ground Beef stuffed with Fat Free Feta and 1 Tbsp of Hemp Hearts and a side of green beans

or

Chicken Breast and Vegetable Medley (Broccoli, Carrots, Cauliflower)

Recharge Meal Plan # 75

Breakfast:

Shibboleth Approved Shake with or without Artic Zero

Lunch:

None

Dinner:

Healthwise Meal (Any)

or

2 Packages of Advanced Health Systems Macaroni and Cheese

or

Any Spaghetti or Chili recipe from Online Resource Recipes

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Recharge Meal Plan #76

Breakfast:

Any Approved Cereal with correct liquid base

Lunch:

Any Approved Cereal with correct liquid base

Dinner:

Any Approved Soup with correct protein source

Recharge Meal Plan #77

Breakfast:

Approved Sandwich on Category 2 bread

Lunch:

None

Dinner

Approved Sandwich on Category 2 bread

Recharge Meal Plan #78

Breakfast:

Fried La Tortilla Factory Tortilla with 2 Tbsp of Peanut butter and Peanut Butter & Company Chocolate Dreams

Lunch:

None

Dinner:

Fish Tacos; Pan seared fish, lettuce, and salsa in a La Tortilla Factory Tortilla

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Recharge Meal Plan #79

Breakfast:

Egg Whites, Fat Free Cheese, and 3 Tbsp of Hemp hearts

Lunch:

None

Dinner:

Shrimp cooked in Clear Cold Pressed Hemp Oil with a side salad and 2-3 tbsp of hemp hearts

Recharge Meal Plan #80

Breakfast:

Shibboleth Approved Pancakes up to 2 packages

Lunch:

None

Dinner:

2 Fat Free Franks in 1/4 of a P28 Flat or in 2 Approved Pancakes

Recharge Meal Plan #81

Breakfast:

Scrambled Egg and Fat Free Cheese on a Smart Bagel or Approved Bagel

Lunch:

None

Dinner:

Any Healthwise meal

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Recharge Meal Plan #82

Breakfast:

2 Ounces of Macadamia Nuts or Pumpkin Seeds

Lunch:

Any Healthwise Meal

Dinner:

2 Ounces of Macadamia Nuts or Pumpkin Seeds

Recharge Meal Plans #83

Breakfast:

Advanced Health Systems Pancakes

Lunch:

Healthwise Meal

Dinner:

2 Packages of Advanced Health Mac and Cheese or Fettuccini

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Other Items allowed for “Pale Horse Island”

Choose only 1 selection from the list each day and only if you are having cravings or experiencing sugar drops.

Snacks/Extras/Freebies

- 1 Healthsmart Peanut butter patties
- 1 Healthsmart Peanut Clusters
- 1 Healthsmart Bars
- 2 Shibboleth Approved Hot Cocoa with Ghee
- 2 Proti Orange Juice
- 2 Proti Grapefruit Juice
- 1 Healthwise Smoothie (Just Add Water)
- 7 Biscotti
- 1 Vitalicious Brownie
- 2 cups of “Thrive” Ice Cream
- 1 Pint of Artic Zero
- 1 La Tortilla Factory with 1 FF Frank
- 1 Proti Chips
- 1 Advanced Health Systems Mini Crisps
- 1 Advanced Health Systems Cheese Steak Pasta
- 2 Advanced Health Systems Cinnamon Crisp Cereal
- 10-12 Beanitos
- 10-12 Late July Peanut Butter Crackers
- 10-12 Late July Cheese Crackers
- 4 Puppodums fried in MCT Oil or Ghee and then sprinkle cinnamon and splenda
- Unlimited Bran Crisp Bread with 2 Tbsp of Better N Peanut Butter
- Brancrisp with Fat Free Cheese Melted on Top
- 2 Advocare Spark

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Mandatory Supplements:

Any Approved Vitamin

We recommend the following:

Nutrition Now Gummies

Now Sports Kid Vits (Adults Take 4)

Now Sports Special One

Advocare Coreplex

Optional Supplements to get the most from your strict Island program:

Advocare MNS (www.advocare.com/1108887)

Shibboleth Approved Green Coffee Bean

Shibboleth Approved Raspberry Ketones

Royal Jelly Bee Pollen (Energy)