

Welcome Kit & Guidelines

As you prepare for your journey with Shibboleth, take comfort in knowing that we are committed to your success! The following pages have been put together based on the core components of our program and are designed to help you burn some body fat during your first week!

1. **It is very natural to be confused during the first couple of weeks.** Stay with us and remember that we are here to answer your questions! ***This is #1 because we cannot stress it enough! It is OK and perfectly normal to be confused.*** Travis likes to joke that this can be like “drinking water from a fire hydrant” You want to get it all in at one time, but you can only absorb small pieces at a time. **Let us teach you.** You may think you learned your ABC’s overnight, but you didn’t!
2. You should eat off of a 6-8 inch plate or use “**the 2-Hand Portion Rule**”
3. You will create meals by combining **Categories 1 + 2, 1 + 2 + MCT or 4 + 2 and 6 + 2** for the first week. Refer to the **Acceptable Grocery List** and the **Cheat Sheet** following for more meal ideas and to help build a shopping list.



Women – Three meals and up to one snack each day – Use 4-6 oz of protein for each meal.

Men – Three meals and up to one snack each day – Use 6-8 oz of protein for each meal.

4. You will need to drink **½ to 1 full gallon of plain water** every day.
5. You will need to replace **sugary sodas** and juices; replace them with diet drinks such as Sprite Zero or Diet Mountain Dew, Diet Coke, Diet Pepsi, Coke Zero, Diet Ocean Spray, etc.
6. You can have condiments with your meals. Check your Acceptable Grocery Store List for suggestions. **Keep the total calories from all condiments within a meal to 50 calories or less.**
7. Begin journaling your new Lifestyle... **if you bite it, you write it!** Don’t forget to write why you bit it. Journal online and submit your journal for review whenever you have any questions!
8. It is natural to encounter Holiday/Blow-it Days as you learn the program. **Don’t beat yourself up!** These days are part of your program. Keep your focus on the end results you want to achieve! *“Begin, with the end in mind!”*
9. Remember, **you can do anything for 1 week.** Let’s see what happens! **AND, refer back to #1!**
10. **If needed please schedule a phone consultation at www.mentor.genbook.com so we can walk you through the website tools and our private facebook community for members only.**



My Progress & Profile

Name: _____

Today's Date: _____

Age: _____

Height: _____

Today's Weight: _____

Today's Measurements

Neck:	Chest:	Waist:	Hips

	Thighs:	Calves:	Biceps:	Forearm:	Wrist:
R					
L					

Weekly Weigh-In: Begin weigh-in once a week, same time, same day for the most accurate results. Record how you are feeling on a 1 – 10 scale... (1) Low, need some motivation (10) I can whip a bear with a switch!

Week 1 Weigh In: _____

Date: _____

How are you feeling? 1 2 3 4 5 6 7 8 9 10

Week 2 Weigh In: _____

Date: _____

How are you feeling? 1 2 3 4 5 6 7 8 9 10

Week 3 Weigh In: _____

Date: _____

How are you feeling? 1 2 3 4 5 6 7 8 9 10

Week 4 Weigh In: _____

Date: _____

How are you feeling? 1 2 3 4 5 6 7 8 9 10

Week 5 Weigh In: _____

Date: _____

How are you feeling? 1 2 3 4 5 6 7 8 9 10

5-Week Measurements

Neck:	Chest:	Waist:	Hips

	Thighs:	Calves:	Biceps:	Forearm:	Wrist:
R					
L					

Total Weight Lost over 5 Weeks: _____



Acceptable Grocery List

This list contains grocery items organized within our program Categories. To learn more about how to combine these Categories for thousands of approved meals, refer to your **Categories & Combinations (Cheat Sheet)** on Page 7 and the Resources section of our website at www.myshibboleth.com.

MEATS / PROTEIN

Category 1: Lean Protein (LP) *20% Calories from fat or less*

- Boar's Head lunchmeat is best - Other brands are acceptable as long as they fit the deli meat formula:

Must be 1.5 grams of fat or less & 3 grams of sugar or less per serving

- Chicken Breast
- Tuna in water
- Egg Beaters or Egg Whites (varieties with yoke count as a Category 4)
- Fish - All fish cooked using acceptable methods will be Category 1
- Low Fat Cottage Cheese
- Greek Plain Non-Fat Yogurt
- 96% lean or better ground chicken, turkey breast or beef
- Pork tenderloin with all visible fat trimmed
- Ball Park Smoked Turkey Franks
- Oscar Mayer 98% Fat Free Weiners
- Kroger Carbmaster Milk / Fat Free Fairlife Milk

Category 4: Protein + Fat (P+F) *50% calories from fat or less*

- Ground beef 93% - 95% Fat Free
- Lean Steak Cuts – the less marbling the better
- Canadian Bacon
- All Dark Meat Chicken (including chicken wings)
- Tuna in oil
- Egg Beaters with yolk added
- Whole Eggs
- Turkey Pepperoni Recommended Brands: Hormel, Kroger or Boar's Head



Acceptable Grocery List

VEGETABLES

Category 2: Fibrous Carbohydrates (FC)

- All Salad greens and lettuce varieties
- Spinach
- Squash, all varieties
- Turnip greens, collards, mustard
- Green Beans
- Cucumbers
- Scallions (green onions)
- Bell Peppers - Red and Yellows are more nutritious. All are acceptable.
- Sugar Snap Peas (in the pod)
- Celery
- Birdseye Steamfresh Veggies (avoid sauce varieties)
- Asparagus - *Natural diuretic, great source of potassium*
- Broccoli - *Super Fiber - Catabolic Veggie*
- Cabbage
- Mushrooms
- Beets - *Not pickled varieties*
- Brussels Sprouts
- Cauliflower
- Okra - Can be pickled
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ALL CATEGORY 2 VEGGIES ARE ALSO FREEBIES!

Category 2 Breads: Yes Breads! (FC)

- Nature's Own Double Fiber Wheat Bread – *Make sure it is 50 calories per slice.*
- Thomas Light 100 Calories Multi-Grain English Muffins.
- High Fiber Tortillas (LaBanderita, Ole, La Tortilla Factory)

Use this formula to evaluate other breads and tortillas:

For every 10 calories in your tortilla you must have at least 1 gram of fiber.

Cannot exceed 110 calories per serving.

Example:

90 – Calories / 10 grams of fiber – Acceptable Tortilla

80 – Calories / 5 grams of fiber – Unacceptable Tortilla

Other varieties of wheat bread must be counted as a Category 3: Energy Carb, and limited to one slice.

**You will learn MANY more bread options as you learn the program. These breads are in our Phase 2 Classes online and in our Care Centers.*



Acceptable Grocery List

Category 3: Energy Carbohydrates (EC)

- Corn
- Sweet Potato
- White Potato - Recommended
Precooked Brand: Simply Potatoes
- Oatmeal - Instant brand must be Quaker
Weight Control – Regular (plain) oatmeal is also acceptable
- Grits - All flavors are acceptable
- Blackeyed Peas
- Green Peas, Field Peas
- Butter Beans, Navy Beans, Great Northern
- Turnips
- Beanitos: 7 – 10 chips with your meal OR 12 – 17 chips as a snack.
- Pop Chips & Pop Corners: 7 – 10 chips with your meal OR 12 – 17 chips as a snack.
- Long Grain Brown Rice
- Whole Wheat Pasta
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Category 4: Protein + Fat (See page 3 for details)

Category 5: Fruits: Antioxidant Carbs (AC)

All fruits must be eaten with Categories 1 + 2 only or as a condiment!

- Berries are the best fruit- serving size is 1 cup. All other fruits are acceptable in the right combination during a weight loss phase. Except! No Bananas, Peaches or Pineapple...yet!

Category 6: Superfoods (SF)

- Beans - Black, Red, Kidney, Garbanzo, Soy, and Pinto -1 to 1 ½ cups for women and 1 ½ to 2 cups for men.
- Peanut Butter - 1 Tbsp can be eaten with rice cakes or 1 slice of approved bread as a snack. Two tablespoons can be eaten with 2 slices of double fiber bread and this counts as a meal. You can add sugar free jelly as a condiment.
- Kashi Go Lean Original Cereal (not the *Crunch*) - 1 to 1 ½ cups for women and 1 ½ to 2 cups for men. Eat with ½ cups skim or soymilk. You can also add a few berries. This is a meal.
- Nuts, Sunflower, Pumpkin Seeds - Any variety, one handful is a snack.
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Acceptable Grocery List

Category 7: Shellfish (SHELLF)

- Shrimp, Clams, Oysters, Lobster, Crab, Scallops, etc

Condiments *(50 calories or less with any meal)*

- Avocado - Good fat helps with appetite control.
- Olives – black or green – eat 4 to 5 for satiety
- Salsa – Choose the hotter varieties – less sugar content
- Zero Calorie Spray Butter - Parkay or I Can't Believe It's Not Butter
- Brummel and Brown Butter (this is to be used ONLY as a dip for seafood)
- Sugar Free Pancake Syrup - Ms. Butterworth or Walden Farms are our favorites
- Mustard - Yellow or spicy - NO honey mustard or sweet mustard
- Onions, Tomatoes and Carrots - Use sparingly, contains sugar especially when cooked.
- Mayonnaise - use Light Miracle Whip or Low Fat Blue Plate, Light Hellman's
- Beef/Chicken Bouillon Cubes - Great to flavor veggies and cook in.
- All Nuts - 1 Tbsp as condiment
- Cheese - Recommended Brands: Kraft Fat Free Shredded, Veggie Slices, Sargento Light 45 calorie slices & Sargento Light String cheese, Light Laughing Cow Spreads
- Hell on The Red Spicy Cheese Dip (4 TBSP will be 50 cal)
- Fat Free Cream Cheese
- Soy Sauce, Teriyaki Sauce, Worcestershire Sauce
- Ketchup - Recommended Brand: Heinz Reduced Sugar
- Tobasco Sauce
- Stubbs Original Bar-B-Que Sauce
- Meat Marinades - Stubb's Moppin' Sauce, Stubb's pork, beef and chicken marinades, Dale's marinade
- A1 Steak Sauce
- Heritage Fare Chicken Wing Sauce
- Dry Ranch Dressing Mix - Mix with Low Fat Cottage Cheese or Greek Plain Yogurt for a great veggie dip
- Fat Free or Low Fat Sour Cream
- Kroger Sloppy Joe and other dry mixes
- Fat Free CoffeeMate Powder - Sugar Free CoffeeMate Liquid Creamers
- Sugar Substitutes: Truvia, Splenda, Stevia or your preferred 0 calorie sweeteners



Categories & Combinations (Cheat Sheet)

The Shibboleth lifestyle consists of several food categories, that when properly combined, put your body in efficient and effective fat burning mode. You can access a complete list of each food category list with your membership under the Resources Tab online at www.myshibboleth.com.

Food Category List & Full Name:

Category 1: Lean Protein (LP)

Category 2: Fibrous Carbohydrate (FC)

Category 3: Energy Carbohydrate (EC)

Category 4: Protein + Fat (P+F)

Category 5: Antioxidant Carbohydrate (AC)

Category 6: Superfoods (S)

Category 7: Shellfish (SHELLF)

Meal Replacements (MR)

Snacks, Freebies, Condiments

Food Combinations:

In addition to learning the food categories, you need to learn how to combine these foods in order to **effectively and efficiently burn fat**. The chart below lists the available food combinations which you can use along with proper portions, in order to lose weight. Once again, this information is to supplement what you learn in class, not replace it.

FAST-EST Weight Loss!	FAST Weight Loss!	
1 (LP)	1+2+3 (LP+FC+EC)	1+6+2 (LP+SF+FC)
1+2 (LP+FC)	1+2+5 (LP+FC+AC)	7+2+3 (SHELLF+FC+EC)
1+2+MCT (LP+FC+MCT)	6 (SF)	7+2 (SHELLF+FC)
4+2 (P+F+FC)	6+2 (SF+FC)	1+4+2 (LP+PF+FC)

YOU CAN USE A 50-CALORIE CONDIMENT ON ANY APPROVED COMBINATION. YOU MUST USE THE HAND RULE TO DETERMINE PORTIONS OR EAT FROM A 6-8 INCH PLATE.

Starter Week Meal Ideas

Breakfast

- Egg Whites with 2 slices of approved bread cooked in zero calorie cooking spray or MCT – spread sugar free jelly on bread or spray with spray butter. **(Combo = 1 + 2)**
 - **Men $\frac{3}{4}$ to 1 cups egg beaters liquid or 6-8 egg whites.**
 - **Women $\frac{1}{2}$ to $\frac{3}{4}$ cups egg beaters liquid or 4-6 egg whites.**
- Egg White Omelet with any Category 2: Fibrous Carb added (spinach, mushrooms, peppers). You can also add up to 50 calories from condiments such as cheese and onion (feta, blue cheese, mozzarella) & 1 slice approved bread. **(Combo = 1 + 2)**
- Greek Plain Yogurt (Men 1 $\frac{1}{2}$ to 2 cups and Women 1 to 1 $\frac{1}{2}$ cups) with berries and 2 slices of approved bread. Add Crystal Light to flavor yogurt to your liking. **(Combo = 1 + 2)**
- Peanut Butter sandwich (2 tbs. peanut butter, 2 slices of approved bread, add up to 50 calories sugar free jelly as a condiment) **(Combo = 6 + 2)**
- French Toast – dip 2 slices double fiber wheat bread in egg whites, fry in Pam or MCT. Top with a little cinnamon, spray butter and sugar free syrup – YUM! **(Combo - 1 + 2)**
- Approved Protein Shake - Must be mixed with WATER or Egg Whites International. Can add $\frac{1}{4}$ cup of berries. **(Combo = MR)**
- Meal Replacements – Approved Meal Replacement Bars (MRB's) or Approved Ready to Drink Shakes (RTD's)

Lunch or Dinner

- Grilled chicken breast salad, add Category 2 Veggies. Use 0 or low calorie dressings. Remember 50 calorie condiment rule. **(Combo = 1 + 2)**
- Grilled or pan seared fish (MCT oil or Pam), steamed broccoli or other Category 2 Veggie **(Combo = 1 + 2)**
- Turkey sandwich (Women eat 4-6 oz of protein each meal and men eat 6-8oz) 2 slices of approved bread. Add up to 50 calories of condiments like mayo, cheese, and mustard. Add raw broccoli, cucumbers or other fibrous carbs if still hungry. **(Combo = 1 + 2)**
- Stir fry chicken breast in MCT or Pam, add Category 2 veggies such as asparagus, broccoli, cauliflower, mushrooms. Add seasoning of choice, remember 50 calorie condiment rule. **(Combo = 1 + 2)**
- Tuna sandwich (packed in water or flavored variety in foil packets) Approved bread or tortilla. Add up to 50 calories of mayo, dill pickles or relish in your tuna salad. 1 slice of tomato. Cucumbers, broccoli, and lettuce can be added or eaten as a side dish. **(Combo = 1 + 2)**
- Meal Replacements – Approved Meal Replacement Bars (MRB's) or Approved Ready to Drink Shakes (RTD's)



Starter Week Meal Ideas

Snack Ideas

**Up to 1 per day is allowed but not required. Can be eaten at any time of day.*

- 2 Rice cakes (70 calories maximum on rice cakes) with 1 tbsp. peanut butter (total for both cakes)
- 1 snack can of Tuna with 5 Whole Wheat Ritz Crackers
- Handful of nuts
- 1 Tbsp. of Peanut Butter or Ranch Dressing recipe eaten with raw Category 2: Fibrous Carb Veggies
- 1 Stick Low Fat variety White String Cheese with 5 whole-wheat Ritz crackers
- ChocoRite Peanut Butter Patties— 3 packages is one snack.
- 2-3 oz turkey/chicken with 5 Whole Wheat Ritz Crackers
- 1 Tbs. Peanut Butter on ½ acceptable tortilla or 1 slice approved bread
- Orville Redenbacher's - 100 Calorie Mini-Bag Smart Pop Popcorn 94% Fat Free Butter Flavor
- 1/4 cup Athenus Hummus - Great with Category 2: Fibrous Carbs
- 1/4 cup of Low Fat Cottage Cheese with 5 whole wheat Ritz Crackers
- 7 Approved Healthwise Biscotti
- Up to 4 Cups Skinny Pop Popcorn
- 10 – 17 Approved Chips from Category 3 (see list at www.myshibboleth.com)
- ½ Serving of any approved meal, RTD or MRB

FREEBIES

You can freebies at any time during the day. Eat only the amount needed to satisfy hunger.

Sugar Free Jell-O - You can add 1 Tbs. of LITE cool whip once a day.

- Dill Pickles or Sweet Pickles, must be sweetened with Splenda
- Lemon or Lime Juice
- Popsicle Brand: Sugar Free Popsicles (NO fudgesicles) - Limit of 2 per day (15 calories each)
- Bragg's Apple Cider Vinegar with The Mother – 1 Tbs. in the morning, 1 Tbs. at bedtime. Helps promote fat burning but it is not required.
- Category 2 Veggies – **Note:** Category 2 Bread and tortillas are NOT freebies
- Sugar Free Gum - Recommended Brand: Orbit
- Splenda Flavors for Coffee
- Crystal Light
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Client Care

Our staff is here to assist you and provide you with the support you need to keep the weight coming off and truly live this lifestyle. Contact us with any questions, comments or concerns or just to tell us about your day!

Client Care Number:

678-540-6287

Email:

Info@MyShibboleth.com

Free Mentor Appointments:

www.mentor.genbook.com

Members have access to exhaustive category lists as well as other tools and resources such as prerecorded and live classes to continually grow and expand your options, recipes and restaurant guides to help you LIVE never feeling deprived again!

www.MyShibboleth.com

