



To My Doctor:

Your patient has agreed to join Shibboleth as a lifestyle weight loss and maintenance program. However, you are the real expert. **You know your patient, and you can personalize this plan to fit his or her needs.**

Shibboleth was based on Travis Martin's personal experience with weight loss. At 29 years old, Travis had the heart of a 60 year old. His doctor convinced him to change his lifestyle and Travis' successful journey involved both research and many conversations with his doctor.

Based on his experience, Travis encourages constant feedback between doctors and patients. He wants your input and knowledge to help your patient change their lifestyle habits.

Please look through this worksheet with your patient. We want your patient to engage in weekly classes and get involved with others on the program. Shibboleth is about community, not isolation.

Attached is a partial list of Shibboleth approved foods from the grocery store that can also be used in the hundreds of approved recipes located on our website. This is a general list and your patient may not be able to eat certain foods on it. **Feel free to eliminate foods your patient can't have and we will help your patient focus on what the CAN have.**

Also we encourage **60-128 oz. of water per day**. Please advise your patient if they require a different amount or have water restrictions.



GETTING STARTED GROCERY LIST

Protein

- Ball Park Smoked White Turkey Franks
- Boar's Head, Dietz & Watson, Jenny-O Lunch meat in the Deli Case (6 oz.)
- Canadian Bacon
- Chicken Breast
- Crab Legs
- Egg Whites/Egg Whites International
- Ground Turkey Breast (96% lean is best)
- Laura's Lean Ground Beef
- Low Fat Cottage Cheese
- Oscar mayer 98% Fat Free Wieners
- Pork Tenderloin
- Salmon
- Shellfish
- Tuna In Water
- Turkey
- Whole Eggs

Carbohydrates

- All Salad Greens and Lettuce Varieties
- Asparagus
- Beets (not pickled)
- Bell Peppers
- Birdseye Steam-fresh varieties (avoid butter and cheese sauce versions)
- Black-eyed peas
- Broccoli
- Brussel Sprouts
- Butter Beans
- Cabbage
- Cauliflower(not sweet variety)
- Celery
- Corn
- Cucumber
- Eggplant
- Field Peas

- Great Northern Beans
- Green Beans
- All Greens (turnip, mustard, collard, kale)
- Grits
- La Banderita Xtreme Fiber Tortillas
- Lima Beans
- Long Grain Brown Rice
- Mushrooms
- Nature's Own Double Fiber Wheat Bread
- Navy Beans
- Oatmeal (Instant Brand Must Be Quaker Weight Control)
- Okra (Can be pickled but not the sweet variety)
- Potatoes (Sweet & White)
- Quinoa
- Scallions (Green Onion)
- Spinach
- Squash
- Sugar Snap Peas
- Whole Wheat Pasta (Recommended Dreamfields)

Superfoods

- Beans (Black, Red, Kidney, Garbanzo, Soy, Pinto)
- Nuts (any variety)
- Peanut Butter (No Hydrogenated Oils)
- Special K Protein Plus Cereal, Kay's Natural Cereal

Fruit

- No Bananas, Peaches, or Pineapple while trying to lose weight
- All types of melon
- Apples
- Berries
- Grapefruit
- Grapes
- Kiwi
- Oranges
- Prunes



Condiments (50 Calories per meal)

- Avocado
- Beef/Chicken Bullion
- Brummel & Brown Butter
- Cheese (Veggie Slices, Sargento Light, Light Laughing Cow, Kraft Reduced Fat Parmesan, Fat Free Cream Cheese)
- Crystal Light
- Dry Ranch Dressing Mix
- Fat Free Coffeemate Original (only 2 cups coffee per day)
- Fat Free Sour Cream
- Franks or Reds Hot Wing Sauce
- Heinz Reduced Sugar Ketchup
- Kroger Sloppy Joe Mix
- Mayonnaise (light, low fat, or fat free)
- Meat Marinades (Dales, Stubbs)
- Mustard
- Nuts (1 Tbsp)
- Olives
- Onions, Carrots, Tomato (Use sparingly due to sugar content)
- Salsa
- Bragg's Amino Acid or Soy Sauce
- Splenda
- Stubbs Original BBQ Sauce
- Sugar Free Maple Syrup (Mrs. Butterworth or Walden Farms)
- Tabasco
- Zero Calorie Spray

Freebies

- Sugar-Free Jello
- Dill Pickles & Sweet Pickles (sweetened with Splenda only)
- Lemon & lime juice
- Sugar Free Popsicles (NO Fudgesicles) Skinny Dippers
- Bragg's Apple Cider Vinegar (1 tbsp morning, 1 tbsp night)
- Goya Chicken Bullion
- Category 2 Vegetables (Breads & Tortillas NOT Freebies)
- Sugar-Free Gum
- Splenda Flavors for Coffee
- GG Bran Crispbread, FiberRich+ Crispbread

Snacks

- 1 snack can of Tuna with Brancrisp or 5 Whole Wheat Ritz Crackers
- Handful of nuts
- Raw fibrous veggies with 1 tbsp peanut butter/fat-free cream cheese/Athenos Hummus
- 1 stick Low Fat White String Cheese with 5 Whole Wheat Ritz or Brancrisp bread
- 1 cup Special K Protein Plus Cereal or Kashi Go Lean (dry)
- 2-3 oz Turkey or Chicken with 5 Whole Wheat Ritz or Brancrisp bread
- 1 tbsp Peanut Butter with 1 slice of approved bread or 1/2 tortilla
- Orville Redenbacher's 100 Calorie Mini-bag Smart Pop Popcorn 94% Fat Free
- Brancrisp with 2 tbsp Fat Free Cream Cheese & Sugar-Free Jelly
- Brancrisp crumbs & 200 Calories Greek Yogurt
- 1 Scoop Syntha 6 Protein Powder
- Snack size Protein Bar
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Meal Replacements

- Protein Bar
- Syntha 6 Protein Shake
- 2 Cups Breyer's Carb Smart Ice Cream

Additional Notes From Your Doctor:
