

Here is the amazing 3 or 10 day challenge you can do to jump start your results!

It's called Gut Be Gone, Butt Be Gone. This is a simplified lesson on amino acids and their role in weight loss and wellness.

As well, it serves as a terrific Shibboleth challenge. You could lose up to 10 pounds in only three days. Worst case scenario you should lose 10 pounds in 10 days.

This isn't a lifestyle so make sure while using the challenge you are learning the more versatile Shibboleth lifestyle so you will have more variety after you drop the first 10 pounds.

Step 1: Watch the video.

Step 2: Purchase the foods on the list that you enjoy.

Step 3: Eat up to 3 meals each day. If you can stick with 2 meals please do so. After all, it's only three days.

Step 4: Make sure you eat these meals from an approved portion plate.

Step 5: It is best to eat your meals between 12 noon and 6 pm. If you can't do that make sure you get at least a 12 hour fasting period every 24 hours.

Step 6: Do not graze between meals.

Meats:

Chicken Breast

Turkey Breast

Any Fish

Any Shellfish

Pork Tenderloin

Steak

96% Lean or better ground meat

Boars Head London Broil

Boars Head Ham

Venison

Legumes/Beans

Pintos

Red Beans

Black Beans

Green Peas

Crowder Peas

Black Eye Peas

Field Peas

Peas

Nuts

Seeds

Lima Beans

Butter Beans

Kidney Beans

Dairy:

Eggs

Egg Whites International Liquid Egg Whites

Plants:

Hemp Hearts

Hemp Flakes

Supplements

Beverly UMP

Cooking Aids:

Zero Drag MCT Oil

Coconut Oil

Ghee Butter

Pam

Bullion

FF Broth

You will be focusing only on the foods you can have for 3-10 days and nothing else. Below is the best possible meal plan for the fastest results.

Breakfast: Beverly UMP mixed in water or Egg Whites International

Lunch: Beverly UMP mixed in water or Egg Whites International

Dinner: Combine a meat or eggs with a serving of legumes or beans in a portion control dish. (6-7" plate) or Combine a meat with a serving of 3 tbsp of hemp hearts or hemp flakes in a portion control dish.

If using three foods from the list, please use only 1/4 cup of legumes/beans category. Please watch the video for more detail. You don't have to do the Beverly shakes but your weight loss will be better.