



# **BASIC TRAINING WORKBOOK**

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# WHO ARE YOU



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# Your WHY



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# The Diet Devil

The Diet Devil is out to get you. The first few days of any program and you are rolling right along, but after a day or two of doing great inevitably the Diet Devil and his devices are coming!

The Diet Devil will use your best friends and loved ones to sabotage you from making lasting changes that will give you the incredible life that you seek. How can inanimate objects like pizza, burgers, fries, and chocolate cake control us the way it does?

Easy! The Diet Devil brings them to life in your imagination and they take us over!

They possess our thoughts. Thoughts lead to action, action leads to habit, and habits lead to either a Shibboleth lifestyle, or a lifestyle full of strife! Banish the Diet Devil and his devices with a Why? That will make you laugh and make you cry!

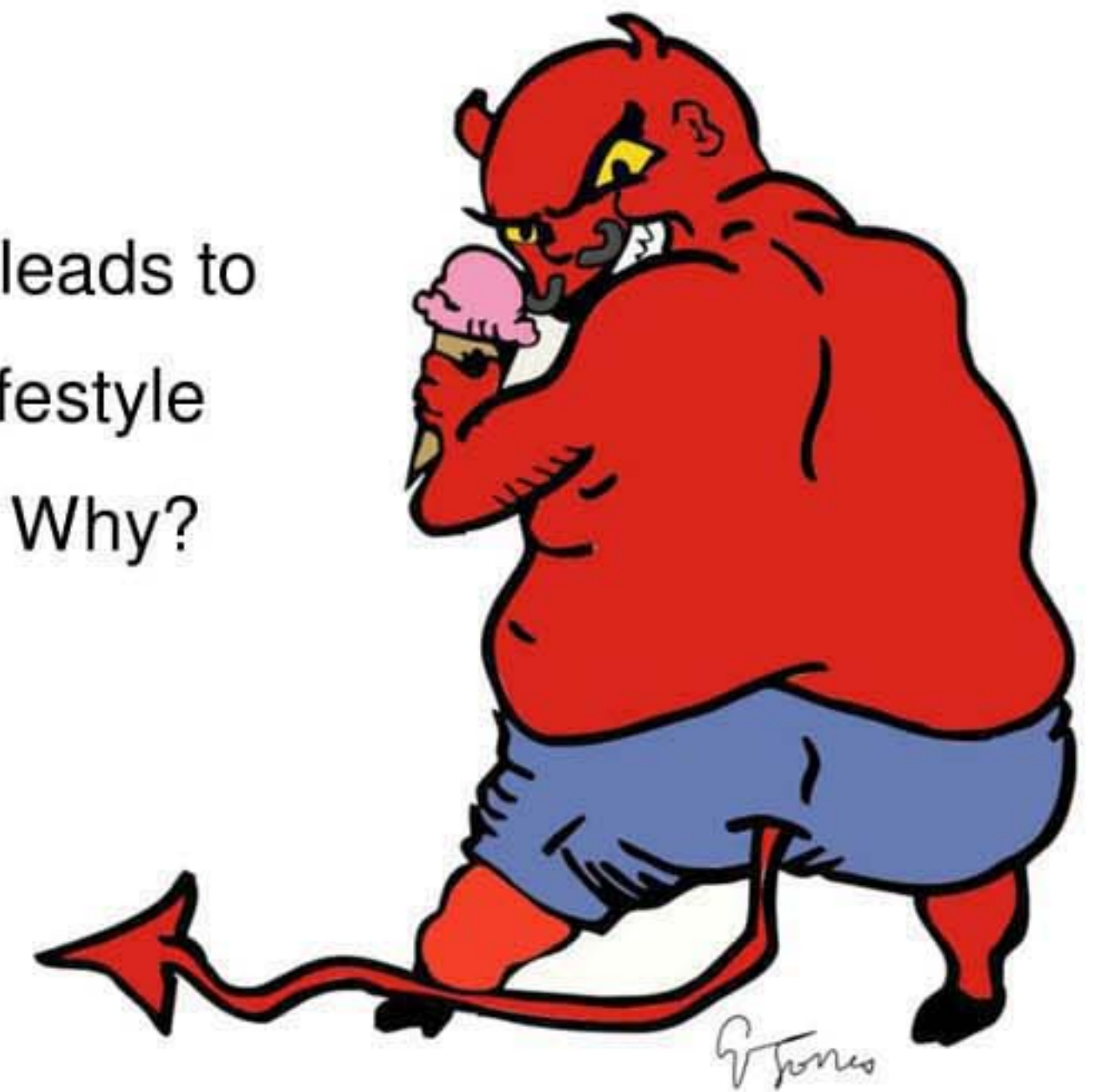
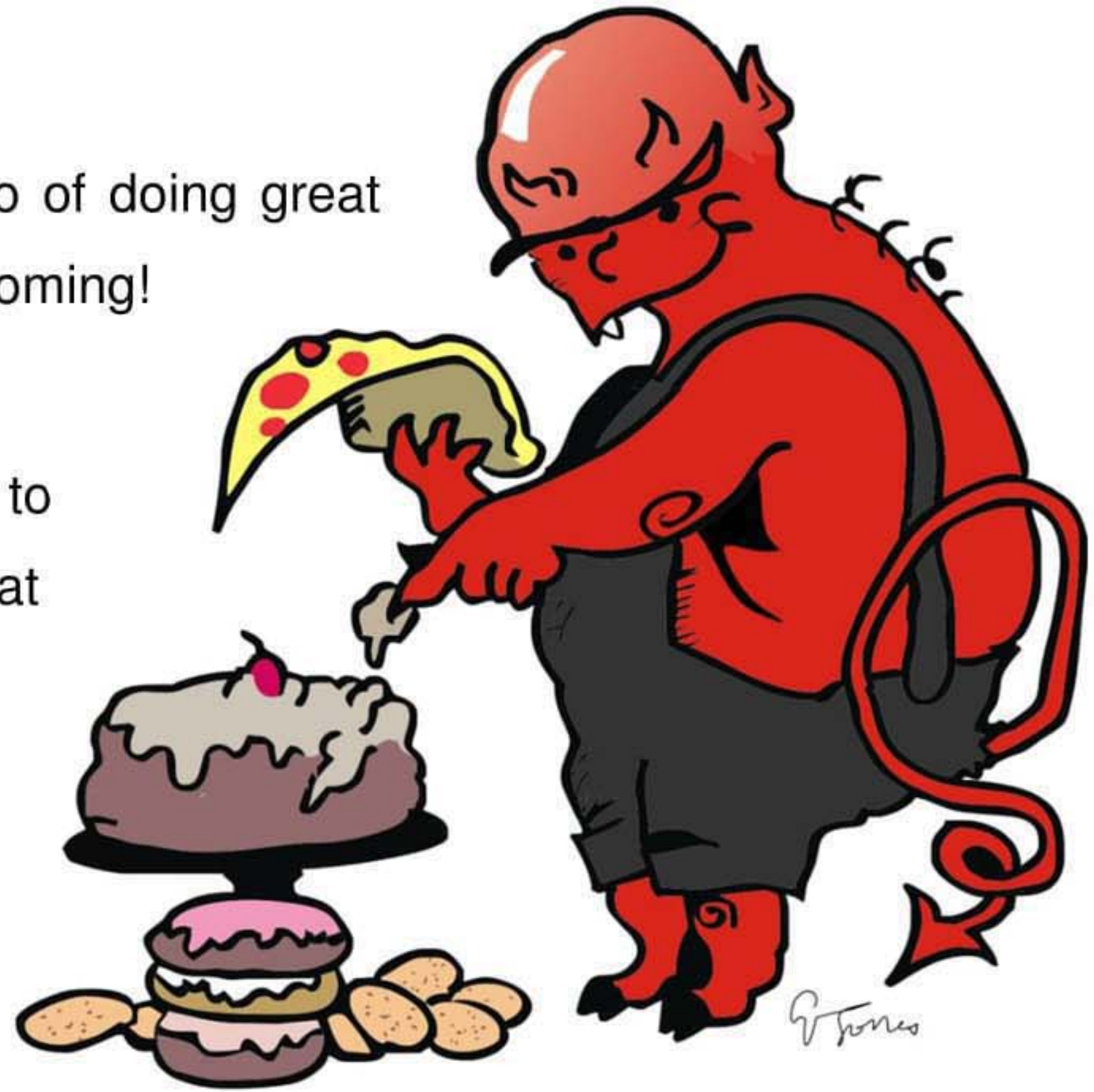
**What comfort foods does the Diet Devil tempt you with?**

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# The Bullet-Proof Shield

Your armor is The Bullet-Proof Shield. It's a shield of knowledge. It's with this shield that you can defeat The Diet Devil and achieve your weight loss goals. Just know that you are not stronger than The Diet Devil. He has more power than you and has the ability to take the form of even your closest family members or friends. Take courage! We have the armor you need to defend against his charms and devices. Take this armor and use it. It's your only defense. Without it, you will be overcome.

The Bullet Proof Shield consists of six parts:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

There are two types of days:

1. \_\_\_\_\_
2. \_\_\_\_\_

“So then because thou art lukewarm, and Neither cold nor hot, I will spew thee out of My mouth.” (Revelation 3:16)



# Water

Water in Fat out.....Drink 1/2 to 1 gallon of water each day



What **Water** does for the body...



# Journaling

If you bite it then you \_\_\_\_\_.

If you hog it then you \_\_\_\_\_.

NUTRITION JOURNAL				
Date: <u>7 / 2 / 09</u>		Week: <u>1</u>		Day: <u>1</u>
Time You Woke: <u>5:45</u>		Time You Went To Bed: <u>9:00</u>		
Time	Meal 1	Category	Portion	<input checked="" type="checkbox"/> P <input type="checkbox"/> B
<u>7:30</u> <input type="checkbox"/> am <input checked="" type="checkbox"/> pm	Kashi Go Lean Original Cereal with Shibboleth approved milk	SF	1&1/2 c with 1/2 c	<input type="checkbox"/>
Time	Meal 2	Category	Portion	<input checked="" type="checkbox"/> P <input type="checkbox"/> B
<u>1:00</u> am <input checked="" type="checkbox"/> pm	Wendy's Grilled Chicken Salad with Hemp Hearts	1 & 2	2 Tbs HH	<input type="checkbox"/>
Time	Meal 3	Category	Portion	<input checked="" type="checkbox"/> P <input type="checkbox"/> B
<u>5:30</u> am <input checked="" type="checkbox"/> pm	Pan seared fish and yellow squash. Use Zero Drag 100% MCT Oil	Approved Meal	1	<input type="checkbox"/>
Time	Snack	Category	Portion	<input checked="" type="checkbox"/> P <input type="checkbox"/> B
<u>3:00</u> am <input checked="" type="checkbox"/> pm	One Health Smart Peanut Butter Patty	Approved Snack	1	<input type="checkbox"/>
Time	Freebies	Category	Portion	<input checked="" type="checkbox"/> P <input type="checkbox"/> B
<u>8:30</u> am <input checked="" type="checkbox"/> pm	Dill Pickles	FREE	2	<input type="checkbox"/>
<b>Notes:</b>				



# Combinations

During this FREE WEIGHT LOSS class we are going to teach you four Phase 1 Food Combinations for FAST and HEALTHFUL Weight Loss.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**Steak + Asparagus**



**Chicken Breast + Broccoli + Brown Rice**

There are four other Phases of the Shibboleth program. In those Phases you will learn **12** more powerful food combinations. They are:

5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

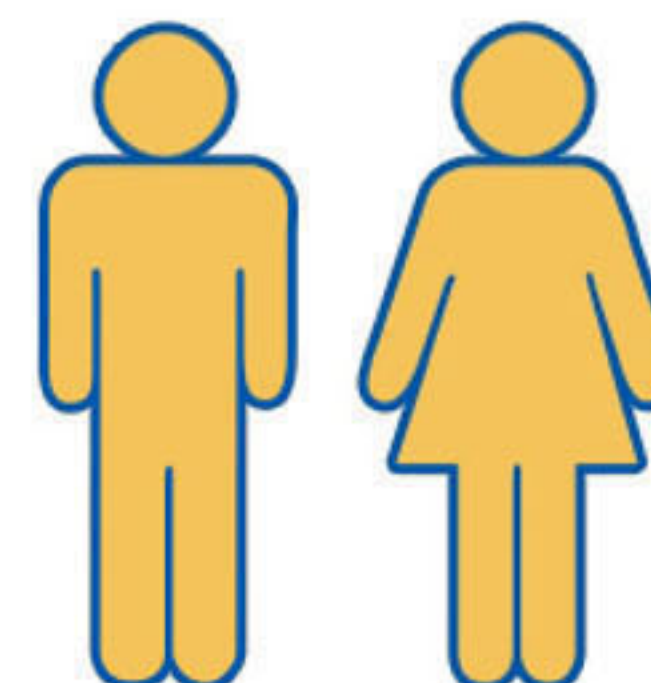


# Portions

Portions are secondary to food combinations but still important. If you do not place enough wood on the fire then the fire will go out. If you put too much wood on the fire then you will suffocate the fire. You have to put the correct nutrients in and the right portion of nutrients in order to build a raging fire that will help burn some booty!

## Gender Portions

This is for the foundational program only, and there are exceptions to every rule:



**Men** – 3 Meals, up to 1 Snack and Freebies. In order to have a perfect Shibboleth Day men can have up to 1 snack each day. Your Shibboleth success coach may modify and allow men to have additional snacks, or disallow snacks depending on metabolism and journaling.

**Female** – 3 Meals, up to 1 Snack and Freebies. In order to have a perfect Shibboleth Day females should have up to 1 snack each day. Your Shibboleth Success Coach may allow females to disallow the snack if results are being obtained. Instructor may also allow for additional snacks if female adds intense exercise. Always consult your physical trainer and/or doctor.

**You must eat from a \_\_\_\_\_ plate or use the \_\_\_\_\_ rule.**

**You can have \_\_\_\_\_ meals each day. Meals are for the \_\_\_\_\_.**

**You can have up to 1 \_\_\_\_\_ each day. Snacks are for the \_\_\_\_\_. You can have unlimited \_\_\_\_\_.**

# Timing



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# Weekly Timing

Weekly Timing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>Fast</b>	✓	✓	x	✓	✓	x	✓
 <b>Faster</b>	✓	✓	🔥	🔥	🔥	x	x
 <b>Fastest</b>	✓	✓	🔥	🔥	🔥	🔥	🔥

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# What is a Calorie?

All calories are not created equal.

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Three things detrimental to weight loss happen when the FAT BUS comes on the scene.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Macronutrients

There are four Macronutrients that we need to understand.



# MCT Oil



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# Food Categories

Now that we have talked about the Macronutrients, we need to categorize foods. Once a food is categorized then the foods within that category are interchangeable. Yes, some are better than others within a given category and there are exceptions to all of our rules, but very few. Stick to the categories and rules in level one and you will be successful beyond your wildest dreams!

I		LEAN PROTEINS	M		MEAL REPLACEMENTS
II		FIBROUS CARBS	S		SNACK
III		COMPLEX CARBS	E		EXTRAS
IV		PROTEINS+FAT	F		FREEBIES
V		FRUITS	C		CONDIMENTS
VI		SUPERFOODS			
VII		SHELLFISH			

**Category I: Lean Proteins**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Category II: Fibrous Carbs**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



## Category II Bread



There are 4 Category 2 Phase 1 Breads. They are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

There are more than \_\_\_\_\_ Category 2 Breads in Phase 2 and beyond.

## Category III: Complex Carbs



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Category IV: Proteins + Fat**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
  
8. \_\_\_\_\_

**Category V: Fruits**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



### Category VI: Superfoods



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Category VII: Shellfish



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Meal Replacements



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Snacks



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Extras



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

### Freebies



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



## Condiments



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

# Snacks

There are hundreds of snacks on Planet Shibboleth. Let me give you just a few examples.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

# Freebies

There are hundreds of freebies on Planet Shibboleth. Let me give you just a few examples.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



# Meal Examples



**GRILLED CHICKEN AND BROCCOLI**



**APPROVED PASTA**



**EGG WHITE OMELET WITH CHEESE**



**SALMON POTATO GREEN BEANS**





This has just been a taste of what Shibboleth has to offer you. This is not the full program. If you would like more information please visit us at:

**[WWW.MYSHIBBOLETH.COM](http://WWW.MYSHIBBOLETH.COM)**  
**[www.facebook.com/myshibboleth](http://www.facebook.com/myshibboleth)**  
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