

Welcome to the REDEEMED 4-Week Challenge and group. This is more than a series of nutritional classes and its more than a 4 week challenge. REDEEMED will rescue you from food addiction, help you recover your health and self-esteem, while allowing you to reclaim the hope that has been lost.

We will provide everything you need for a successful weight loss and wellness journey. All you have to provide is a willing and wanting heart.

The actual class and challenge begins Monday, August 26, 2019. This REDEEMED group will be identified as REDEEMED GROUP #1.

There are two ways to begin.

You can choose to do this on your own. We will provide one weekly class and faith based motivational videos each weekday during the 4-week Challenge. No support will be provided other than the LIVE weekly class. Here Travis can answer questions regarding the information provided. Grocery Items and Meal Ideas will also be provided. The cost of this option is \$7.

You can choose to do this with priority support. You will be given all of the material but will be provided with support each and every day of your 4-week journey. You can even post your meal pictures in group support so that our team can comment and make suggestions. Get all of your questions answered (daily) without having to wait on the weekly live meeting. Support is an additional \$25 and an invaluable help. You will definitely want to be part of the group, see what others are doing, and make lasting connections while our expert team helps you get the most out of your 4-week challenge.

In order to begin please go to www.redeemedweightloss.com and choose an option. Please allow up to 24 hours for set up.

Here are the other tools you will need.

Once you have selected an option and paid the small entry fee you can go to this link to see the approved grocery items. <https://myzerodrag.com/redeemed-login/>

Please use your current email address as your username.
Please use the word REDEEMED as the password.

If you selected TEAM/PRIORITY support then you can also request entry into the facebook support group for the REDEEMED challenge. www.facebook.com/groups/shibbolethredeemed

Once we have verified you paid the small entry fee for priority support we will grant access to the REDEEMED support group.

Beginning Monday all challengers will begin receiving the daily (weekdays) faith based motivational videos. The first class is Monday, August 26, 2019 at 7:00 pm. Please sign up with this link once you have paid your entry fee. https://zoom.us/webinar/register/WN_c0gO6rblQ0yloRq64tF3LQ

I will begin instructing the group beginning Monday, however, I realize that you will need a meal plan for your first few days as you begin the learning process.

Below are my recommendations for your first few days.

Water ~ Please drink 1/2 gallon of water each day. You can have more but please get in at least 1/2 gallon of water each day. You can also have any other zero calorie or near zero calorie beverage. Examples: Sprite Zero, Diet Mountain Dew, Crystal Lite, Advocare Spark, Unsweet Tea, Black Coffee, etc.

Journal ~ Please journal. If you bite it, you write it. Existing Shibboleth members please continue to journal online. If you are not a Shibboleth member this link has a downloadable one week journal page attached. Please use it to record all meal and beverage consumption. Feel free to also post it in the REDEEMED facebook group support for help and accountability.
<https://myzerodrag.com/redeemed-plan/>

Food Combinations ~ I will be taking a deep dive with each member into the subject of food combining in order to control insulin and in order to target and remove unwanted body fat. If you are an experienced Shibboleth member please stick with the red and yellow food combinations the first few days. If you do not have a grasp of Shibboleth style food combining then please stick with the simple meal ideas below during your first few days.

Portions ~ Please use a 6-8" plate when eating your meals. This link provides an example of a portion container that many of our members use with the Shibboleth lifestyle.

Please consume up to three meals each day. The meals should be the correct food combination and the correct portion. If you are still hungry after consuming three meals then employ self-discipline until the next day. If you aren't hungry and don't require three meals then skip a meal. You can do anything for a day or two. Hang in there the first few days while I spend each day teaching you more and more about our amazing and healthy lifestyle.

Timing ~ Please try to consume up to three meals at least six hours apart each day when possible.

Bless the name of the Lord ~ Commit the next 4 weeks to Him and watch what happens!

Breakfast Options:

Any red column combination
Any yellow column combination
Egg White Omelet with Spinach; optional approved cheese
An Approved Protein/M meal Replacement Shake
An Approved Protein/M meal Replacement Bar
Mighty Muffin
Cereal from the provided list; 1 serving with approved milk from the list
Two Scrambled Eggs with or without 1 serving of approved bread from the list
Approved Peanut Butter Sandwich; Approved Peanut Butter with up to 2 slices of approved bread. You may use sugar free jelly if desired.

Lunch Options:

Any red column combination
Any yellow column combination
Chick Fil A Grilled Chicken Nuggets with a side salad; light Italian dressing or Shibboleth approved dressing only.
Wendy's Chili with or without a side salad; Place chili over salad if desired.
Approved deli meat with approved bread; Make approved sandwich with approved condiments

Approved Peanut Butter Sandwich; Approved Peanut Butter with up to 2 slices of approved bread. You may use sugar free jelly if desired.

Dinner Options:

Any red column combination

Any yellow column combination

Chick Fil A Grilled Chicken Nuggets with a side salad; light Italian dressing or Shibboleth approved dressing only.

Wendy's Chili with or without a side salad; Place chili over salad if desired.

Approved deli meat with approved bread; Make approved sandwich with approved condiments

Grilled Chicken Salad; Grilled Chicken and category 2 veggies with approved dressing only