

## Shibboleth 3 Day Meal Plan Rules

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Walking  
Bless the name of the Lord!

**Water** ~ You must drink at least 1/2 gallon, or up to 1 gallon, of water each day. You can have other Shibboleth approved beverages, too, as long as they are zero or near zero calories. Only pure water counts towards your water intake.

**Journal** ~ To officially participate, you must post your 3-day meal plan worksheet before you begin, and then after you complete the 3 days, post it in the Facebook group. The Facebook group is [www.facebook.com/groups/Shibboleth3daychallenge](https://www.facebook.com/groups/Shibboleth3daychallenge)

You can do anything for three days. Submit yourself to God for three days and do your best.

In addition to posting your worksheet, you must journal in the Shibboleth website, or in the Shibboleth app, for at least three days. Of course, I hope you make journaling a permanent habit or part of your behavior.

As well, for extra accountability and connection, you can post pictures of your meals in the Facebook group. This provides extra accountability for you, but also supports others by providing them ideas. By posting meal pictures in the group, my team is better able help you with tweaks and hacks to speed up weight loss.

**Food Combinations** ~ You must combine chosen foods and ingredients correctly, unless choosing a meal replacement from the meal replacement list. If choosing from the meal replacement list, you do not have to worry about food combinations. Otherwise, you must select a food combination from the RED or YELLOW columns of the FOOD COMBINATION CHART.

You may also choose a “WOW” – War on Weakness — meal plan and abide by it during the 3-day challenge. WOW (one day) challenges will help you lose up to 1 pound each day. They also help install self discipline into your life again. You must go by the instructions included with each WOW meal plan, exactly. You can omit meals on WOW challenges, but you cannot add to meals, or alter them in any way, to claim successful completion of a WOW challenge.

I am including a WOW post in the group, so you can request foods you love to be added to new WOW meal plans.

Lastly, during the Shibboleth 3-Day Challenge, unless choosing a WOW challenge meal plan, your dinner meal (last meal of the day) must be a food combination from the red or yellow columns. No exceptions. If you are eating out, you still should make sure you choose a meal combination from the red or yellow columns.

**Portions** ~ You can choose from the foods, meal replacements, or Wow Challenges provided and then can observe the normal portion rule. Eat from a 6-8" plate or use the two-hand rule.

**If you are a calorie counter, you should observe the following rule:**

If you are over 200 pounds, each meal should be between 200 and 400 calories. If you are under 200 pounds each meal should be between 200 and 300 calories.

If you go over or under a little, you will be fine as long as you are selecting from the meal list I have given. I said, "a little."

Daily, you can have up to 3 meals. **Having 2 meals for 3 days will render better results. Two meals are better than three meals over a three day period, not just because of your daily calories consumed is lower, but also due to ridding your body of excess insulin.**

**Timing** ~ It is important to eat your meal and then stop eating or grazing between meals. You can have egg whites or raw carrots if you feel you need to graze. Grazing will slow results and slow resetting your metabolism. I will list other freebies soon for those that need them. Again, it is best to exercise self-discipline and wait at least 6 hours before eating your next meal. Begin developing this habit over three days and watch your results and fat loss multiply. Contrary to cultural wisdom, grazing diminishes metabolism and doesn't help metabolism.

**Intermittent fasting** ~ Intermittent fasting is not only allowed but promoted. Intermittent fasting, Shibboleth style, means you ate up to two Shibboleth approved meals, controlled the portions, and had at least 16 hours during the day where you didn't eat or drink anything with calories.

**Diabetics or Low Blood Sugar Episodes** ~ I am not a Physician. I do not claim to diagnose, treat, cure, or prescribe for any illness or disease. The information listed here has helped many but should be treated as entertainment only. It works for my situation but may not work for your situation. Your safety is most important. Run this plan by your Physician before implementing it into your life. With that said, if you experience low blood sugar episodes that affect you physically, you should choose an option from the INFIRMARY list.

**Walking** ~ If you are physically able, you MUST walk at least 10,000 steps each day of the challenge. You can use a fit bit device, or any other reliable device, to track steps. If you do not have a way to track steps, then you must get in a 3 mile walk in addition to your normal daily steps.

**Bless the name of the Lord** ~ You can do anything for 3 days. Day 1 is for the Father, Day 2 is for the Son, and Day 3 is for the Holy Spirit. Honor your Father with eating habits and you'll be blessed.

