



**Practical, Sustainable, Fun**

**Mind, Body, Soul, Spirit**

**There are two ingredients that are deadly:**

**1) FEAR**

**2) WORRY**

**Our physical condition is determined by our emotional condition**

**Our emotional condition is determined by our thought life**



**Losing energy, patience, motivation?**

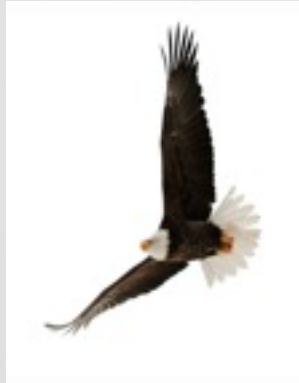
**Energy producing thoughts, not lack of energy tho**



**Stinking thinking**

**Proverbs 23:7 ~**

**“Eat and drink!” he  
says to you, but his  
heart is not with  
you.**



## Losing energy, patience, motivation?

Isaiah 40:28-31 ~ 28 Hast thou not known? hast thou not heard, *that* the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? *there is* no searching of his understanding.

29 He giveth power to the faint; and to *them that have* no might he increaseth strength.

30 Even the youths shall faint and be weary, and the young men shall utterly fall:

31 But they that wait upon the LORD shall renew *their* strength; they shall mount up with wings as eagles; they shall run, and not be weary; *and* they shall walk, and not faint.



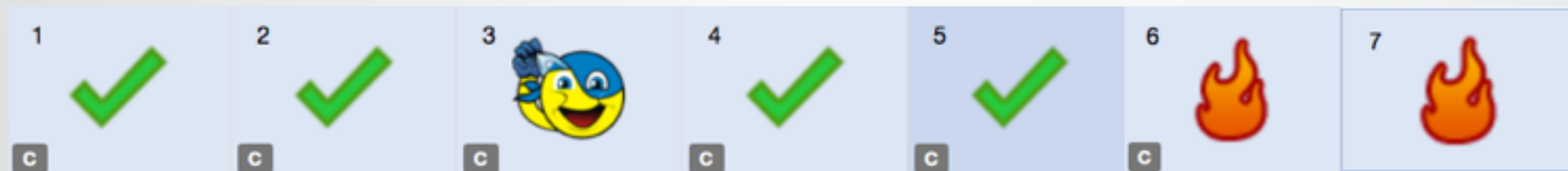
**Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

**Our physical condition is determined by our emotional condition  
Our emotional condition is determined by our thought life**



## FIRST 7 DAYS


<u>DAILY RATIONS</u>	<u>MEAL PORTIONS</u>	<u>TIMING</u>	<u>MISC</u>
3 MEALS PER DAY	6-8" PLATE	4-6<HOURS	JOURNAL
2 MEALS PER DAY	HAND RULE		SKIT
3 MEALS AND EXTRAS/FREEBIES	M 200-400 CAL		CLASS
2 MEALS AND 1 SNACK	F 200-300 CAL		
ANY WOW MEAL PLAN			

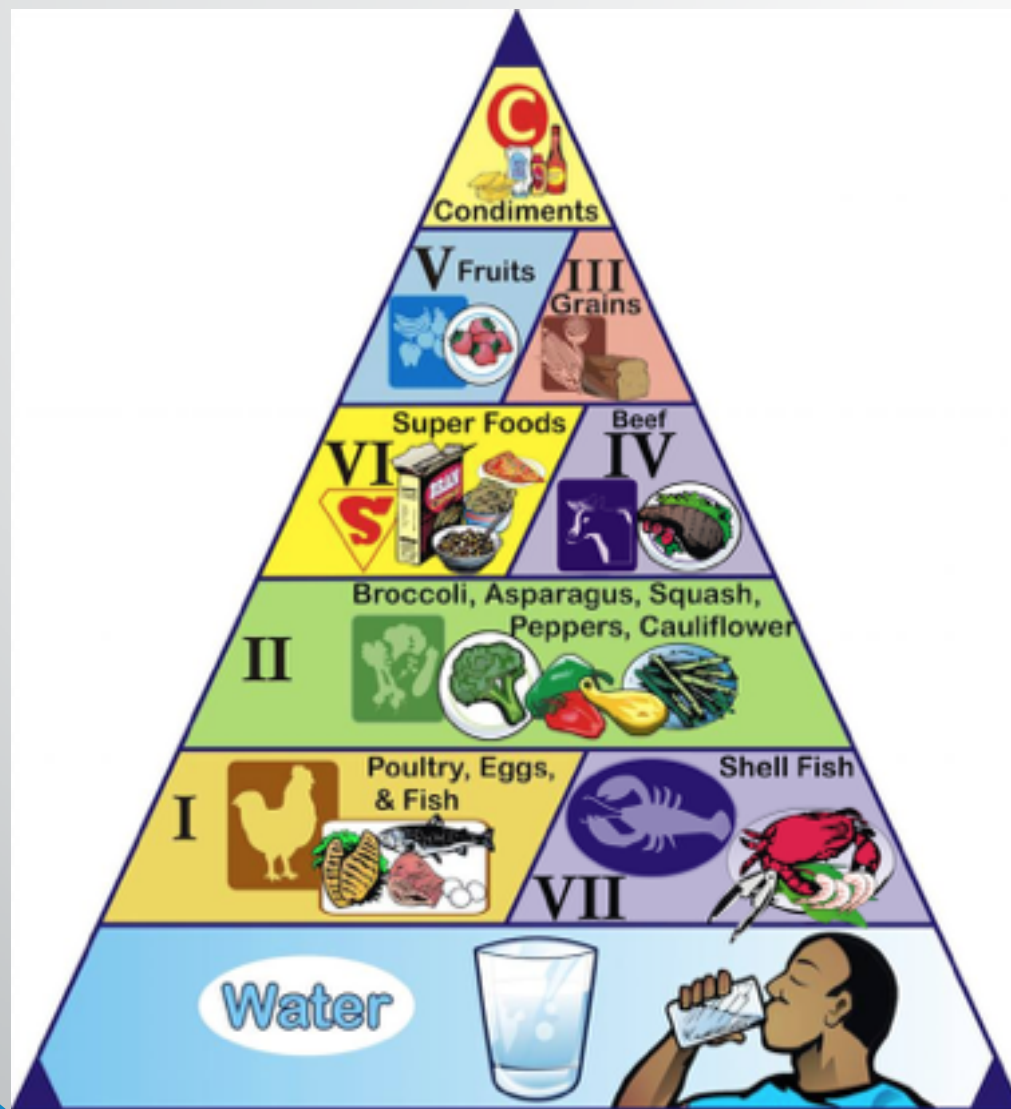


Revelations 3:15 ~ I know thy works,  
that thou art neither cold nor hot: I  
would thou wert cold or hot. 16 So then  
because thou art lukewarm, and  
neither cold nor hot, I will spue thee  
out of my mouth.





 BLOW TORCH	FASTEST WEIGHT LOSS	FAST COMBINATIONS
1 LP + MCT 1 LP + 2 FC + MCT 7 SHF + MCT 7 SHF + 2 FC + MCT 1 LP + HHF + MCT 7 + HHF + MCT	1 LP 1 LP + 2 FC 1 LP + 6 SF 4 PF + 2 FC 7 SHF + 2 FC 7 SHF 7 SHF + 6 SF 6 SF 6 SF + 2 SF	LP + 2 FC + 3 EC 1 LP + 2 FC + 5 FR 1 LP + 7 SHF + 2 FC 1 LP + 7 SHF + 2 FC + 3 EC 1 LP + 7 SHF + 2 FC + 5 FR 7 SHF + 2 FC + 3 EC 7 SHF + 2 FC + 5 FR 1 LP + 2 FC + 6 SF 1 LP + 4 PF + 2 FC 1 LP + 7 SHF + 2 FC 7 SHF + 6 SF + 2 FC

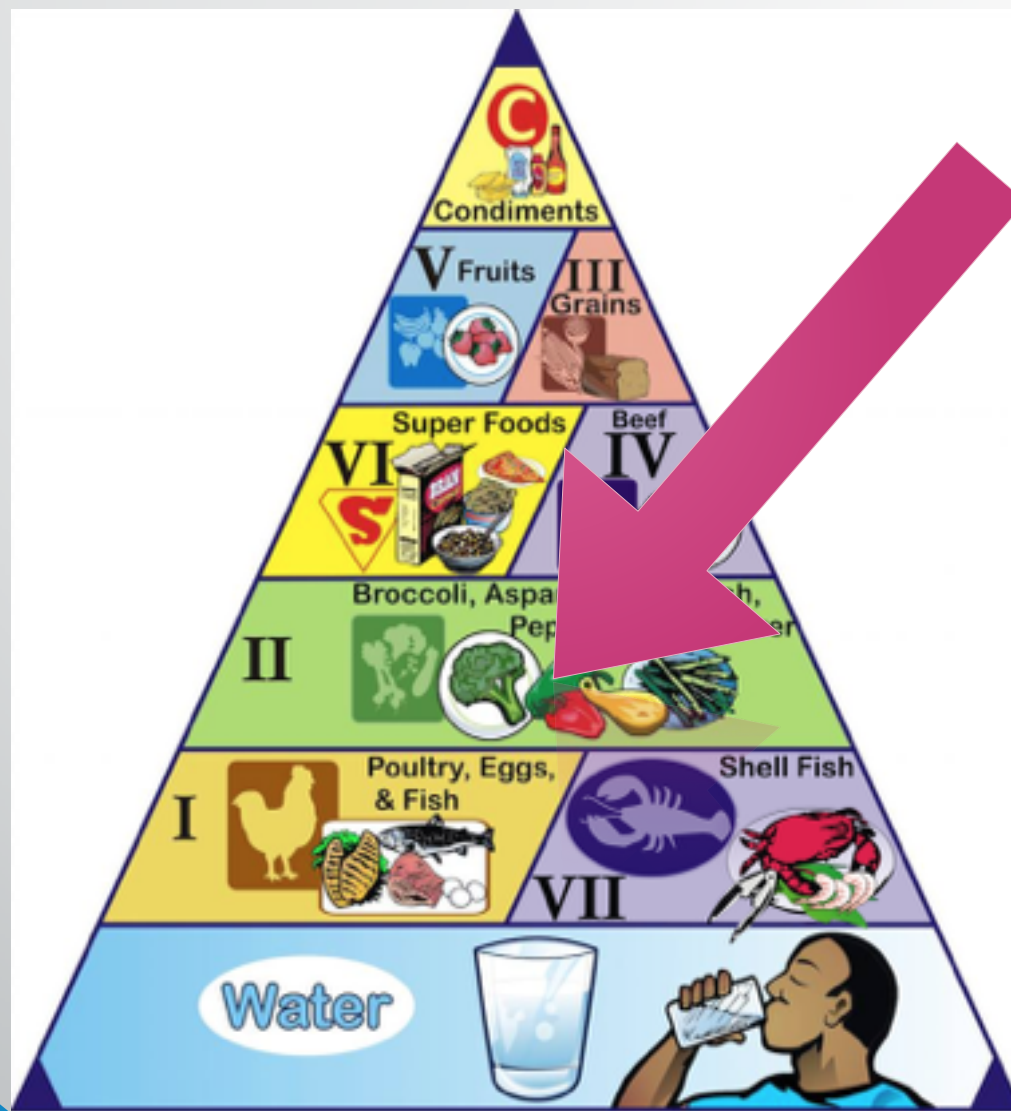


### Category 1 Lean Protein (2-8 ounces)

- ☐ Egg Whites
- ☐ Fish
- ☐ Chicken Breast
- ☐ Turkey Breast
- ☐ Pork Tenderloin
- ☐ Boars Head Turkey
- ☐ Boars Head Chicken Breast
- ☐ Boars Head London Broil
- ☐ Low Fat Cottage Cheese
- ☐ Fat Free Cottage Cheese
- ☐ Greek Plain Yogurt
- ☐ Hebrew National 97% Lean Beef Frank (1 link)
- ☐ 96% Lean Ground Meat



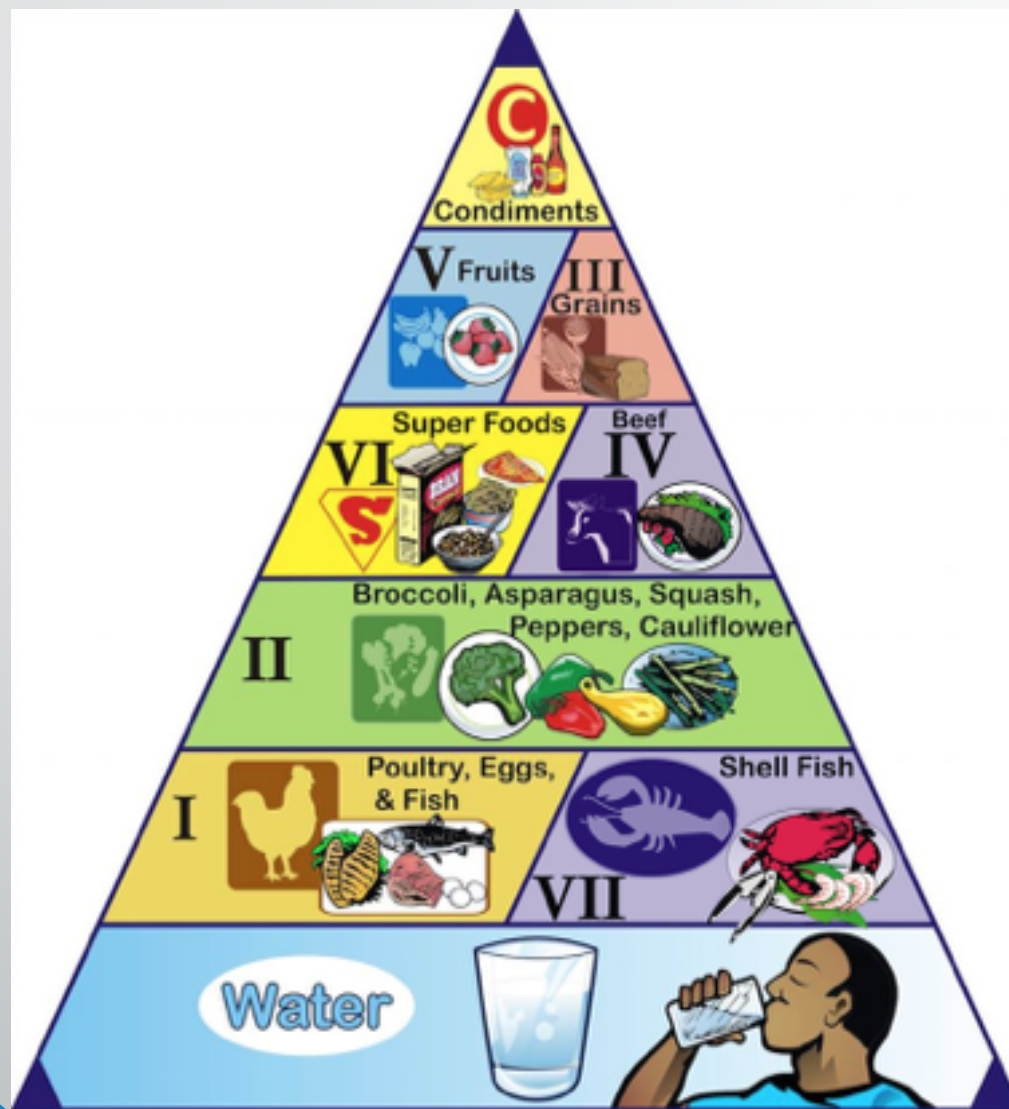




### HHF

- ☐ Hemp Hearts (1-3 tbsp)
- ☐ Hemp Flakes (1-3 tbsp)
- ☐ Hemp Crumbles (Condiment)
- ☐ Sweet Hemp Flakes (1-3 tbsp)
- ☐ Hemp Protein Powder (1 Scoop with 1 Scoop of any other App Shake)

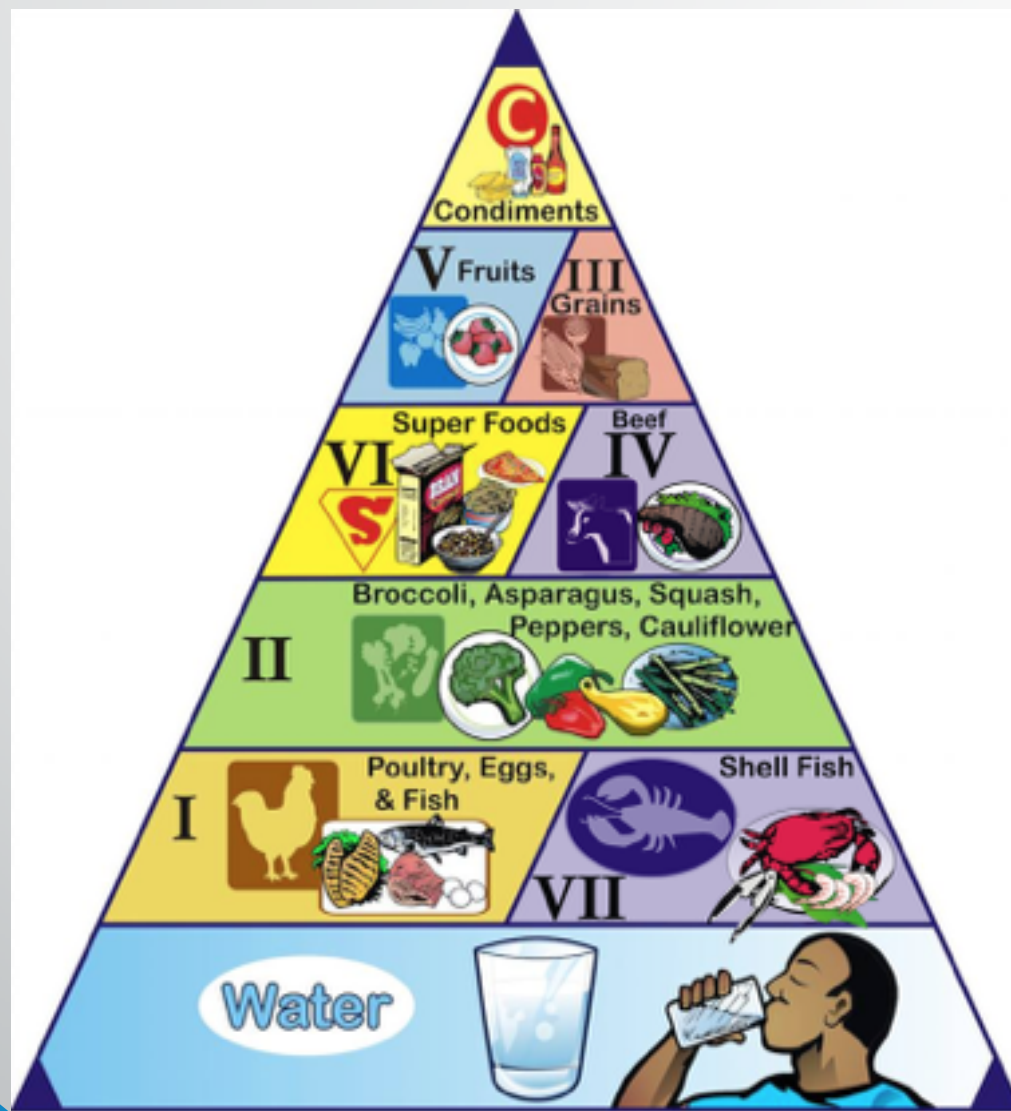




**Category 2**  
**Fibrous Carbs**  
(1/2 up to 1 cup)

- ☐ Broccoli
- ☐ Asparagus
- ☐ Squash
- ☐ Okra
- ☐ Green leafy vegetables
- ☐ Spinach
- ☐ Cabbage
- ☐ Cucumbers
- ☐ Bell Peppers
- ☐ Hot peppers
- ☐ Cauliflower
- ☐ Kraut
- ☐ Dill Pickles

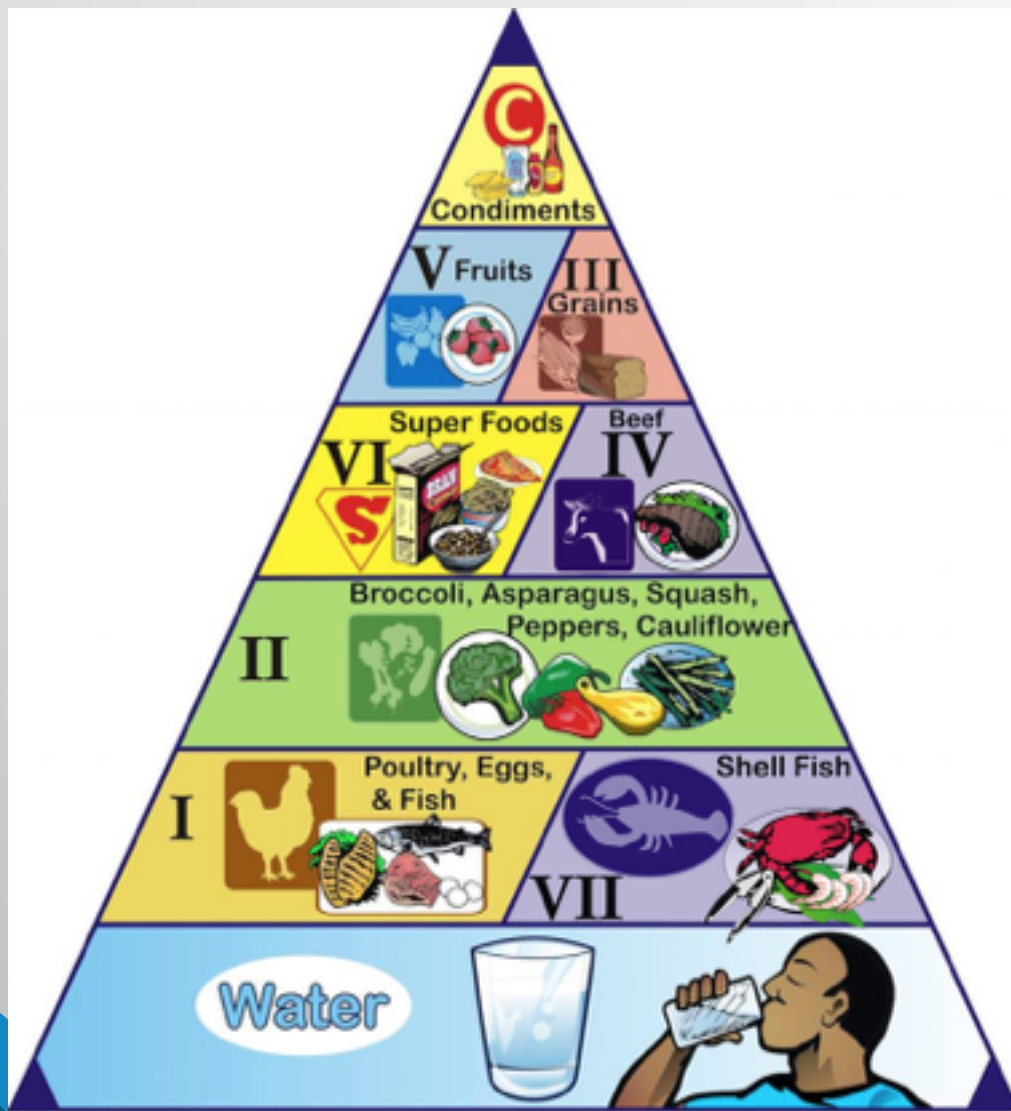




## Category 2 Breads

- 1) Brancrisp Bread
- 2) La Tortilla Factory Torti
- 3) Ole Extreme Wellness
- 4) 35-45 Calorie Healthy L
- 5) NO DFW
- 6) UDI Millet Chia
- 7) Fiber Gourmet Cracker

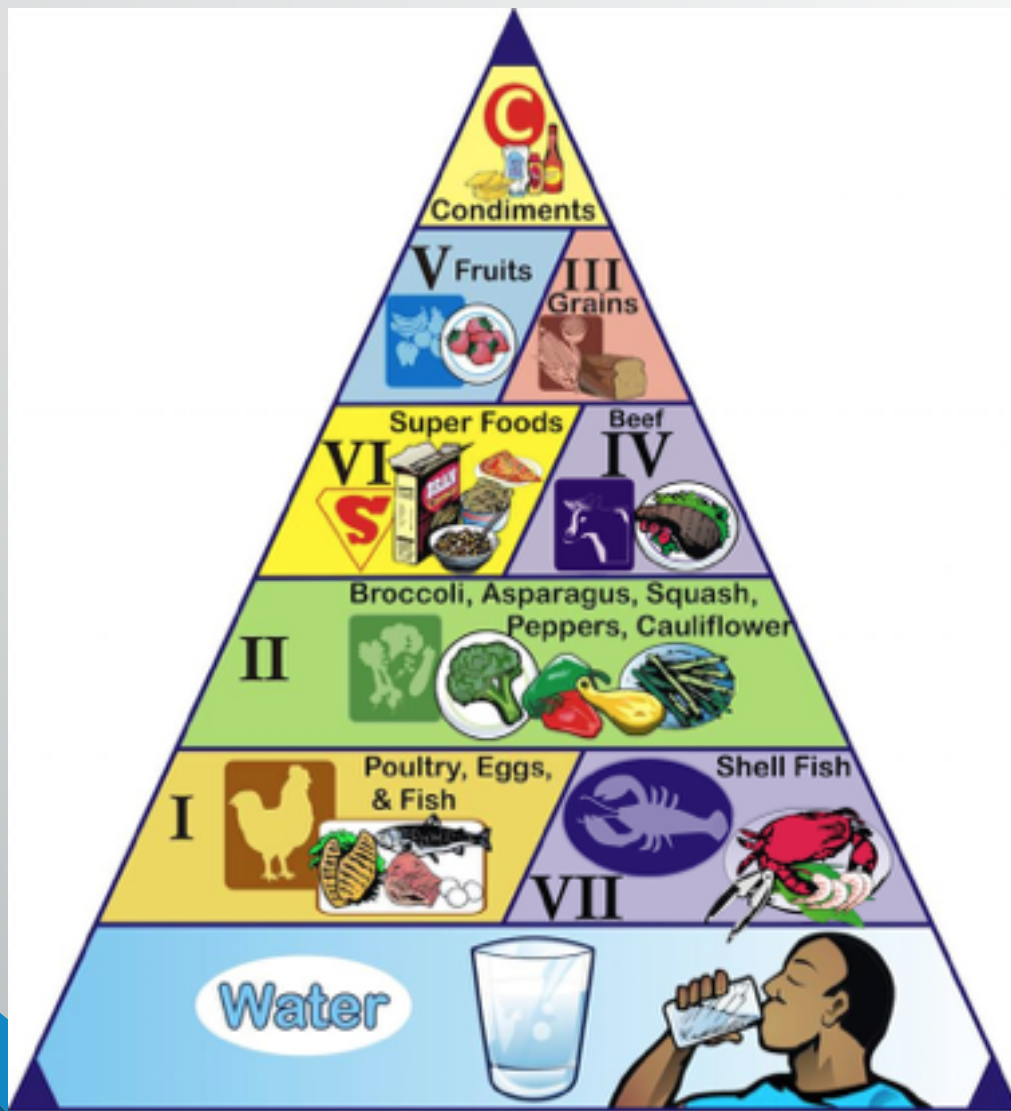




**Category 4  
(Protein + Fat)  
(2-6 Ounces)**



- ☐ Whole Eggs
- ☐ Steak
- ☐ Pork Ribs
- ☐ Beef Ribs
- ☐ Turkey Spam
- ☐ Pulled Pork
- ☐ Beef Brisket
- ☐ 93% lean up to 95.9% lean ground meat
- ☐ Turkey Kielbasa (50% calories from fat or less)

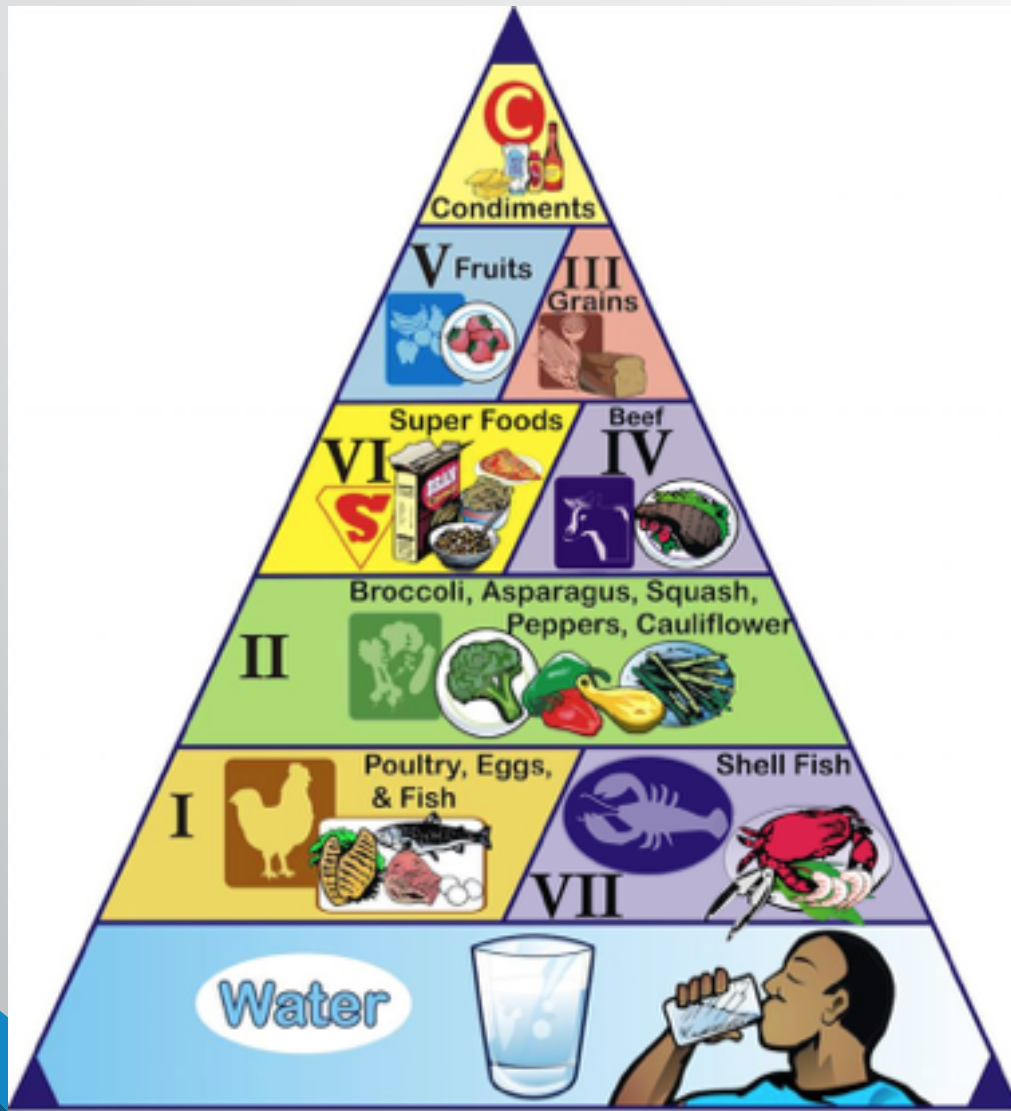


### Category 6 (Superfood)

- ☐ Pintos 1 Cup up to 1.5 cups
- ☐ Black beans 1 Cup up to 1.5 cups
- ☐ Red beans 1 Cup up to 1.5 cups
- ☐ Soybeans 1 Cup up to 1.5 cups
- ☐ Peanut butter 2 Tbsp
- ☐ Nuts 2 Handfuls
- ☐ Seeds 2 Handfuls



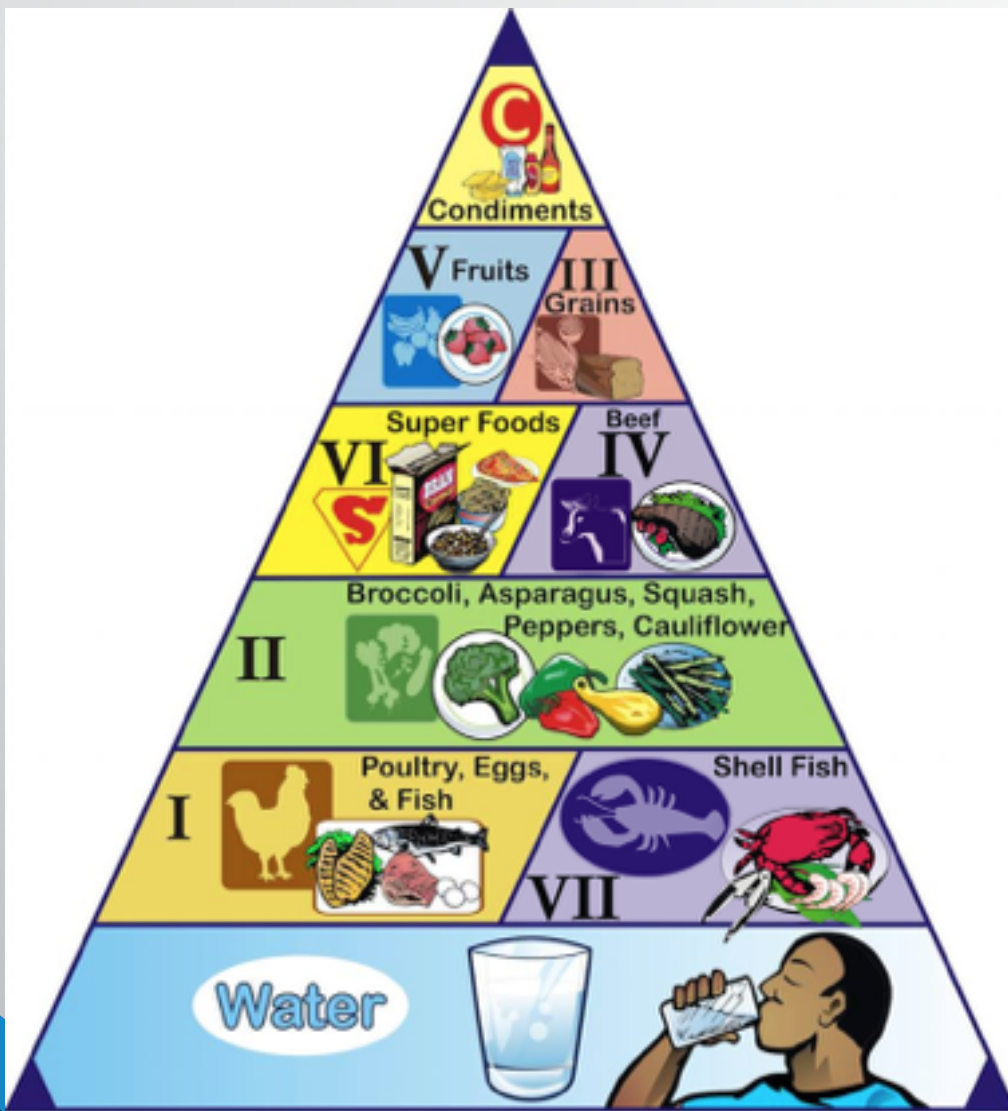




**Category 7  
(Shellfish)  
(2-8 Ounces)**



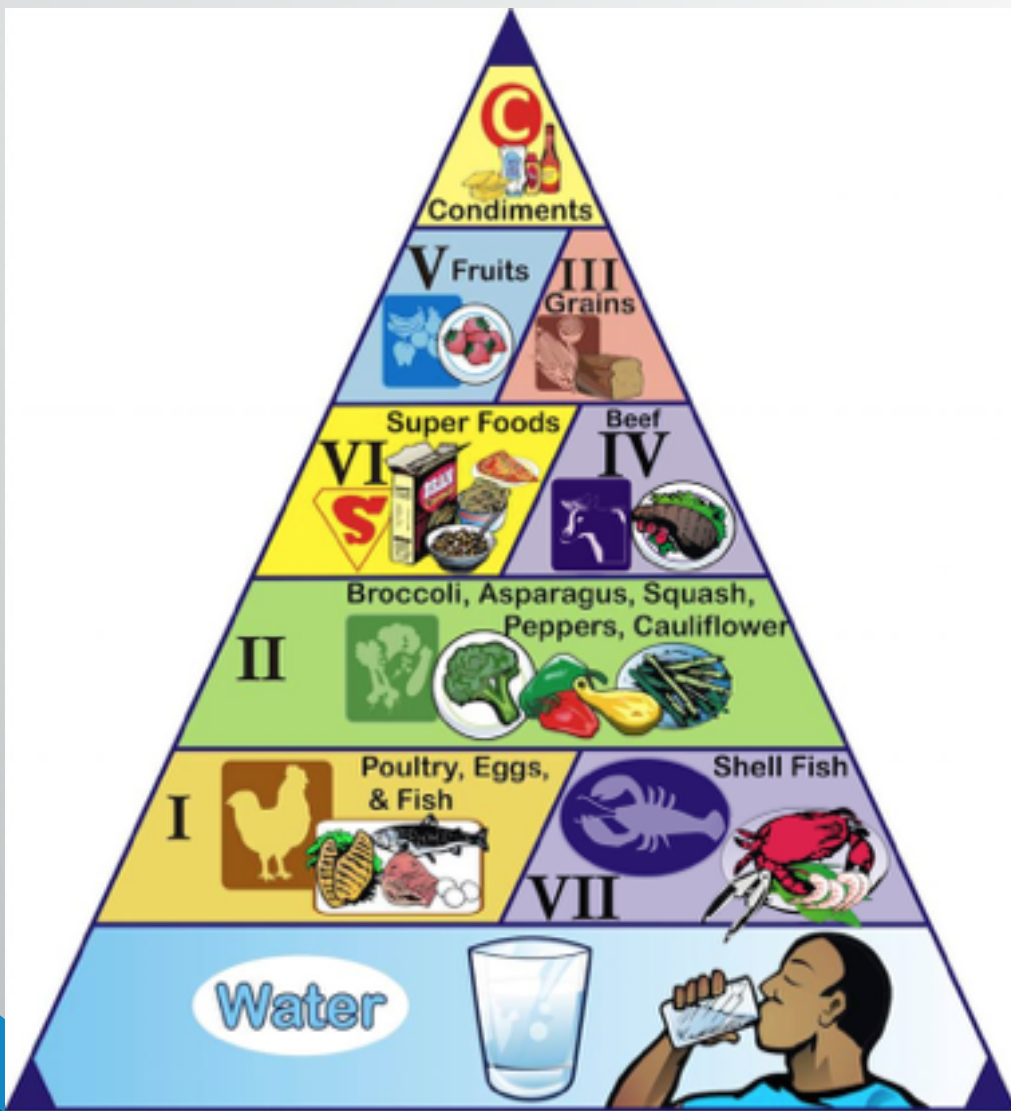
- ☐ Crab
- ☐ Lobster
- ☐ Shrimp
- ☐ Scallops
- ☐ Oysters
- ☐ Mussels
- ☐ Clams



### Condiments (5/2/Few Rule)



- ☐ A1
- ☐ Reduced Sugar Ketchup
- ☐ Mustard
- ☐ Light Italian Dressing
- ☐ Zero Calorie Walden Farms Condiments
- ☐ 25 calorie per serving seasoning packs
- ☐ 25 calorie per serving condiments of any type
- ☐ 15 calorie per serving creamers and sugar subs in coffee
- ☐ Kraft Fat Free Mayo
- ☐ Know Better Foods Croutons up to 50 calories with meal
- ☐ Know Better Foods Cracker Thins
- ☐ Salt
- ☐ Pepper
- ☐ Zero calorie condiments of any type
- ☐ Know Foods Pancake Syrup
- ☐ Walden Farms Calorie Free Pancake Syrup
- ☐ Sugar Free Pancake Syrup
- ☐ Any BBQ sauce with less than 25 calories in a serving.
- ☐ Stubbs Original BBQ sauce
- ☐ Stubbs Mop N Sauce
- ☐ Tabasco Sauce
- ☐ Berries; Palm Full only




### Cooking Oil/Fats Category(1 tbsp)

- ☐ 100% MCT Oil
- ☐ Coconut Oil
- ☐ Ghee Butter
- ☐ Hemp Oil
- ☐ Pam or Zero Calorie Cooking Spray







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## MEAL REPLACEMENTS (Protein/Fiber)



- ☐ Mighty Muffin
- ☐ AHS Cereal; 2 packages with Approved Milk
- ☐ Zero calorie condiments of any type
- ☐ Shibboleth High Protein Hot Chocolate with or without 1 tsp Ghee
- ☐ Healthwise High Protein Oatmeal; 2 packages with or without 1 tbsp of HHF
- ☐ AHS Mac and Cheese with a 2 ounces of a category 1 lean protein
- ☐ AHS Fettuccine with 2 ounces of category 1 lean protein
- ☐ AHS Mac and Cheese with 1-2 tbsp of HHF
- ☐ AHS Fettuccine with 1-2 tbsp of HHF
- ☐ AHS Cheesesteak Pasta; 2 Packages
- ☐ Healthwise Prepackaged microwave meals; Any
- ☐ AHS Cinnamon Crisp Cereal; 2 packages with 1 tbsp of HHF or Sweet Hemp Flakes. Use 1/2 cup of approved category 1 milk.
- ☐ Kay's Natural Protein Cereals; 1.5 Cups. Add approved category 1 milk.

- ☐ Shibboleth Frozen Yogurt; Mix according to instructions; 2 cups is meal. Taste like snow cream.
- ☐ Hemp Bar; 1/3 of one Hemp Bar is MR.
- ☐ AHS Pancakes; Up to 2 packages with approved zero calorie or sugar free syrup.
- ☐ Know Better Waffle
- ☐ Know Better Doughnut
- ☐ Know Better Doughnut with 1 tsp of G-Butter
- ☐ Quest Bar
- ☐ Oh Yeah One Bar
- ☐ Shibboleth Protein Bar
- ☐ Shibboleth Approved Shake; 250 calories or less.
- ☐ Real Good Pizza (Small One)
- ☐ Real Good Enchiladas
- ☐ G-Butter; 300 calorie serving is MR
- ☐ Healthwise High Protein Soups; up to two packages as meal
- ☐ Shibboleth High Protein Soups; up to two packages
- ☐ Trio-plex cookies; up to 2 cookies