

# Welcome to Planet Shibboleth!

Confidential Meal Plan Provided to Members Only!

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## Week 1

### Breakfast:

1.5 Cups of Low Fat Cottage Cheese  
1.5 Cups of Greek Plain Yogurt  
Scrambled Egg White Omelet with Kraft Fat Free Cheese  
Shibboleth Approved Shake  
Quest Bar  
Shibboleth Approved Pan Cakes; 1 Package with WF Syrup  
LaBrada Cinnamon Roll Cookie  
Shibboleth Approved Peanut Butter Sandwich

### Lunch:

Vitalicious Pizza  
Power Crunch Bar  
7 Biscotti with 2 Tbsp of Approved Peanutbutter  
Shibboleth Approved Shake  
Quest Bar  
Wendy's Chili  
Shibboleth Approved Turkey Sandwich  
Healthwise Meal  
Grilled Chicken Breast and Broccoli

### Dinner:

Bran Crisp Bread and 2 Tbsp of Peanut Butter  
1 Fat Free Wiener in MCT Oil on 1/4 of a P28 Flat with Condiments  
Kraut and Wieners; 2 Fat Free Turkey Franks and Kraut in MCT Oil  
Grilled Category 1 Fish and Broccoli or Asparagus  
Chips and Bean Dip; Beanitos or RW Garcia Chips with 1/2 Cup of Refried Beans  
Vitalicious Pizza  
Shibboleth Approved Shake  
4 Ounces of Pan Seared Scallops with a Side Salad



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## Snacks:

- 4-6 Curb Bites
- Celery with 1 Teaspoon of Peanutbutter
- 7 Biscotti
- 6 Butter Cookies
- Up to 3 Packages of Peanut Butter Patties
- 1 Pint of Arctic Zero
- 1 Cup of Thrive Approved Ice Cream
- 1 Wedge of Laughing Cow Cheese with Bran Crisp Bread

## Beverages:

- Water
- Clear Zero Calorie Beverages; Optional
- Crystal Light; Optional

## Supplements:

- Vitamin and Mineral Supplement
- Advocare MNS; Optional
- The "Thrive" Stack; Optional

## Notes:

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