

E4M Family Meeting Topic

Scripture(s) from the meeting I want to remember

My Notes:

My Prayer for this week:

Dear God, _____

In Jesus Name, Amen

Snacking is your Worst Enemy

(but it doesn't have to be)

1. Ask yourself if you're hungry enough for veggies, if not guess what?

2. Get in 40 oz of water every 4 hours

3. Drink 12 oz of water before eating anything!

4. 4 Things I must remember when snacking

1. Get protein in my snacks: Why?

2. Get fiber in my snacks: Why?

3. What do I need to do if I am craving carbs?

4. Why should I try and prepare my snacks whenever possible?
