

the  
M + A + P

Monthly Action Plan!

*Designed to get us to our destination!*



# Your Toolkit for Success In February Includes:

## **MONTHLY GOAL SETTING SHEET**

Start your month off right by setting goals in the areas that are most important: Faith, Family, Food, Fitness. Remember: The only way to get where you're going is to know where you're going! Setting goals is key!

## **MONTHLY DEVOTION**

God's got great plans for you this month! After you set the tone with your monthly devotion, spend time each day, meditating on the E4M scripture of the month!

## **FOUNDATIONAL FAVORITES**

We are so excited to share these new staples for complete success this month! These game day and everyday recipes are designed to guide you to life-long health, wellness and weight loss, even on party days.

## **MINI-LIST FOR THE GROCERY**

We've even included a mini-list for you to have handy the next time you go shopping. You are guaranteed never to forget that "one thing."

## **DAILY BREAD/SPREAD**

Don't forget your Daily Bread Spread! This handy printable is perfect for your wallet or fridge! It's your go-to guide for counting calories and always staying on track!

## **E4M TIP**

We encourage you to print out your toolkit each month! Engaging in your journey by writing down your goals, prayers, and scripture will bring this journey to life like never before. Begin a binder with each month's toolkit. In just a few short months, you will be able to look back and see all the wonderful ways God has been working in your life! Reflect on His wonderful, powerful Word AND have all the recipe staples you need for complete success right at your fingertips!

*We're here for you friend!  
We want to ensure you succeed!  
Love and prayers,  
Julie and your E4M Family*

# February Goal Setting Sheet

## My Fabulous "4"

(the "4" areas I want to see change)

**Faith:** How do you want to grow in your walk with the Lord this month?

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**Family:** What are your hopes and dreams for your family this month?

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**Food:** How do you want to change your eating habits this month?

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**Fitness:** What do you want to change about your activity level this month?

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**Weekly weight loss goals**

**Weekly weight loss results**

**Monthly weight loss goal**

Week 1: \_\_\_\_\_

Week 1: \_\_\_\_\_

\_\_\_\_\_

Week 2: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 3: \_\_\_\_\_

**Monthly weight loss results**

Week 4: \_\_\_\_\_

Week 4: \_\_\_\_\_

\_\_\_\_\_

Write the E4M monthly scripture here:

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Be sure to refer to this page and the monthly scripture often this month! Remind yourself of the wonderful things you are working on and pray daily that God will help you achieve every goal! Your E4M family will be praying right along with you, sweet friend!



## E4M Scripture for the Month

**“DELIGHT YOURSELF ALSO IN THE LORD, AND HE SHALL GIVE YOU THE DESIRES OF YOUR HEART.” ~ PSALM 37:4 (NKJV)**

*“I delight myself in you...I’m overwhelmed by you!” Such a beautiful picture painted by our theme this month! Friend, I can promise you one thing this month. If you will delight yourself in the Lord, seek Him with everything in you, search for him at every turn, you will be overwhelmed by his love, mercy, and grace! And you will see a difference in your weight loss journey! I am so excited to start a new month with you. Excited to delight in the Lord together and to get refreshed and excited once again on this journey. Expect great things friend. God has promised you the desires of your heart if you will do one simple thing: **Delight In Him!** I can’t wait for us to experience a new level of love and joy with our lord and savior this month! Let’s Go!*

**After you watch the Devotion, answer the following questions:**

**What are the 4 ways I can delight myself in the Lord according to this month’s video devotion?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**What are 2 ways I can practice practicality on my journey this month?**

1. \_\_\_\_\_
2. \_\_\_\_\_

**On the lines below, share your special prayer to God, asking Him to help you DELIGHT IN HIM this month. Boldly claim answers to prayers, and thank Him, for giving you the desires of your heart in weight loss and health and wellness.**

**Dear Jesus,**

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**AMEN**

# We've Got Game Day (and everyday) Covered For You!

Hey E4M family, we know from experience that very often on a weight loss journey, it's not the meals that cause problems, but the snacks and desserts! So, considering the Super Bowl is approaching and all the other parties that beckon us to bring sweet and savory snacks, we're sharing our favorites with you this month! Enjoy these yummy treats that are simple and "Daily Bread Spread" approved!

## 2 Ingredient Pineapple Heaven (120 calories – ½ cup serving)

*For all our sweet tooth family members out there (yours truly included), this one's for you! Between the buttery cake and the sweet pineapple, it's a dessert lovers dream. Not to mention, it's only 2 ingredients AND you mix them in the baking pan! Pineapple Heaven is a fitting name!*



### **Ingredients:**

- 1 box butter cake mix
- 1 can crushed pineapples (in juice)

### **Directions:**

**Pour cake mix and pineapple (with the juice) into baking pan. Mix until ingredients are almost all the way combined, leaving a crumble like topping from the cake mix. Bake at 350° F per package directions. Texture will be moist and creamy upon serving!**

## Roasted Chickpeas

(150 calories - ½ cup serving)

*Chickpeas become a crispy, savory snack when roasted. You can season these fiber rich legumes in any number of ways but skip the salt if you don't want the added sodium.*

*Roasted, unsalted chickpeas are a healthy choice to satisfy cravings without sabotaging your meal plan.*



### Ingredients:

1 (12 ounce) can chickpeas (garbanzo beans), drained  
2 tbsp. olive oil  
Garlic pepper, to taste  
Cayenne pepper, to taste

### Directions:

Preheat oven to 450° F. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil and season to taste with garlic pepper and cayenne pepper. Spread on a baking sheet and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully during the last few minutes to avoid burning.

## Roasted Red Pepper Dip

(110 calories - ¼ cup)

*Red Peppers are rich in vitamins, with one pepper containing almost three times your daily intake of Vitamin C. (Perfect for boosting immunity in the winter months.) They're super easy to roast at home! Serve this roasted red pepper dip with veggies like carrots, cucumber, and celery. When the party's over, use the leftover as a spread on your favorite wrap or sandwich!*



### Ingredients:

3 red bell peppers	3½ ounces low-fat feta
1 tsp olive oil	½ tsp paprika
2 cloves garlic	2 tsp lemon juice

### Directions:

Preheat the oven to 350°F.

Cut the peppers in half, removing the stem and seeds. Toss the peppers with olive oil and bake in the oven for 20 minutes, flipping halfway through cooking.

Once the peppers begin to blacken and blister, remove from the oven and allow to cool. Peel the burnt skin from each of the peppers and place the peeled slices into a blender with remaining ingredients. Blend until smooth. Serve with your favorite vegetables.

## Bite-Size Black Bean Tacos

(150 calories for 3 tacos)

*These tacos have all the Mexican flavor but with way less calories - only 150 for three! We baked the wonton wrappers in muffin tins until crisp and then piled in traditional fillings like shredded lettuce, black beans and avocado (a great source of fiber and potassium) and topped them with our favorite salsa!*



### **Ingredients:**

½ tsp paprika  
2 tbsp olive oil  
12 wonton wrappers  
Cooking spray  
1 avocado, mashed  
1 can black beans, rinsed  
½ cup shredded lettuce

### **Directions:**

Preheat the oven to 350°F. Place a wonton wrapper into each cup of a muffin tin and spray lightly with olive oil. Bake in the oven for 5-6 minutes or until crisp and golden in color. Fill each wonton cup with shredded lettuce, a spoonful of black beans, mashed avocado and top with your favorite salsa.

The meals shared with you in our toolkits every month are definite staples in my home. I share them with you because I know they provide a foundation of goodness that will help you lose weight and feel great. Not to mention, they are very family friendly!

Be sure to try these recipes several times throughout the month! That's how you create the healthy environment in your family! It's all about habits!



## Pantry, Fridge, and Freezer Staples for these “Game Day and Everyday” E4M Recipes



*Please note, ingredient list is preparation for one recipe. Feel free to double up for parties and larger groups.*

- 1 avocado
- 1 head lettuce
- 3 red bell peppers
- 2 cloves garlic
- 3 ½ ounces low-fat feta
- lemon juice
- 1 box butter cake mix
- 1 can crushed pineapple (in juice)
- 1 (12 ounce) can chickpeas (garbanzo beans)
- 1 can black beans
- Garlic pepper
- Cayenne pepper
- Paprika
- Olive oil
- Wonton wrappers
- Cooking spray
- \*\*Breyers All-Natural Vanilla Ice Cream

**\*\*These ingredients are considered optional toppings or sides and are not necessary for preparing foundational recipe.**

There is a reason we have decided to provide just a sampling of meal ideas each month. First, we know from experience that if a meal plan seems overwhelming, we are less likely to stick with it. Second, we want you to try these over and over so that they become habitual for you. And finally, as you learn to incorporate what we share here and introduce new foods to your family slowly, you will find that you're not just dieting, you're transforming into the new person you have always wanted to be! Here's to your incredible transformation!



## The E4M Daily Bread/Spread

It's our unique and completely balanced way of spreading out your calorie intake throughout the day!

### **Calorie Range:**

**Breakfast: 100 – 200**

**Lunch: 300 – 400**

**Dinner: 400 – 500**

**Snacks: 100 – 150**

*So much love,  
Julie and your E4M Team*

# REFLECTION PAGE

**Use this page to reflect over what God has done for you, what He taught you and what you learned about yourself. Be creative!**