

the  
M + A + P

Monthly Action Plan!

*Designed to get us to our destination!*



# Your MAP for Success In June 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! We hope you will incorporate all of them into your family's meal plan. These Summer favorites are designed to guide you to life-long health, wellness and weight loss.

## **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 MAP 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 MAP. 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*

# June Goal Setting Sheet

**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**

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

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

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

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

**Weekly weight loss results**

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

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

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

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

**Monthly weight loss goal**

\_\_\_\_\_

**Monthly weight loss results**

\_\_\_\_\_

Write the E4M monthly scripture here:

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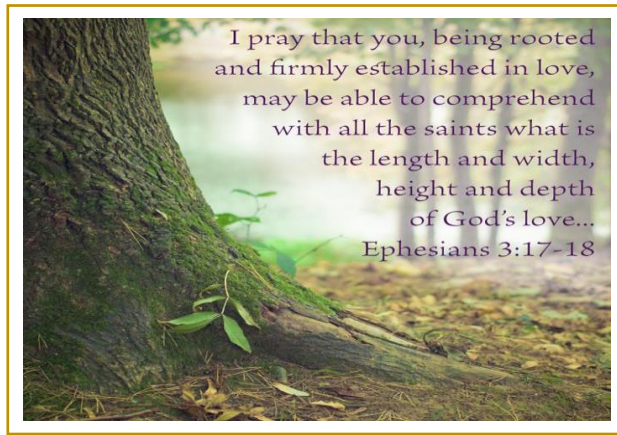
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Be sure to refer to this page and the monthly scripture often this month! Remind yourself of the wonderful things you are working on and pray daily that God will help you achieve every goal! Your E4M family will be praying right along with you, sweet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



## E4M SCRIPTURE FOR THE MONTH

Happy June, E4M family! As we begin to think about summer vacations, pool parties, grill outs and other celebrations, I pray we will embrace our monthly scripture like never before. Place it deep down in your soul and remember this one thing: **Together, we are being built to become a dwelling place where God can live and thrive!** You have been positioned right here with your E4M family to accomplish just that. Just like the building of a new home, it takes time, love, and energy. When the construction is complete, you cannot wait to dwell in and invite all your loved ones to enjoy the beauty and comfort of your new home! Build that new home with me - starting today! Draw out the plans and begin to envision how you will feel when you reach your goals. Blessings await you like more energy, better sleep, feeling comfortable in your skin and spending time with the ones you love outdoors and not feeling self-conscious! God has placed you here and He is your firm foundation on which you can build a healthy dwelling place for Him to live. Utilize the tools in this month's toolkit to continue the construction: try out the recipes, watch the video devotion, and spend a little time with me in my kitchen. It's all here friends - everything you need for lasting weight loss success and a closer walk with God!

### How can I fully experience what God wants for me on my weight loss journey?

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

**God is calling us to consecrate ourselves this month in our weight loss journey. In your prayer below, ask God to help you dedicate this journey to Him completely, thanking Him for all the many ways He will show up for you in weight loss this month.**

**Dear Jesus** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ **AMEN**

# CELEBRATE SUMMER WITH THESE DELICIOUS RECIPES!

Let's start the Summer off with these amazingly fresh recipes!

## Peanut Butter Banana Smoothie

(180 calories)

*Here's a quick and easy breakfast idea that is packed with protein!*



### **Ingredients:**

- 8 oz almond milk, unsweetened
- 1 ripe banana
- 1 T PB2 or equivalent (peanut butter powder)

### **Directions:**

**Pour almond milk into blender and add banana and PB2.  
Blend and serve.**



## Turkey & Cheese Roll-ups

*Summer is about simplicity and on the go! These turkey & cheese roll-ups are perfect for both!*



### **Ingredients:**

3 slices deli turkey (or other favorite deli meat, free of nitrates)  
3 slices Sargento thin slice cheddar cheese  
½ cup strawberries  
¼ cup shredded lettuce

### **Directions:**

**Roll one slice of turkey together with one slice of cheese and add shredded lettuce. Enjoy with fresh fruit!**

### **Optional Ingredients:**

Cucumbers, tomatoes, red bell pepper strips. Use your imagination to add texture, flavor and fun!

## Slow Cooker Sweet & Sour Chicken

(250 calories – makes 8 servings)

*Better than takeout! An easy and guilt-free recipe for classic yet healthy Sweet & Sour Chicken with tons of flavor!*



### **Ingredients:**

2 lb. boneless, skinless chicken breast	2 T cornstarch
3 T low sodium soy sauce or teriyaki sauce	¼ tsp ground ginger
¼ cup cider vinegar	¼ cup packed dark brown sugar
1 small red onion, sliced	
2 green bell peppers, cut into strips and chunks	
2 tomatoes, cut in chunks	

### **Directions:**

**Combine chicken and cornstarch in slow cooker. Add remaining ingredients except green pepper and tomatoes. Cook on low for 6-8 hours or on high for 4 hours. Stir in green peppers and tomatoes. Cook on high for 10 minutes.**

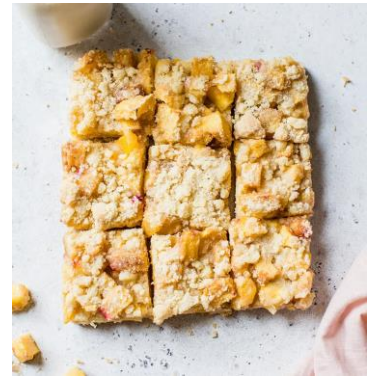
## Peach Crumb Cake

(78 calories – makes 9 servings)

*Fresh peaches with a sweet, cinnamon crumb topping!*

### **Ingredients:**

2 cups fresh peaches  
1/8 tsp ground nutmeg  
2 tsp reduced-calorie margarine, melted  
1/3 cup graham cracker crumbs  
1/2 tsp ground cinnamon  
Cooking spray



### **Directions:**

Layer sliced peaches in bottom of an 8-inch square baking dish coated with cooking spray. Combine graham cracker crumbs, cinnamon and nutmeg in a small bowl, stirring well. Add melted margarine and stir until well combined. Sprinkle graham cracker crumb mixture over peaches and bake at 350° for 30 minutes.

The meals shared with you in our MAPs 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 E4M Recipes



### *“Fabulous” Meals for your Family*

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

- Banana
- PB2 (powdered peanut butter)
- Almond milk, unsweetened
- Boneless, skinless chicken breast
- Low sodium soy sauce or teriyaki sauce
- Cornstarch
- Ground ginger
- Cider vinegar
- Dark brown sugar
- Red onion
- Green bell peppers
- Tomatoes
- Fresh peaches
- Ground nutmeg
- Ground cinnamon
- Cooking spray
- Reduced-calorie margarine
- Graham crackers
- Deli turkey (nitrate free) (or other favorite deli meat)
- Thin sliced cheddar cheese
- Strawberries
- Lettuce

***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. Next, 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 is 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 on what God has done for you, what He taught you and what you learned about yourself. Be creative!**