

# The E4M 7 Day Jumpstart

*Lose Weight, Live Healthy & Love More*



*Created by Equipped4More Founder, Julie House*

*Are you ready to lose up  
to 5 pounds this week?*

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*Follow this super simple 7 DAY  
JUMPSTART and you are on your  
way to a healthier, more vibrant life  
AND a closer walk with God!*

## *What's included in your 7 Day Jumpstart?*

Everything you need! I have designed this for complete and total success! And **ALL** the key ingredients are included!

It all starts with **Uncovering your “Why!”** Without a reason or something really driving us, it will be nearly impossible for us to reach our goals. Kick off your 7 Day Jumpstart by answering 4 soul searching questions to uncover what will get *and* keep you going on this journey! Next, each day you will begin with a **poignant devotion and prayer to the Lord**. Do not skip this part! Time with God is crucial to your success on this journey. Follow this up by eating from our super simple and yummy **E4M Mix-n-More meal plan**. We took all the guesswork out of the equation. These meals are balanced, budget and waistline friendly. Just enjoy the meals we have lined out for you (or mix-n-match them any way you like) for the next 7 days for weight loss success!

Finally, don't forget to incorporate our **E4M 4-Minute workout!** Yes, every day, and yes you will feel it! Bonus: All the workouts are linked directly to our 4 Minute Fitness videos! Just click the link and we can workout together every day for the next 7 days! I can't wait to workout with you!

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## **Are you ready?**

**Let's Jumpstart your weight loss NOW!**

# Discover Your “WHY!”

It’s your “WHY” that keeps you going on this journey. We are here to help you explore and understand WHY you want to lose weight! And that, my friend, will lead to keeping it off for good! Often, when we begin a weight loss journey, the excitement and newness of the program are the primary motivators that get us going!

What keeps us going? Discovering your “why” is imperative to long-term success in weight loss. By simply answering these questions, you will discover your WHY and drastically increase your chances of losing weight and keeping it off for good!

## 1. What is your goal weight?

It’s vital that you have a destination when you start any journey. Otherwise, who knows where you will end up. Weight loss is no different. Set a numeric goal for the size you want to be or the number you want to weigh, and you are on your way!

**My Goal Weight is:** \_\_\_\_\_

## 2. What has kept you from losing weight in the past?

Recognizing the pitfalls of the past will help you avoid them in the future. Identify who or what has hindered your weight loss previously and you can develop a plan of action for success in the future.

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## 3. What fears do you have about losing weight?

We must confront our fears in order to overcome them! Identify what scares you about losing weight and ask God to help you overcome your fears once and for all! Ask yourself, *Is there anything that scares me about losing weight?*

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## 4. What would life be like if you lost the weight?

Visualization is powerful. Looking into the future and seeing what life could be like for you at a healthy weight is key to success. When you see how your energy and quality of life will improve, you gain new motivation to succeed! *How would my life be different if I lost weight and met my healthy weight goal?*

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# Day One - Journal

*Create in me a pure heart, O God, and renew a  
steadfast spirit within me.*

*Psalm 51:10 NIV*

Part of this journey requires a cleansing of sorts - not just of our pantry and fridge, but of our hearts as well. We are emotional beings, and therefore, emotional eaters by nature. Today, spend some time thanking God for the vast emotions you experience daily, but ask Him to cleanse your heart of negative emotions that tempt you to eat unhealthily. Begin with this prayer:

*Dear God,*

*Thank you for the wonderful emotions I get to experience daily: deep love, joy, hope, and excitement all from this journey you have placed me on. Cleanse me of unhealthy emotions that may cause me to overeat or eat in a way that is in opposition to my goals. Thank you for allowing me to eat healthy and live healthier for you today! I love you. Amen.*

**Thoughts for today:**

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# Day One - Meal Plan

## • BREAKFAST •

### Smashed Avocado & Egg on Toast

100-200 calories

*Yes, avocados are simply amazing! When coupled with the powerhouse of an egg, they become a super way to start your day!*

- 1 slice of Health Life bread, toasted (35 calories per slice)
- 1 egg cooked to your preference (scrambled or fried)
- 1 T avocado (smashed)
- 1-2 slices of tomato

**Directions:**

Toast bread and spread on smashed avocado. Top with cooked egg and sliced tomato. Sprinkle with a dash of pepper.



## • LUNCH •

### Turkey & Cheese Wrap

300-400 calories

*At E4M, we love wraps! They provide a fun way to dress up lunch.*

- 1 whole grain wrap (E4M fave is Ole Extreme Wellness)
- 1 slice of low-fat, nitrate free turkey, ham or chicken breast
- 1 slice of your favorite thin sliced cheese (Sargento Thin Slice)
- All the yummy veggies you want!

**Directions:**

Layer all these tasty ingredients in the wrap. Roll up and serve with a side of fresh fruit (and more veggies if you like) and enjoy.



# Day One - Meal Plan

## • DINNER •

### “I’m Feelin’ Good” Bacon, Lettuce & Tomato

400-500 calories

*You can always “feel good” about this fabulous supper!*

- 2 slices Turkey Bacon, cooked (E4M fave is Jennie-O or Butterball)
- 2 slices low-calorie bread (E4M fave is Healthy Life or Aunt Millie’s 35 calorie)
- Lettuce & tomato sliced
- 1 cup cooked green beans or your favorite veggie

#### Directions:

No directions needed here! Prepare your BLT and veggies just the way you love them! That’s why we love the E4M meal plan. We keep it simple so you can enjoy life and food.



## • SNACKS •



- Sliced pear with one tablespoon honey, drizzled on top
- 1 cup frozen grapes or blueberries

#### E4M Tip:

Locally harvested honey provides added health and disease fighting benefits. Try purchasing honey at a farmer’s market or from a local beekeeper.

# *Day One - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

**\*ALTERNATE LEGS [30 SECONDS PER LEG]**

Simply do each move for 1 minute to get a great 4-minute workout.



# Day Two - Journal

*The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning.*

*Lamentations 3:22-23 NLT*

Each day, we could use a fresh start – a clean slate, a new beginning. That is exactly what God offers you today, my sweet friend. It's yours for the taking because His Word say so. His love and mercy are new and fresh each day. Welcome them into this day and leave the battles to Him! Take a moment to pray this prayer:

*Dear God,*

*I love You and thank You for Your great mercy and love. Thank You for reminding me that Your love and mercy are new and fresh each day. I dedicate this journey and this day to You! Thank You for allowing me to be successful in it! I love You and praise You! Amen.*

Thoughts for today:

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# Day Two - Meal Plan

## • BREAKFAST •

### Oh Yum! Oatmeal

100-200 calories

*High fiber, solid protein, low calorie! Now that's the way to start any day!*

- 1 package lower sugar instant oatmeal
- 1 cup water or 1 cup almond milk

#### Directions:

Prepare oatmeal in microwave according to package directions. Feel free to top with your favorite berries (strawberries, blueberries, blackberries) for added flavor and texture! Or keep it simple and eat it on the go!



## • LUNCH •

### PBFit&J (The E4M Way)

300-400 calories

*This is how we do PB&J!*

- 2 slices low calorie bread (*Aunt Millie's and Health Life are E4M faves - 35 calories each slice*)
- 1 T organic strawberry preserves
- 2 T PBFit peanut butter, prepared
- 1 cup Boom Chicka Pop popcorn

#### Directions:

No directions needed! That's why we love the E4M plan. Make up a "good for you PB&J" and add the best popcorn in the world (at least that's what we think).



# Day Two - Meal Plan

## • DINNER •

### Cozy Slow Cooker Chili

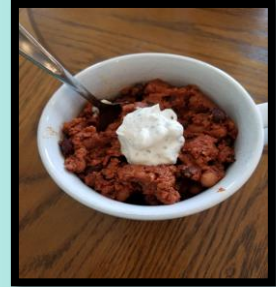
400-500 calories

*Also known as Tim's Chili, this has been a staple in our family for years and was inspired by my hubby!*

- 1 lb. 93% lean ground turkey or beef
- 2 cans diced tomatoes
- 2 cans chili beans
- 1 package of your favorite low sodium chili seasoning

#### Directions:

Combine all ingredients in slow cooker, heat on low 6-8 hours. Top with a dollop of plain Greek yogurt or sprinkle with low fat cheese.



## • SNACKS •



#### • Chocolate Banana

½ frozen banana dipped in 2 tsp. dark chocolate chips, melted

#### • Yogurt Covered Cheerios

1 cup Chocolate Cheerios mixed into 1 - 4 oz. container of your favorite low calorie Greek yogurt (E4M fave is Dannon Light-n-Fit)

#### E4M Tip:

Greek yogurt is **lower in calories and fat and higher in protein than full-fat sour cream.** Greek yogurt also has the added benefit of probiotics. Probiotics promote healthy digestion and overall gut health!

# *Day Two - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

**\*ALTERNATE LEGS [30 SECONDS PER LEG]**

Simply do each move for 1 minute to get a great 4-minute workout.

# Day Three - Journal

*Then the Lord answered me and said: Write the vision and make it plain upon tablets, that he may run who reads it.  
Habakkuk 2:2 NKJV*

Part of the success in a weight loss journey is knowing what your goals are! Take some time during your Jumpstart week to decide what you want to accomplish. Do you want to drink more water? Eat more fruits and veggies? Lose XX pounds? Goals are much easier to achieve when they are well defined, written out and spoken aloud. Set your goals for this week, write them down and tell someone about them! And don't forget to pray!

*Dear God,*

*I have so many things I want to accomplish on this journey. This week, I will be specific about my goals. I will write them down and share them with someone I love, who is cheering for me on this journey. As I take these steps in obedience, I thank you for helping me achieve my goals. I will never fail to give You ALL the honor, glory and praise! Amen.*

Thoughts for today:

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# Day Three - Meal Plan

## • BREAKFAST •

### PBfit & Fabulous Smoothie

100-200 calories

*I love the freedom of being able to experiment with PBfit organic peanut butter powder. From guilt-free smoothies to classic PB&J sandwiches, PBfit should be a staple for anyone on a health and wellness journey!*

- 2 T PBfit
- 2 cups almond or cashew milk
- ½ banana
- 1 cup vanilla yogurt

#### Directions:

Blend ingredients until smooth and enjoy a rich, creamy flavor in this yummy smoothie!

**E4M Tip:** Recipe makes 2 servings so you can share with a friend or save for mid-morning snack.



## • LUNCH •

### Crazy Easy Chicken Salad

300-400 calories

*I love the versatility of canned chicken: chilis, casseroles, soups! They all taste fabulous with chicken! The simplicity of this recipe just makes it that much better!*

- 1 6 oz. can chicken in water
- ½ cup plain Green yogurt (*this substitution alone can save more than 75 calories!*)
- 1 hard boiled egg, chopped
- ¼ cup celery, chopped
- dash of salt and pepper

#### Directions:

Combine all ingredients and serve half atop one serving of whole grain snack crackers and sliced tomatoes. (Delicious along side sliced cantaloupe too!)



# Day Three - Meal Plan

## • DINNER •

### Topped Out Turkey Burger with all the Fixin's

400-500 calories

*Prepare this delicious burger alongside some colorful veggies and fill your plate and tummy with goodness!*

- 1 lean turkey burger (E4M fave is Jennie-O brand)
- 1 cup cooked apples
- 1 cup cooked carrots (or substitute your favorite veggie)
- 1 slice thin sliced cheddar cheese (E4M fave is Kroger or Sargento)
- Lettuce, tomato, onion, pickles

#### Directions:

Grill or prepare burger in skillet and top with favorite fixin's. Slice one granny smith apple. Sauté in skillet with 1 T low-fat butter and 1 tsp each of cinnamon and sugar.



## • SNACKS •



- “Kind Bar” – E4M favorite is Dark Chocolate Chunk
- Sliced apple with 2 tbsp PBFit Peanut Butter Powder, prepared

# *Day Three - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

**\*ALTERNATE LEGS [30 SECONDS PER LEG]**

Simply do each move for 1 minute to get a great 4-minute workout.



# Day Four - Journal

*Commit to the Lord whatever you do, and He  
will establish your plans.  
Proverbs 16:3 NIV*

This journey definitely takes commitment; but that doesn't mean that you must be on top of your game every second of every day. Just wake up and make a commitment to the Lord that you will do your very best to succeed each day! Let Him take care of the rest! Try praying this prayer out loud today:

*Dear God,  
I commit this journey to You today. Honestly, I'm not sure what the day may bring my way, but I know that you do. I ask You now to make a way where there seems to be no way. Thank You right now for the great day that this is. I praise You for loving me enough to allow me to be successful in weight loss once and for all! I love You! Amen.*

Thoughts for today:

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# Day Four - Meal Plan

## • BREAKFAST •

### Breakfast Scramble

100-200 calories

*At E4M, we thrive on simplicity. It doesn't get much simpler than scrambled eggs and toast.*

- 1 egg, scrambled
- 2 slices low calorie bread (Aunt Millie's and Health Life are E4M faves - 35 calories each slice)
- 1 T light butter

**Directions:**

Scramble one egg, sprinkle with a teaspoon of pepper and powered garlic. Serve alongside 1 (or 2) slices of classic buttered toast.



## • LUNCH •

### A Few of Our Favorite Things

300-400 calories

*This lunch staple uses some of our favorite things.*

- 1 serving of Harvest Snaps
- 1 slice thin sliced cheddar cheese
- 2 slices low calorie bread (Aunt Millie's and Health Life are E4M faves -35 calories each slice)

**Directions:**

This great little duo lays a solid foundation for eating light and healthy mid-day. Also great for packing lunches on the go too! At E4M, we are here to help you build a healthy foundation for you and your family for life!



# Day Four - Meal Plan

## • DINNER •

### There's Two Sides to Every Dinner

400-500 calories

*Sometimes, we've just got different taste buds in our house.*

- 1 lb. boneless, skinless chicken thighs, grilled and seasoned to taste
- 1 bag Parboiled Boil in a bag Rice (sold at Kroger)
- 1 can corn

#### Directions:

Grill chicken thighs and serve alongside rice and corn. Dice chicken and serve atop a bed of rice with stir-fried peppers and onions.

Same foundation, same food, just a little more for those of us who like it. The bottom line: You don't have to prepare multiple dishes when you're on a weight loss journey!



## • SNACKS •



- Skinny Cow ice cream sandwich (most are 150 calories)
- 1 Laughing Cow Cheese wedge served with 10 baby carrots

# *Day Four - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

**\*ALTERNATE LEGS [30 SECONDS PER LEG]**

Simply do each move for 1 minute to get a great 4-minute workout.

# Day Five - Journal

*Have I not commanded you? Be strong and courageous.  
Do not be afraid; do not be discouraged, for the Lord  
your God will be with you wherever you go.  
Joshua 1:9 NIV*

It's a command, not an option! Be strong – you are going to succeed! He is on this journey with you; fighting for you and you cannot fail this time! Are you struggling today? Set your mind on success by trying this technique: Focus on the outcome of the journey. Spend dedicated time today thinking and meditating about how your life and your body will look different when you are at your healthy weight! Get excited about the clothes you will buy and the places you will go, the looks on the faces of family and friends! It's going to happen, my friend. Trust me! God's got you and that has not changed. Remember what His word says.

*Dear God,*

*Thank You for this journey. I am on this journey to get healthier and grow closer to You. Today, I commit to spending time meditating about how my life will be different when I am healthier. I can't wait to have more energy and confidence in the coming months! I am looking forward to my success and will continue to give You all the glory, honor and praise! Amen.*

Thoughts for today:

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# Day Five - Meal Plan

## • BREAKFAST •

### Protein Power

100-200 calories

*Sometimes we just need a little extra protein to start our day.*

- 2 slices turkey bacon, cooked (E4M fave is Jennie-O or Butterball)
- 1 egg, fried
- 2 slices tomato
- 2 slices low-calorie bread (Aunt Millie's and Health Life are E4M faves - 35 calories each slice)

#### Directions:

Fry two slices of turkey bacon and one egg. Top the two slices of toast with all ingredients to savor this high protein, yummy breakfast.



## • LUNCH •

### Cheesy Chicken Quesadilla

300-400 calories

*Looking for a super simple lunch (or dinner) idea? Preparing these cheesy chicken quesadillas with canned chicken allows for quick and easy deliciousness! Add some vibrant color with a beautiful salad and you have the makings of a perfect lunch!*

- 1 whole grain tortilla (E4M fave is Ole Extreme Wellness)
- ¼ cup shredded cheddar cheese
- 1 - 6 oz. can chicken

#### Directions:

Lightly spray skillet with extra virgin olive oil. Lay tortilla flat in skillet and combine chicken and cheese in a bowl. Spread half of the chicken mixture over tortilla then fold. Cook on each side for approximately 3 minutes or until cheese is melted and tortilla is brown and crispy!



# Day Five - Meal Plan

## • DINNER •

### Slow Cooker Spaghetti

400-500 calories

*This is how we keep it simple and light at E4M!  
This incredibly easy meal is perfect for a busy family  
and includes great staples for any home.*

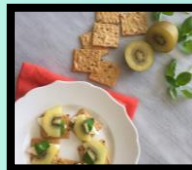
- 1 lb. 93% lean ground turkey
- 1 jar low-sodium spaghetti sauce
- 4 oz. whole grain or low-calorie spaghetti

#### Directions:

Simmer meat and sauce in slow cooker on low for 4-6 hours. Prepare pasta right before serving. Dish out alongside a colorful salad with low calorie dressing and enjoy!



## • SNACKS •



- Celery slices with PBFit peanut butter, prepared
- 1 kiwi with 16 whole grain crackers

# *Day Five - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

\*ALTERNATE LEGS [30 SECONDS PER LEG]

Simply do each move for 1 minute to get a great 4-minute workout.



# Day Six - Journal

*For He will command His angels concerning you to guard you in all your ways.*

*Psalm 91:11 NIV*

I could use a little extra help on the weekends. We all know how important and helpful accountability is on this journey. The day or two before weigh in are usually pretty good for most of us because we know what's coming. Yet, the following days can be challenging. How refreshing to know that even in weight loss, God commands His angels to look out for us. He doesn't just ask them, He commands them! Over this coming weekend and in the days ahead, let's get serious about asking for God's help and intervention on this journey. Show Him you mean business and ask Him to send out His angels ahead of you to guard and protect you against the temptations that will come your way! Pray this prayer aloud in your quiet time with Him:

*Dear God,*

*I long to be successful during these seven days and not fall off my plan. Please send Your angels to guard and protect me from temptations and situations that may trip me up. I have dieted long enough and I now long to make this a lifestyle. I know that it will be hard at times, but I also know it will be worth the work. Be with me this week and lead me into success and away from temptation! I promise to give You all the glory, honor and praise today and ALWAYS! Amen.*

**Thoughts for today:**

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# Day Six - Meal Plan

## • BREAKFAST •

### Morning Mood Booster

100-200 calories

*Yes, no doubt about it! This is the best mood booster I know!  
Incorporating food superstars like blueberries and spinach into  
your morning routine is sure to jumpstart your day!*

- 1 egg, scrambled
- 1 cup fresh spinach leaves
- 1/8 cup shredded cheddar cheese
- 1/2 cup blueberries

#### Directions:

Scramble egg in bowl, add spinach and half of cheese. Cook in skillet and top with remaining cheese. Surround with blueberries and get ready for one amazing day!



## • LUNCH •

### Can't Forget the Classics

300-400 calories

*You can't go wrong with the classics on a weight loss journey.  
At EAM, we love a classic deli sandwich and there's just a few  
things we've tweak to make them spectacular!*

- 1 serving nitrate free deli meat (*ham, turkey, chicken or roast beef*)
- 2 slices low-calorie bread from Aunt Millie's or Healthy Life
- 1 slice thin cheddar cheese (*45 calories or less*)

#### Directions:

Serve up a classic deli sandwich surround with crunchy, sweet veggies to add color, texture and flavor without the calories and fat.



# Day Six - Meal Plan

## • DINNER •

### Grilled to Perfection

400-500 calories

*We all know that grilling is a great way to prepare lean meats and poultry on a weight loss journey! This is an E4M staple.*



- 1 lb. chicken thighs marinated in 1 cup of BBQ sauce (*E4M fave is Montgomery Inn*)
- 1 eggplant, peeled and sliced
- 1 lb. baby carrots, cooked

#### Directions:

Brush your grill plates with olive or canola oil. Grill your eggplant and chicken together until cooked through and eggplant is crispy. Serve alongside a salad or some vibrant carrots.

## • SNACKS •



- **1.5 oz pistachios** (*sold in individual packages at Aldi*)
- **1 – 4 oz container of flavored Greek yogurt**

# *Day Six - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

**\*ALTERNATE LEGS [30 SECONDS PER LEG]**

Simply do each move for 1 minute to get a great 4-minute workout.

# Day Seven - Journal

*This is the day that the Lord has made.  
We will rejoice and be glad in it.  
Psalm 118:24 NKJV*

This journey is all about choices. We make choices moment by moment to stay on track or jump ship. When our hearts are filled with joy, it's often easier to stay on track and follow our goals. I believe the devil uses feelings of anger, frustration and bitterness among others to cause us to stray from our plans of eating healthy. Remembering to be joyful might just be the tool we need to stay on track for today!

*Dear God,  
Today, I long to be joyful on this journey. Help me to rejoice today because You made this day, brought me into it and Your plans for me are to experience incredible success. I rejoice and I'm glad simply because of that. Thank You for helping me to make healthy choices and stay with this journey to the end. I love and praise You! Amen.*

**Thoughts for today:**

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# Day Seven - Meal Plan

## • BREAKFAST •

### My Yummy Lil' Breakfast

100-200 calories

*When you can have chocolate for breakfast,  
it's always a "win-win"!*

26 chocolate Mini Wheats Little Bites  
Your favorite flavor of Dannon Light-n-Fit Greek Yogurt  
(At E4M, we love the Toasted Coconut and Vanilla yogurt)

#### Directions:

Mix the mini wheats in the yogurt and enjoy!



## • LUNCH •

### Not Your Mama's Salad

300-400 calories

*If you're getting bored with salad, E4M has the solution!*

1 - 4 oz. salmon fillet, seasoned, baked and chopped  
2 cups salad fixin's (the more color, the better)  
1 hard boiled egg, chopped  
1/8 cup shredded parmesan cheese  
2 T Light Ranch dressing

#### Directions:

Bake salmon at 375 for 10 minutes. Top your bed of salad fixin's with a baked or broiled salmon fillet and chopped egg. It's a great way to get your healthy fats in while keeping it low calorie and delicious!



# Day Seven - Meal Plan

## • DINNER •

### Naked Tacos

400-500 calories

*I love finding simple ways to give up processed carbs so that I don't feel deprived. You'll never need another taco shell again with this oh so satisfying 'naked taco'.*

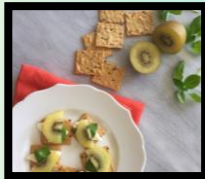
- 1 package low sodium taco seasoning
- 1 lb. 93% lean ground turkey
- 1 dollop of plain non-fat Greek yogurt and salsa
- Lots of leafy greens and your favorite taco toppings

#### Directions:

Prepare taco meat in skillet or in slow cooker. Top a bed of leafy greens with 1 cup taco meat, your favorite taco toppings. Sprinkle sparingly with shredded cheddar cheese and add one dollop of fat free plain Greek yogurt and salsa.



## • SNACKS •



- Sliced kiwi and ½ serving of whole wheat crackers
- Light Babybel Cheese and Crackers snack pack

# *Day Seven - Workout*

## • ***4-MINUTE WORKOUT*** •

- **LUNGES\***
- **SQUATS**
- **SIT UPS**
- **PLANK**

\*ALTERNATE LEGS [30 SECONDS PER LEG]

Simply do each move for 1 minute to get a great 4-minute workout.



# *CONGRATULATIONS!*

## *You did it!*

You have just completed the 7 Day Jumpstart and we are so thrilled for you. Don't stop now! We want to see you reach ALL your health and wellness goals! Let's continue the journey together!

We know how busy life can be. So, we created this online program, strategically designed for complete and total success.

If you are not part of our #e4mtribe yet, it's time you became a member! Log onto our website [www.equipped4more.com](http://www.equipped4more.com) or download the app (just search equipped4more in your favorite app store today) and join the hundreds of other men and women just like you who are losing weight for the last time and growing deeply in their walk with God! We even have a private Facebook community (Equipped4More Family) to provide you 24/7 support, ideas, encouragement, accountability, and motivation!

***Are you ready to lose this weight and keep it off for life?***

**YOU WILL NEVER NEED ANOTHER WEIGHTLOSS PROGRAM AGAIN!**

God's precious Word reminds us: "I can do ALL things through Christ who gives me strength." (Phil 4:13) At E4M, we firmly believe that this includes losing weight and living healthy!









# Grocery List

## • PRODUCE •

### **VEGGIES**

- Dark leafy greens for salads
- Onion
- Cucumber
- Mini sweet peppers (*sold in bag*) (*optional for snacks*)
- Baby Carrots
- Green beans (*fresh, canned or frozen*)
- Celery
- Eggplant
- Spinach

*It's okay to stick with your faves here. Just try and add lots of color to your grocery cart!*

### **FRUIT**

- Berries: strawberries, blueberries, raspberries, blackberries
- Bananas
- Kiwi
- Apples
- Grapes
- Avocado
- Tomato
- Pear

### **BREAD**

- Low calorie bread (*Aunt Millie's or Sara Lee, Healthy Life*) (*40 calories or less*)
- Low calorie/low carb wraps: (*Ole Extreme Wellness*) (*50 calories*)

# Grocery List

## • BOXED / PACKAGED / CANNED FOODS •

- 1 box Chocolate Cheerios
- Chocolate Mini Wheat bites
- Low sugar instant oatmeal (*variety pack is perfect*)
- Light/ low fat salad dressing (*favorite flavor*)
- 1 package low sodium taco seasoning
- 1 package low sodium chili seasoning
- Low sodium chili beans
- Low sodium canned tomatoes (*2-3 cans*)
- 1 PBFit peanut butter powder
- 1-2 cans chicken for chicken salad (*or you can prepare with chicken breasts*)
- 1 jar low sugar pasta sauce
- Light ranch dressing
- 1 box low calorie spaghetti noodles/or whole grain
- 1 jar low sugar barbecue sauce (*Montgomery Inn – E4M fave*)
- Honey
- Organic strawberry preserves
- Parboiled boil in a bag rice
- Low sodium corn
- Whole grain crackers
- Salsa (*optional topping*)

# Grocery List

## • FISH / POULTRY / MEAT •

- Fresh/frozen grilled chicken breast
- Fresh/frozen boneless skinless chicken thighs
- Turkey burgers (*Jenny-O brand is E4M fave*)
- Lean ground turkey or lean ground beef (*2-3 pounds depending on family size*)
- Turkey bacon (*1-2 packages – Jenny-O and Butterball are E4M faves*)
- 1 lb. nitrate free, low-calorie deli-sliced turkey, ham or chicken breast
- Salmon filet

## • DAIRY •

- Low fat cheese sticks (*50 calories each*) (*optional snacks*)
- Low fat shredded cheddar cheese
- Shredded parmesan cheese
- Light butter
- Babybel Cheese and Crackers snack pack
- Egg whites or Eggs (*your choice*)
- Dannon Light-N-Fit yogurts (*choose a variety of flavors*)
- Laughing Cow (*or store brand*) cheese wedges
- Unsweetened cashew or almond milk
- Low calorie/low fat vanilla yogurt
- Plain Greek yogurt (*optional topping for chili*)
- Thin sliced cheese (*Sargento Thin Sliced variety is an E4M fave*)

## • FROZEN •

- Veggies (*other than the fresh veggies listed before – ex. broccoli, cauliflower, etc.*)
- Turkey burgers
- Skinny Cow Ice Cream



# *Grocery List*

## • SNACKS •

- Skinny Pop Popcorn or Boom Chicka Pop popcorn
- Harvest Snap Peas
- Pistachios
- Kind bars
- Dark chocolate chips