

the
M + A + P

Monthly Action Plan!

Designed to get us to our destination!





Your MAP for Success In December 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."

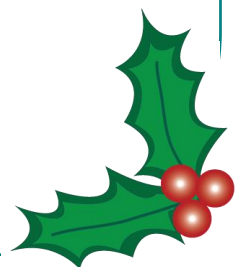
DAILY BREAD/SPREAD

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*





December 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?

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

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

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

Weekly weight loss goals

Weekly weight loss results

Monthly weight loss goal

Week 1: _____

Week 1: _____

Week 2: _____

Week 2: _____

Week 3: _____

Week 3: _____

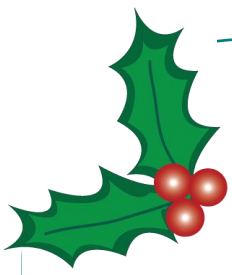
Monthly weight loss results

Week 4: _____

Week 4: _____

Write the E4M monthly scripture here:

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!



Giving Your Best Gift

"Now there are diversities of gifts, but the same Spirit."
1 Corinthians 12:4
KJV



E4M SCRIPTURE FOR THE MONTH

There are diversities of gifts, but the same Spirit. ~ 1 Corinthians 12:4 NKJV

Giving. It's the one word that describes the holidays for sure. We certainly find ourselves giving material gifts this time of year. But we also give in other ways too. Time, food, and love are all ways we find ourselves giving to our loved ones and even strangers throughout the holidays. This month, I want to encourage you, E4M family, to give in another way. Begin to give to others this month by being good to yourself. By strengthening your relationship with God and improving your health, you are not just getting better for yourself, but giving a precious gift that money cannot buy: a better you! It can all start by spending time in the precious word of God and pouring out your heart to the One that can change you forever! Begin by writing out your prayer request below. Then, follow up with setting goals in the areas that mean the most: Faith, family, food, and fitness. Share on paper what you want to accomplish in these areas. Know that when you write it down, it makes it real. As you take an active role here, along with watching the videos and engaging with your E4M family, the Holy Spirit will begin to work in you to transform you into the beautiful creature in Christ you were designed to be! Merry Christmas, precious Friend! Here is to the best gift you and your family will ever receive - a better you!

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

1. _____
2. _____
3. _____
4. _____

God is calling us to live out the freedom He gifted us with on the cross. 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

Our E4M “Be Good To Yourself” Meal Ideas

In this month’s meal ideas, we are giving you the gift of simplicity and balance! Our meals for this month align perfectly with our Daily Bread Spread, while providing balance and super quick prep for those busy days! Be sure to add these to your menu often to create healthy habits your family will come to love and appreciate.

Warm Beginnings

(200 calories)

Oatmeal. A wonderfully, warm way to start any day! I love instant oatmeal for its wonderful health benefits and easy prep. It’s truly a perfect way to start any day!



Ingredients:

½ cup instant oatmeal

1 cup almond milk

Optional: mix in ½ banana or 1 tsp brown sugar or ¼ cup raisins

Directions:

Prepare oatmeal per package directions. Mix in additional toppings for added texture and flavor.

****As prepared, 1 delicious cup of oatmeal is easily under 200 calories (even with 1 or 2 toppings)****

Grilled Cheesy Goodness for your Midday

(350 calories)

This warm and inviting lunch can be prepared in less time than it would take to place an order through most drive thru windows and tops out at less than 350 calories. Perfect for any weight loss plan!



Ingredients:

2 slices Healthy Life low calorie bread (or other 35 per calorie slice bread)

2 T Low calorie butter (E4M fav: Country Crock Light)

1 slice of thin slice Sargento cheddar cheese

1 cup Simply Campbell’s Chicken Noodle soup

Directions:

Prepare grilled cheese and warm soup on stove top. (Soup can be warmed in microwave.) It really is that simple!

Come Home to Cozy Chicken & Fixin's

(400 calories per serving)

*Enjoy this colorful and cozy dinner for right
around 400 delicious calories!*

Ingredients:

- 4-5 chicken breasts
- 1 can low-sodium green beans
- 4-5 medium sweet potatoes
- 1 - 15 oz. bottle Montgomery Inn Barbeque Sauce

Directions:

In a medium bowl, combine barbeque sauce and chicken breasts. Generously coat chicken with barbeque sauce. Bake chicken and sweet potatoes at 400 degrees for 45 minutes to 1 hour or until both are fully cooked. Prepare green beans on stove top. Top sweet potato with 1 T light butter and 1 tsp brown sugar.



Julie's Side Note

I have to be honest - we eat a lot of chicken at my house! The key to keeping it exciting? Varying up the ways you prepare it, along with switching out the sides. This just happens to be my fav! Keep it colorful with your veggies and you are sure to be adding goodness to your entire family, all while continuing to trim that waistline!



E4M PBFit Buckeyes

(50 calories each)

These delectable treats are perfect for gift giving and at less than 50 calories each - perfect for any weight loss plan!

Ingredients:

8 oz. bag dark chocolate chips
½ powdered sugar
2 cups PB fit peanut butter powder
⅔ cup water



Directions:

In medium mixing bowl, combine peanut butter powder and powdered sugar. Add water and stir until well mixed. Batter will be a little stiff. Using small scoop, portion small peanut butter balls onto baking sheet lined with waxed paper. Place in freezer for 30 minutes. While peanut butter balls are setting, melt chocolate in microwave safe bowl, stirring every 30 seconds, until consistency is smooth. Remove peanut butter balls from freezer and roll into smooth balls. Dip in melted chocolate, transfer back to waxed papers and place in refrigerator for 10 minutes to set.

Julie's Side Note

These buckeyes are not only super easy to prepare, but they also boast two-thirds fewer calories than normal buckeyes. Now you can share these yummy Christmas treats with friends and family while treating yourself to one or two as well. All with no guilt!

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



Gift your family with love with these delicious meals

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

-  Instant Oatmeal Plain
-  Healthy Life 35 Calorie Bread
-  Sargento Ultra Thin Mild Cheddar Cheese Slices (or your favorite type)
-  Low fat butter
-  Simply Campbell's Chicken Noodle Soup
-  Dark chocolate chips
-  PB Fit Powder Peanut Butter
-  Powdered Sugar
-  Chicken breasts
-  Green beans
-  Sweet potatoes
-  Montgomery Inn Barbeque Sauce (or other favorite BBQ sauce)

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

Merry 
Christmas

*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!