

the  
M + A + P

Monthly Action Plan!

*Designed to get us to our destination!*

October



# Your MAP for Success In October 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*

# October 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

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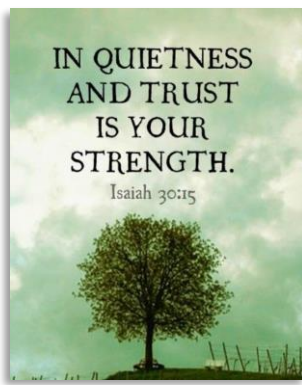
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Be sure to refer to this page and the monthly scripture often this month! Remind yourself of the wonderful things you are working on and pray daily that God will help you achieve every goal! Your E4M family will be praying right along with you, sweet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



## E4M SCRIPTURE FOR THE MONTH

**For thus saith the Lord God, the Holy One of Israel; "In returning and rest shall ye be saved; in quietness and in confidence shall be your strength." ~Isaiah 30:15 KJV**

Overwhelmed. It's a word that often goes through my mind when I think of weight loss. The task of losing 50+ pounds truly felt overwhelming to me. I had tried so many times, so many meal plans and so many "diets." I could honestly say I was "worn out" from trying. And the world certainly wasn't telling me to slow down. It was saying, "Buy this cookbook!" "Take this Pill!" Yet God was saying, "Slow down and simplify." He was urging me to return to him, rest and regain the true perspective on weight loss: His perspective. Our scripture this month speaks so much about what returning to God and resting in Him can do. Rest in the Lord is what provides our strength and confidence to get back up and fight in this battle of weight loss. Sweet and precious friend, if you are reading this and feeling truly overwhelmed at the thought of trying one more time to lose weight, be encouraged. God wants you to know that when you put your faith, trust and absolute all into Him, He can and will save you from all the strongholds that keep you back. Look for God in your journey today. Look for ways to rest and simplify your journey. Return to your Savior and find the confidence and strength you need for complete and total success in weight loss and every other area of your life. Be blessed. Be encouraged. And most of all, find rest!

### **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**

# “Simply” Slimming Slow Cooker Staples

## Taco Soup

*Everybody loves taco night! Utilizing the slow cooker for this family fave saves time and clean up, allowing you to enjoy all the robust flavors in tacos without all the clean up!*



### Ingredients:

- 1 lb. Butterball 97% lean ground turkey
- 1 can black beans, drained
- 1 12oz. bag frozen corn
- 1 packet low sodium taco seasoning
- 1 jar favorite salsa

### Optional Toppings:

- Non-fat plain Greek yogurt
- Monterey Jack shredded cheese

### Directions:

Combine all ingredients in slow cooker. Simmer on low 4-6 hours. For a creamier texture, top with a dollop of Greek yogurt and sprinkle with Monterey jack cheese  
Enjoy 1 cup serving of this cozy fave for right around 300 calories.

## Turkey Chili (400 calories)

*A dish inspired by my husband who loves football and chili! Throw everything in the slow-cooker before a busy day and come home to cozy chili!*



### Ingredients:

- 1 lb. Butterball 97% lean ground turkey
- 2 cans chili-ready tomatoes
- 2 cans chili beans
- 1 package low sodium chili seasoning

### Optional Toppings:

- Non-fat plain Greek yogurt
- Part skim, shredded cheddar cheese

### Directions:

Combine all ingredients in slow cooker. Simmer on low 4-6 hours. Top with a dollop of Greek yogurt or sprinkle with low fat cheese. Enjoy a generous 1½ cup serving of this hearty chili for right round 400 calories.

# White Chicken Chili

(300 calories)

*You can never have too many varieties of chili in the fall! Try our white version of this fabulous fave for a whole new spin on chili.*



## Ingredients:

2 cans white chicken  
2 cans chicken broth  
2 cans great northern beans, drained  
1 package low sodium chili seasoning  
1 jar of your favorite salsa

## Optional Toppings:

1 avocado, sliced  
Non-fat plain Greek yogurt

## Directions:

Add all ingredients to slow cooker. Cook for 4 hours on low. Remove lid. With fork, gently shred cooked chicken. Top with sliced avocado & a dollop of Greek yogurt. Enjoy a 1 cup serving of this yummy chili for right around 300 calories.

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



***Your family will love these quick & easy delicious meals***

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

- Butterball 97% lean ground turkey
- Black beans
- Frozen corn
- Low sodium taco seasoning
- Salsa
- Chili ready tomatoes
- Chili beans
- Low sodium chili seasoning
- Non-fat plain Greek yogurt
- Low-fat cheese
- Canned white chicken
- Chicken broth
- Northern beans
- 1 avocado sliced

***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!***

# Something New!!

We have a QR code to make supporting our mission easier than ever. Just scan with your camera.





# OUR VISION

The vision of E4M Ministries is to become the voice for the true path to health and wellness. We desire to be the daily encouragement and truth for people that God cares about. Health and wellness is crucial to fully embracing and living out their purpose for God. In a world that says, “Eat, you will feel better. Weight loss comes with willpower,” we know God to be the number one comforter and that willpower will eventually give way to gluttony in a weight loss journey.

We long to educate, inspire and motivate people to understand and fully embrace this truth. We are inherently aware that without wisdom people perish. And wisdom must be embraced and received by the Word of God.

We live in a world where we are bombarded with news and information and inundated with false truths and lies about health and wellness. We want to be a constant reminder and provide a refreshing daily message speaking life and wellness into those that follow us. Our goal is to expand our influence and increase our platform. It is the ongoing support of our faithful donors and family members that will enable us to do this. It is our vision to utilize media outlets like television, radio, and print to spread this message.

Why does weight loss need a voice? Far too many people are unaware that God must be at the forefront of their weight loss journey if it is to be successful long term. Too many people continue to believe the lie that says, “Willpower, motivation, and the right meal plan are all you need.” This is a lie because willpower fades and motivation wanes. Our flesh will always desire to eat unhealthy food. Even the best meal plans matter not if we are not seeking God to satisfy the deep longings of our soul.

As the founder of E4M Ministries, I consistently hear from our followers and family, “I never thought to include God in this journey before.”

We must continue to expand and become an even bolder voice for health and wellness. As humans, we have a very short attention span and an even shorter memory. We must have a continual dialogue with God and others on this journey to be successful. We must always be intentional about our fellowship with like-minded people. E4M is that voice and we offer this platform for continual dialogue and community.

The support of our donors and family members will help us expand and strengthen our voice and grow our influence.

Please know your support matters!

Thank you for your continued love, support, and prayers!

# 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!