

the
M ✦ A ✦ P

Monthly Action Plan!

Designed to get us to our destination!



Your MAP for Success In May 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 Spring 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*

May Goal Setting Sheet

My FIERCE "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!



E4M SCRIPTURE FOR THE MONTH

I love how the above image depicts our scripture for the month, highlighting that God is with us! He is for us! Through Him, and with Him, we find victory! Sweet and precious family, I am earnestly praying that we see victory this month. Not just in weight loss, but in all strongholds. We must always know that all areas of our lives affect our weight loss. Struggles with finances, worry, fear and relationships all have a direct impact on our ability to be successful in weight loss in the long term. This month, as you watch the devotion video, be encouraged and reminded that God is fighting for you and when He arises in you, His enemies must be scattered. On the lines below, write down the 4 significant reminders in this verse that we will be exploring each week in our family meetings. I hope you are as encouraged as I am about the victories we are about to enter into!

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 WITH THESE VICTORIOUS RECIPES!

Celebrate AND lose weight! That's what we're all about in May! Join us in trying these Victorious recipes and get ready for success!

Power Up Your Day (198 calories – 2 slices of toast)

Want to jumpstart your morning and have energy that lasts until noon? Me too! When I need that extra boost, I power up my day with this cool and satisfactory power breakfast!



Ingredients:

2 slices Aunt Millie's low-calorie bread
½ cup fat free cottage cheese
1 T sugar/cinnamon combo

Directions:

Toast two slices of Aunt Millie's low-calorie bread and spread cottage cheese on each slice. Top with 1½ tsp. sugar-cinnamon on each slice of toast.

Broccoli Salad

(104 calories – makes 8½ cup servings)

What a refreshing way to enjoy your mid-day. Easily prepared the night before, the creamy texture and fun flavors in this broccoli salad are sure to satisfy! It's the perfect picnic companion!



Ingredients:

¼ cup finely chopped red onion	¼ tsp ground black pepper
½ cup canola or light mayonnaise	4 cups coarsely chopped broccoli florets
3 T fat free Greek yogurt	⅓ cup slivered almonds, toasted
1 T apple cider vinegar	⅓ cup dried cranberries (reduced sugar)
1 T honey	4 slices of bacon, cooked and crumbled
¼ tsp salt	

Directions:

Combine mayonnaise, fat free Greek yogurt, apple cider vinegar, honey, salt and black pepper. Using a whisk, stir ingredients. Add red onion, broccoli, almonds, cranberries and bacon. Cover and chill 1 hour before serving.

Let's Get to Grillin'

(180 calories – makes 8 - 4 oz. servings)

We love to grill at our house and marinating is key for chicken breasts! Using fat free zesty Italian dressing seals the juices of the lean chicken breast, leaving you with nothing but a yummy supper you can rave about!



Ingredients:

½ bottle Fat Free Zesty Italian Dressing
1 tsp garlic powder
1 tsp oregano
2 lbs. chicken breast

Directions:

In a shallow baking dish, mix the salad dressing, garlic powder and oregano. Poke small holes in the chicken. Place the chicken in the dish and coat both sides. Marinate in the refrigerator at least 4 hours. For best results, marinate overnight.

Preheat the grill for high heat.

Lightly oil grate. Discard marinade and grill chicken 8 minutes on each side or until juices run clear.

Fantastically Fit Fruit Cobbler

(102 calories – makes 8 - ½ cup servings)

*What a treat! A “fit” cobbler that “fits” our
Daily Bread Spread!*



Ingredients:

½ cup white sugar
½ cup flour
½ cup skim milk
¼ tsp salt
2 cups frozen mixed berries

Directions:

Combine all ingredients in a large mixing bowl, except the fruit. Pour into an 8X8 square baking pan coated with cooking spray. Sprinkle fruit on top of mix. Bake at 350 degrees for 40 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



“Victorious” Meals for your Family

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

- Sugar
- Flour
- Skim milk
- Salt
- Frozen mixed berries
- Red onion
- Canola or light mayonnaise
- Fat free Greek yogurt
- Apple cider vinegar
- Honey
- Ground black pepper
- Broccoli florets
- Slivered almonds
- Dried cranberries (reduced sugar)
- Bacon
- Fat free zesty Italian salad dressing
- Garlic powder
- Oregano
- Chicken breasts
- Aunt Millie’s low-calorie bread
- Cinnamon
- Cottage cheese (fat free)

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!