

the
M + A + P

Monthly Action Plan!

Designed to get us to our destination!



Your MAP for Success In August 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*

August 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!



E4M SCRIPTURE FOR THE MONTH

They cried out to God in the battle. He heeded their prayer because they put their trust in Him. 1 Chronicles 5:20 NKJV

How many of us cry out to God amid our struggles with our weight? We know our God is a prayer answering God, but when the "going gets tough", for some reason our weight loss seems to lose priority on our list of important prayer requests. Society tells us that weight loss is all about meal plans, will power and discipline. Friend, if that is the case, we are all fighting a losing battle because even the best meal plans fail and will power and discipline will eventually run dry. But God! Friend, God wants you to pray about this journey everyday! Cry out to him in your most vulnerable times! His word says, "He Heeded their prayers because they put their trust in Him." Trust Him today with all things weight loss! And watch Him come in and fight your battles!

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**

Delicious August Meals

August is such a special time of year with the anticipation of new beginnings and fresh starts as back-to-school is upon us. Even if you do not have school age kiddos or grandkids, you cannot help but get wrapped up in this time of the year.

Yummy Breakfast Wrap

(164 calories)

Here's a yummy breakfast wrap that's perfect for those mornings when you are on the go. This is also freezer friendly, saving you time on those busy mornings!



Ingredients:

Ole Extreme Wellness Wrap (50 calories)

Chicken sausage links, sliced in half (30 calories)

(Jones brand can be found in the frozen section at Costco)

2 large egg whites, cooked (using no calorie nonstick spray oil) (34 calories)

1 T Simply Nature Organic Salsa (Aldi's brand) (5 calories)

¼ cup Fat free Kraft shredded cheese (45 calories)

Directions:

Cook egg and place on wrap. Heat sausage and cut in half lengthwise and layer on wrap. Add salsa and cheese. All for 164 calories! Fresh spinach and sauteed mushrooms would be great additions too.

Ginger Lime Turkey Wrap

(237 calories)

Lunch is a wrap with this delicious and low calorie turkey wrap. This is a quick and easy lunch to prepare for you and to pack in your kiddo's back to school lunch! Serve with a side salad or baked chips and still be within the daily bread spread!



Ingredients:

Ole Extreme Wellness Wrap (choose your favorite flavor) (50 calories)

1.9 oz of Applegate turkey lunchmeat

1 serving of Kroger Salad Kit ginger lime slaw

Dill pickle

¼ cup of each: fresh pineapple and raspberries (or other fresh fruit)

Directions:

Layer ingredients on wrap and serve pickles and fruit on the side.

BBQ Cowboy Casserole

(315 calories per serving)

This is a quick and easy dish that can be prepared ahead of time and popped in the oven on a busy weeknight. Perfect for every cowboy (or cowgirl) in your house!



Ingredients:

2 lbs. lean ground turkey

2 tsp chili powder

1 red onion - finely diced

2 carrots - finely diced

1 clove of garlic - finely diced

½ cup Montgomery Inn BBQ sauce

1 family size of Buttery Idahoan Instant Mashed potatoes (prepared with water only)

¼ - ½ cup fat free shredded cheese

¼ cup French fried or crispy onions, for topping if so desired (I used the salad toppers)

Directions:

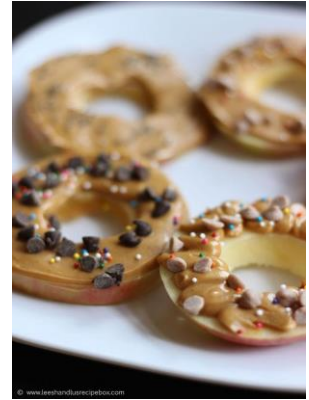
Heat oven to 425 while prepping mixture. Brown turkey with onion, garlic, and carrots. Rinse and drain to remove excess fat. Add chili powder and BBQ sauce. Place mixture in a 9x13 casserole dish sprayed with zero calorie nonstick spray. Prepare mashed potatoes with water only and top meat mixture. Bake at 425 until hot and bubbly. Remove casserole and sprinkle top with cheese and broil until cheese is melted and golden. Top with crispy onions, if desired. Serve with a side salad.

****Casserole serves 10 at 315 calories per serving. Add prepared salad kit and the meal total rounds out at 475 calories.**

Apple “Donuts”

(150 calories per serving)

These “donuts” are the perfect midday pick-me-up without the guilt. Utilizing an E4M staple (PbFit) you can enjoy these sweet treats all day long!



Ingredients:

1 medium apple

2 T PbFit peanut butter powder prepared according to package instructions

Optional Toppings: shredded coconut, mini chocolate chips, granola, etc.

Directions:

Remove apple core and slice the apple crosswise into 8 thin rings, about ¼ inch thick. Spread prepared PbFit onto each apple ring and sprinkle with desired toppings.

Serving size: 4 apple slices

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



“Wrap” your family in love with these delicious meals

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

- Ole Extreme Wellness Wrap - spinach or flavor of your choice
- Chicken sausage link (Jones brand can be found in the frozen section at Costco)
- Egg whites
- No calorie nonstick spray oil
- Simply Nature Organic Salsa (Aldi's brand)
- Fat free Kraft shredded cheese
- Applegate turkey lunchmeat
- Kroger Salad Kit Ginger lime slaw
- Grillos Italian dill pickles
- Fresh pineapple
- Fresh raspberries
- 2 lbs. lean ground turkey
- Chili powder
- Red onion
- Carrots
- Garlic clove
- Montgomery Inn BBQ sauce
- Buttery Idahoan Instant Mashed Potatoes
- French fried or crispy onions, for topping if so desired
- Apples
- PbFit
- Shredded coconut (optional)
- Mini chocolate chips (optional)
- Granola (optional)

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!