

the
M ✦ A ✦ P

Monthly Action Plan!

Designed to get us to our destination!

November



Your MAP for Success In November 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*

November 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!

I know that You can do all things, and that no purpose of Yours can be thwarted. - Job 42:2



E4M SCRIPTURE FOR THE MONTH

I know that You can do all things; and that no purpose of Yours can be thwarted. ~Job 42:2

UPSTOPPABLE!

Make no mistake. If you find yourself reading this, you are knee-deep in the middle of God's purpose. You, my sweet and precious friend, have been called. You have been hand-picked for a move of God. When you truly embrace what Job says above, you will begin to see that no matter what setbacks, temptations, or battles you find yourself up against, **No Purpose of God's Can Be Thwarted!** What God has called you to do will come to pass. Your weight loss journey will end in success! You may not see it, you may find it difficult to believe, but it will happen. When you own this undeniable truth, you will begin to approach everything from a new and beautiful perspective. I encourage you to begin embracing that this month you will begin to live out the fact that you are unstoppable! Not because of what you can do, but because of God's purpose in you! **No Purpose of God's Can Be Thwarted!** Get ready to be unstoppable!

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**

“Unstoppable” Staples for Slimming Down Through the Holidays

Oh So Satisfying Stuffing

(110 calories)

Stuffing is a definite staple at the Thanksgiving table. But this tasty side doesn't have to be full of calories to satisfy even the pickiest of guests.

Ingredients:

- 2 - 8 oz. boxes of dry bread stuffing mix
- 2 eggs, plus 1 egg white, beaten
- 1 - 10 oz. can reduced sodium chicken broth

Directions:

Preheat oven to 350 degrees. Spray a 2qt. casserole dish with canola oil. Prepare stuffing according to package directions. Place stuffing in a large bowl. Add eggs and chicken broth. Mix well and place in casserole dish. Cover and bake 45 to 60 minutes. This hearty and flavorful side will serve 8-10 guests for a delicious 110 calories per 1 cup serving!



Yummy Yams

(74 calories per ½ cup serving)

These yummy yams contain all the delicious and buttery flavor without all the fat and calories!

Ingredients:

- 8-10 medium sweet potatoes, peeled & cut into chunks
- 1 cup reduced sodium chicken broth
- ½ tsp ground cinnamon
- ⅔ cup low calorie almond milk
- 1 T low fat butter
- 1 tsp real vanilla extract
- Salt & pepper to taste

Directions:

Place potatoes and broth in large pot with tight fitting lid and bring to a simmer over medium heat. Cook until potatoes are fork-tender, about 25 minutes. Add cinnamon, almond milk and butter. Mash in food processor or with handheld masher until smooth. Add vanilla extract and season with salt and freshly ground black pepper to taste.



Creamy Pumpkin Mousse

(130 calories per serving)

Our creamy pumpkin mousse is the perfect topping for our many muffin varieties. It's also delicious when served a la carte!

Ingredients:

- 1 - 16 oz. can solid-pack pumpkin
- 1 package instant sugar-free vanilla pudding (5.1 oz box)
- ¼ cup low calorie almond milk
- 1 tsp. ground cinnamon
- 1 - 8 oz. container fat free frozen whipped topping, thawed

Directions:

In a medium bowl, combine pumpkin, pudding, milk and cinnamon. Mix with electric mixer until well blended. Fold in whipped topping until thoroughly blended. Enjoy a generous 1 cup serving of this tasty treat for just 130 calories. The perfect E4M Mix-n-More Snack!



Fall Pumpkin Muffins

(90 calories each)

This delectable treat combines two E4M favs – chocolate and cake! You'll never go back to baking with oil again after trying these moist muffins!

Ingredients:

- 1 - 16 oz. can solid-pack pumpkin
- 1 box of chocolate or spice cake mix

Directions:

Prepare cake mix according to package directions, omitting butter, oil and eggs, and replacing with pumpkin. It's that simple. Prepared as 12 muffins, calories are 120 ea. If you want to make mini muffins, this recipe yields 24 for just 90 calories each! Oh yeah!



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.

- 2 cans of solid-pack pumpkin (16 oz. ea)
- 1 package instant sugar-free vanilla pudding (5.1 oz box)
- Low calorie almond milk
- Ground cinnamon
- 1 container of fat free frozen whipped topping
- 2 - 8 oz. boxes of dry bread stuffing mix
- Eggs
- 2 - 10 oz. cans reduced sodium chicken broth
- 8-10 medium sweet potatoes
- Low fat butter
- Vanilla extract (use real)
- 1 box of chocolate or spice cake mix

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!

