

the  
M + A + P

Monthly Action Plan!

*Designed to get us to our destination!*



HE IS RISEN!



# Your MAP for Success In April 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*

# April 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**

**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:

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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

***JOSHUA TOLD THE PEOPLE, "CONSECRATE YOURSELVES, FOR TOMORROW THE LORD WILL DO AMAZING THINGS AMONG YOU." JOSHUA 3:5 NIV***

The dictionary defines 'consecrate' like this: "Dedicated to a sacred purpose." In this journey of healthy living, we strive daily to dedicate our bodies to the Lord. Why? Because the Bible tells us in 1 Corinthians 6:19-20, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore, honor God with your bodies." Sweet friend, let the fact that these temporary temples of ours do not belong to us encourage you today. In the same way you cherish the precious china that once belonged to your mother or grandmother, care for your body. Shine it up, keep it protected, and use only the best when caring for it. The bodies you live in today belong to our heavenly father, and they were bought with a price. As Joshua instructed the Israelites, I believe God is instructing us today: Dedicate how you treat your body: what you eat, when you eat and how much you eat to the Lord. Taking this approach in our health and wellness journey is sure to lead us to lasting success. As you watch this month's devotion, write on the lines below the 4 things Julie shares regarding how we can consecrate ourselves to God in our weight loss journey this month!

### **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**

# SHOWER YOURSELF IN DELICIOUS MEALS!

Hey E4M family! What an amazing time to be with family as we celebrate our risen Savior, Jesus Christ, who overcame the grave. We too can overcome all things with our Lord (even losing weight). E4M family, consecrate yourselves today for the Lord will do amazing things among you on your weight loss journey! Enjoy these simple and delicious meal ideas we have put together for you and your families.

## Yummy Yogurt Parfait

(160 - 187 calories)

***The K.I.S.S. Method “Keep It Simple Sweetie”.***

*It's a method I apply often in my weight loss journey. This yummy breakfast is about as simple as it gets, while still providing balance and yummy flavor.*



### **Ingredients:**

½ banana - (45 calories)

1 Carbmaster Greek yogurt - (80 calories)

¼ cup Honey Nut Cheerios - (35 calories)

### **Optional:**

1 tsp. raw honey - (22 calories)

### **Directions:**

**Layer Greek yogurt, cereal, and banana slices to make this deliciously sweet breakfast. Feeling extra sweet? Just drizzle a teaspoon of raw honey for an added sweet treat!**

# Deviled Eggs on Toast

(145 calories – makes 5¼ cup servings)

*This delicious deviled egg spread is totally angelic. It's a delightful way to use up all those colored eggs from Easter. Surround this scrumptious toast with a colorful salad for a mouth-watering lunch that encompasses all things Spring!*



## **Ingredients:**

- 6 large eggs - (350 calories)
- ⅓ cup plain Carbmater Greek yogurt - (70 calories)
- 1 tsp yellow mustard - (3 calories)
- 1 tsp sugar - (16 calories)
- ¼ tsp salt - (0 calories)
- ¼ tsp ground black pepper - (0 calories)

## **Directions:**

Hard boil the eggs. After peeling, cut eggs in half, lengthwise. Remove the yolks from the egg whites. Discard one of the egg yolks (2 halves). Add the remaining 5 egg yolks to a small bowl. Mash the yolks with the back of a fork until there are no more lumps. Dice egg whites. Add them, the Greek yogurt, mustard, sugar, salt and pepper to the yolks. Stir until combined. Spoon on toast and enjoy!

# Honey Glazed Easter Ham

(170 calories – per 4 oz. serving)

*A tradition we can all relate to – the ever-present honey ham at the family gathering, celebrating the risen Savior, Jesus.*



## **Ingredients:**

- 1 4-6 lb pre-cooked spiral ham\* - (4 oz = 130 calories)
- ¼ cup pineapple juice - (35 calories)
- ¼ cup orange juice - (30 calories)
- 1 T brown sugar - (50 calories)
- 1 T raw honey - (64 calories)
- 1 T orange juice - (6 calories)

## **Directions:**

Preheat the oven to 400°F.

Place ham, cut end down, in a large pan. Throw away glaze packet. In small bowl, mix together pineapple juice and orange juice. Spoon 2 tbsp over ham. Bake ham for 5 minutes. Remove from oven and drizzle 2 more tbsp over ham. Bake for an additional 5 minutes and spoon the remaining juices over the ham. Remove from oven. In a small bowl, mix together brown sugar, raw honey, and 1 tbsp of orange juice. Spoon mixture over outside of ham. Place back in oven, uncovered, for 45 minutes. ,

\*A 4-6 lb. spiral sliced ham will serve approximately 6-8 people. Simply double the ingredients for a larger gathering.

# Strawberry Shortcake

(140 calories)

*The yummy sweetness of the angel food cake beautifully compliments the strawberries in this simple and refreshing dessert! It's a sweet new staple your family is sure to enjoy! It's a great one for the kiddos or "grands" to help assemble!*



## **Ingredients:**

1/8 slice angel food cake - (75 calories)

1/2 cup strawberries - (50 calories)

2 T fat free Cool Whip - (15 calories)

## **Directions:**

Cut up fresh strawberries. Place in container and refrigerate.

Cut a slice of angel food cake and top with fresh strawberries and Cool Whip.

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



***“Shower” Your Family with Delicious Meals***

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

- Bananas
- Honey Nut Cheerios
- Eggs
- Carbmater Greek yogurt
- Yellow mustard
- Sugar
- Salt
- Ground black pepper
- Pre-cooked spiral ham
- Pineapple juice
- Orange juice
- Brown sugar
- Raw honey
- Angel food cake
- Strawberries
- Fat free Cool Whip

***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!**