

the
M + A + P

Monthly Action Plan!

Designed to get us to our destination!



SPRING INTO SUCCESS



Your MAP for Success In March 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 meals 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*

March 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

“DO NOT REMEMBER THE FORMER THINGS, NOR CONSIDER THE THINGS OF OLD. BEHOLD, I WILL DO A NEW THING, NOW IT SHALL SPRING FORTH; SHALL YOU NOT KNOW IT? I WILL EVEN MAKE A ROAD IN THE WILDERNESS, AND RIVERS IN THE DESERT. ISAIAH 43:18,19 NIV

What a glorious way to welcome in the spring season - forgetting the past and looking forward to the new! E4M family, as we embark on this new month and get ready to embark on a new season, let us remember and behold the precious promises of God found in these verses.

GOD IS MAKING A NEW WAY! Whatever you have gone through to this point is in the past! God has created a new way for you to find success. Are you ready to spring into it?

GOD IS MAKING A WAY IN THE WILDERNESS! No matter how lost you may have felt on your weight loss journey, God is making a way in your wilderness. Keep moving forward, keep looking ahead.

GOD IS MAKING RIVERS IN THE DESERT! Friends, you may be feeling dry and thirsty and weary from the work, but God is about to provide you with rivers of living water. Hold fast to His truths. He is waiting to show you the way to peace, purpose, and success in your weight loss journey! The past is in the past! This month we are embarking on the new! As you watch this month's devotional video, write down the 4 ways you can boldly experience the new things God wants to do in your life.

How can I fully experience what God wants for me on my weight loss journey?

1. _____
2. _____
3. _____
4. _____

On the lines below, share your special prayer to God, asking Him to help you DELIGHT IN HIM this month. Boldly claim answers to prayers and thank Him for giving you the desires of your heart in weight loss and health and wellness.

Dear Jesus,

AMEN

SPRING INTO SUCCESS!

Hey E4M family! We are looking forward to springing into a new season with you! God has amazing plans for you this month and we have some amazing recipes to share. As always, we are keeping them simple and budget and family friendly.

This month, go after ALL God wants to give you, for He is truly doing a NEW THING!

Avocado My Eggo

(135 calories)

Start your morning off right with this super balanced breakfast! Full of fiber, protein, good fat, and complex carbs, you'll be ready to tackle all the "to-dos" in your day and lose weight the natural way!



Ingredients:

1 slice Aunt Millie's low-calorie bread, toasted - (40 calories)

1 tbsp. mashed avocado – very lightly salted - (25 calories)

1 large fried egg - (70 calories)

Optional Garnish:

Sliced cherry tomatoes

Directions:

Toast 1 slice of bread. Spread 1 tbsp. mashed avocado, top with one fried egg.

Apple Cheddar Turkey Wrap

(170 calories – 1 wrap)

This amazing wrap is the perfect way to welcome Spring. Topped with fresh apple slices and honey Dijon mustard, it's a delightfully light lunch, packed with powerful protein to get you through that busy afternoon.



Ingredients:

- 2 oz Carving Board Roasted Turkey - (60 calories)
- 1 slice Sargento Ultra Thin Mild Cheddar Cheese - (40 calories)
- 1 Ole Xtreme Flour Tortilla Wrap - (50 calories)
- ¼ cup apple slices - (15 calories)
- 1 tsp honey Dijon mustard - (5 calories)

Directions:

Layer tortilla with roasted turkey. Top with sliced cheddar cheese, apple slices and drizzle lightly with honey Dijon mustard.

E4M Philly Steak Stuffed Peppers

(227 calories – 1 pepper)

These peppers are stuffed with all the goodness, but none of the fat and calories! Simple to prepare and a staple supper your whole family will love.



Ingredients:

- 2 oz lean beef shaved (Old Neighborhood brand) - (100 calories)
- 1 green bell pepper - (24 calories)
- 1 tsp olive oil - (40 calories)
- 2 cloves garlic - (5 calories)
- ¼ cup chopped onion - (18 calories)
- 1 slice Sargento Ultra Thin Provolone Cheese - (40 calories)
- Salt & pepper to taste

Directions:

Preheat the oven to 400°F.

Slice bell peppers in half from top to bottom and remove seeds and white ribs. Place peppers cut side up in a casserole dish with about 1/4 inch of water on the bottom. Cover the dish with foil and place in the preheating oven. In a skillet, add 1 teaspoon of olive oil. Once heated, add diced onions, cooking until translucent, approx. 5 minutes. Add steak to the skillet and continue to cook until steak is cooked through, approx. 5 minutes. Add salt and pepper to taste. Remove the peppers from the oven. Stuff each pepper with the steak and onion mixture. Place one slice of provolone cheese over each pepper and place back in the oven, uncovered, for 20 minutes or until the peppers have softened.

“Orange’ You Ready For A Great Smoothie?

(86 calories)

Spring calls for fresh fruit and what better way to welcome the freshness of the season than with this tantalizing smoothie! The vibrant color and sweet, creamy texture is the perfect snack for every weight loss journey!



Ingredients:

1 peeled, seedless orange - (45 calories)

1 cup ice cubes - (0 calories)

½ cup cashew milk (15 calories) or skim milk (20 calories)

1 tsp honey - (21 calories)

½ tsp pure vanilla extract - (0 calories)

Directions:

Place all ingredients in blender. Blend until smooth and creamy.

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 “Spring Into Success” E4M Recipes



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

- Aunt Millie’s Low-Calorie Bread
- Avocado
- Eggs
- Carving Board Roasted Turkey
- Sargento Ultra Thin Mild Cheddar Cheese
- Sargento Ultra Thin Provolone Cheese
- Ole Xtreme Flour Tortilla Wrap
- Apple
- Honey Dijon Mustard
- Lean Beef Shaved Steak (Old Neighborhood brand)
- Green Bell Peppers
- Olive Oil
- Onion
- Salt & Pepper
- Seedless Orange
- Almond Milk or Skim Milk
- Honey
- Pure Vanilla Extract

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 over what God has done for you, what He taught you and what you learned about yourself. Be creative!