

the
M + A + P

Monthly Action Plan!

Designed to get us to our destination!

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y'all!

IN GOD
WE TRUST



Your MAP for Success In July 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*

July Goal Setting Sheet

My FREEDOM "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

E4M family, our scripture for this month says it all! When Christ died on the cross, He set us free from all of the strongholds that keep us from serving Him to our fullest, *including our weight!* AND WHEN THE REALIZATION OF THAT FREEDOM TRULY RESONATES DEEP WITHIN US, WE BECOME STRONG! As we move into a new month, let's commit to seeking God like never before, asking Him to help us live out the freedom He so freely died to give! It's our Independence Day, my friend!

Start finding your freedom this month by committing to our Freedom 4!

1. Journaling
2. Water
3. Start everyday asking God for what you need in weight loss, believing He will deliver!
4. Praise Him right now for the freedom you are finding in weight loss 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 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**

Let Freedom Ring!

What an amazing time to be with family and friends, celebrating the freedom we have in Christ and the freedom that He has blessed us with as a nation!

Red, White & Blue Toast

(200 calories – serving 2 slices)

Start your 4th of July morning (or any morning) off right with this “Freedom Fav”! Full of color and goodness, it’s the patriotic way to start your day!



Ingredients:

- 2 slices Aunt Millie’s Low Calorie Bread
- ½ banana sliced, then cut slices in half
- 9 blueberries
- Low-calorie or sugar free strawberry or raspberry jam

Directions:

Toast bread, spread with jam, then top with blueberries and bananas in the shape of the American flag! So fun!

Caprese Tomato Salad

(80 calories – Makes 4 ¾ cup servings)

This beautifully colorful salad is the perfect compliment to any grill out or get together! Fresh veggies and fun flavors make this a staple all summer long!



Ingredients:

- 3 cups halved multicolored cherry tomatoes
- ⅓ tsp kosher salt
- ½ cup fresh basil leaves
- 1 T extra-virgin olive oil
- 1 T balsamic vinegar
- ½ tsp black pepper
- ¼ tsp kosher salt

Directions:

Combine tomatoes and ⅓ tsp kosher salt in a large bowl. Let stand 5 minutes. Add basil leaves, olive oil, balsamic vinegar, pepper, ¼ tsp kosher salt, and mozzarella. Toss & serve.

Grilled Chili Chicken Skewers with Cilantro Lime Pesto

(266 calories – 3 skewers)

These chicken skewers are the perfect portion controlled foundation for any summer supper! These skinny skewers boast bold flavors and texture that makes weight loss feel effortless!

Ingredients – Grilled Chili Chicken Skewers:

1 lb Boneless, Skinless, Chicken Strips
1 tsp salt
1 T brown sugar
1 T chili powder
½ tsp black pepper
1 T olive oil

Ingredients – Cilantro Lime Pesto:

2 cups cilantro
1 cup parsley
¼ cup honey roasted peanuts
2 T lime juice
2 small garlic cloves
⅓ cup olive oil
½ tsp salt
¼ tsp pepper

Directions – Grilled Chili Chicken Skewers:

Preheat grill to medium heat. In a bowl, mix together brown sugar, chili powder, salt, and pepper. Rinse and pat dry chicken. Skewer chicken. Drizzle olive oil and sprinkle rub over chicken, massaging the rub into the meat. Place chicken skewers on grill. Cook 10 minutes (flipping once) on medium-low flame until internal temperature reaches 165F. Once done cooking, remove from heat and set to the side.

Directions – Cilantro Lime Pesto:

While the chicken is cooking, place the cilantro, parsley, honey roasted peanuts, lime juice, garlic cloves, olive oil, salt and pepper in a food processor. Puree for 20-30 seconds until all the ingredients are well incorporated and broken down. Refrigerate the Cilantro Lime Pesto until ready to serve. Serve Cilantro Lime Pesto on top of the Grilled Chili Chicken Skewers.

Note: Soak wooden skewers for 30 minutes or longer to avoid skewers from burning.



Strawberry Shortcake

(140 calories per serving)

The yummy sweetness of the angel food cake beautifully compliments the strawberries in this simple and refreshing dessert! A sweet new staple your whole family is sure to enjoy! And a great one for the kiddos or “grands” to help assemble!



Ingredients:

1/8 slice angel food cake

1/2 cup strawberries

1/2 cup blueberries

2 tbsp fat free cool whip

Directions:

Cut up fresh strawberries. Place in container and refrigerate. Cut a slice of angel food cake and top with fresh strawberries, blueberries 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



“Freedom” Meals for your Family

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 (35 calorie per slice)
- Bananas
- Blueberries
- Low-calorie or sugar free strawberry or raspberry jam
- Boneless, skinless chicken strips
- Kosher salt
- Pepper
- Brown sugar
- Chili powder
- Black pepper
- Olive oil
- Cilantro
- Parsley
- Honey roasted peanuts
- Lime juice
- Garlic cloves
- Olive oil
- Multicolored cherry tomatoes
- Fresh basil leaves
- Extra-virgin olive oil
- Balsamic vinegar
- Angel food cake
- Strawberries
- Blueberries
- 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!