

the
M + A + P

Monthly Action Plan!

Designed to get us to our destination!



Your Toolkit for Success In January Includes:

MONTHLY GOAL SETTING SHEET

This is a new month and a new year! Commit to starting off right by setting goals in the areas that are most important: Faith, Family, Food and 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 in the new year! 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 toolkit 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 toolkit. 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*

January 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 goal: _____

(What is my weight loss goal for each week of this month?)

Monthly weight loss goal: _____

(What is my overall weight loss goal for the month?)

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!



“NO MORE RESOLUTIONS! WE ARE STARTING A **REVOLUTION!**”

E4M SCRIPTURE FOR THE MONTH

“AND ALL THESE BLESSINGS SHALL COME UPON YOU AND OVERTAKE YOU, BECAUSE YOU OBEY THE VOICE OF THE LORD YOUR GOD”

DEUTERONOMY 28:2

“ALL and BECAUSE.” *Two very powerful words in this verse. You will receive **all** the blessings (not just some) **because** you obeyed. It’s pretty simple. Cut and dry, so to speak. When we obey the voice of the Lord, the blessings will begin to flow. Friends, I want to encourage each and every one of you as this new year begins: Revolutionize the way you approach weight loss and healthy living. Revolutionize the way you approach life. We are constantly battling in our minds, trying to figure out our lives, creating formulas that will get us from point A to point B and complicating everything along the way. The reality is that this life (and weight loss journey) could and should be so much simpler. Just obey and be blessed. Let’s commit together to pray and ask God to show us His will, provide us the clarity we need and to help us hear that still small voice that will guide and lead every decision. Friends, make no mistake. You were placed here for success. You don’t have to figure out every aspect before it occurs. Just trust and obey, God has promised to lead the way. Take time this month to truly embrace this scripture, asking God to help you fully embrace and believe every word. For when you do, you can embrace another powerful scripture, “not one of all the Lord’s good promises to Israel failed; everyone was fulfilled.” (Joshua 21:45) Watch and see God fulfill every one of His promises to you on your weight loss journey as you obey His voice!*

On the lines below, share your special prayer to God, asking Him to help you hear His voice and obey. Ask Him for clarity and wisdom you need to follow His will and thank Him now, knowing that this year will be revolutionary, filled with blessings and new beginnings!

Dear Jesus,

AMEN

Our E4M “Revolutionary” Meal Ideas

To start a revolution means to change something FOREVER, not just temporarily! This month’s meal ideas are revolutionary because they will help you revolutionize the way you prepare some classic favorites. You can make meals to enjoy with your family FOREVER while still losing weight and living healthy! Here’s to your revolution, E4M family!

Chicken Tortilla Soup

****Recipe demo this month****

(300-400 calories)

Cuddle up with a cup of this zesty soup any day or evening of the week. Colorful, full of texture and nutrition, it's the perfect weight loss staple! Bonus: your family will love it too!



Ingredients:

3-4 boneless, skinless chicken breasts
1 can low sodium black beans, rinsed
1 packet low sodium taco seasoning
3 cans low sodium chicken broth

1 can fire roasted tomatoes
1 can low sodium corn, rinsed
1 onion, chopped
1 tbsp. Shredded cheddar cheese

Optional Toppings:

Sliced Avocado and/or a dollop of plain greek yogurt

Directions:

Place all ingredients (minus optional toppings) in slow cooker on low for 4-6 hours. (Remember, chicken can even be placed in the slow cooker right out of the freezer!) Without optional toppings, 1 cup of this soup fits our Daily Bread Spread of 300-400 calories! Add 1 or 2 toppings, and it still fits in for dinner at 400-500 calories!

Colorful Chicken Salad

(300-400 calories)

This cozy favorite is a perfect lunch or dinner staple.

Make it your own by adding the mix-ins you love.

Make it a habit by making it often!



Ingredients:

1 large can white chicken
3 tbsp. light mayonnaise
1 stalk celery, diced
½ onion, chopped
1 hard-boiled egg, chopped

Optional Mix-ins:

½ cup grapes, diced
¼ cup raisins
Bib Lettuce (can be used as bun)
100 calorie bun

Directions:

Stir together all ingredients. Enjoy ½ cup of this this colorful chicken salad topped on a bun of bib leaf lettuce, or a 100 calorie bun. Either way, this powerhouse staple fits our Daily Bread Spread of 300-400 calories with ease!

E4M Best Buffalo Chicken Dip

(100-150 calories)

You can't have winter without football and you can't have football without a great tailgate dip! This buffalo dip is the perfect compliment to any tailgate party. Forget the guilt, it fits perfectly into any weight loss plan!



Ingredients:

4 boneless, skinless chicken breasts
1 16 oz. bottle wing sauce (look for lowest sodium content)
1 16 oz. package light cream cheese
1 cup shredded cheddar cheese

Dippers:

Celery
1 srvg. tortilla chips (add 150 cal.)

Directions: Combine all ingredients in slow cooker and heat on low 4 hours, stirring occasionally. Chicken will fall apart and combine with other ingredients with ease after about 4 hours. 1/2 cup fits our Daily Bread Spread Snacks at 100-150 calories!

E4M Pulled Chicken BBQ

(300-400 calories)

If you haven't noticed, I'm a little obsessed with my slow cooker. With a super busy schedule and running three kiddos around constantly, I'm rarely home when it's time to cook. My slow cooker allows me to toss a few ingredients in first thing in the morning, and come home to an inviting aroma and meal! You'll love this cozy Pulled Chicken BBQ!



Ingredients:

4-5 chicken breasts
1 large bottle Montgomery Inn Barbeque Sauce
(An E4M fave because of the low sodium content.)

Optional sides:

Cauli-rice
Broccoli
Brown rice
100 calorie bun

Directions:

Place chicken and barbeque sauce in slow cooker and simmer all day. When you come home, just shred and stir. Prepare your favorite side dish. I like to have a variety of frozen microwave ready veggies on hand all the time. Most can be heated in 5-7 minutes. Serve pulled chicken atop rice, 100 bun, or all by itself. Either way 1 cup of this zesty dish fits our Daily Bread Spread with ease at 300-400 calories. And adding the sides, still stays easily within our guidelines of 400-500 calories!

The meals shared with you in our toolkits 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 “*Revolutionary*” E4M Recipes



- Boneless, skinless, chicken breasts (to prepare all recipes, you will need about 6-8 lbs.)
- Avocado (optional ingredient)*
- 1-2 medium onions
- Plain, greek yogurt (optional ingredient)*
- 3 cans low sodium chicken broth
- Shredded cheddar cheese
- 1 can fire roasted tomatoes
- 1 can low sodium black beans
- 1 can low sodium corn
- 1 packet low sodium taco seasoning
- Montgomery Inn Barbeque Sauce (or other favorite bbq sauce)
- 1 large can white chicken
- ½ cup grapes (optional ingredient)*
- Light mayonnaise
- ¼ cup raisins (optional ingredient)*
- Bib lettuce (can be used as bun)
- 100 calorie buns
- 1 hard-boiled egg
- Celery
- 1 16 oz. bottle wing sauce
- 1 serving tortilla chips (optional ingredient)*
- 1 16 oz. package light cream cheese
- Cauli-rice (optional ingredients)*
- Broccoli (optional ingredients)*
- Brown rice (optional ingredients)*

***These ingredients are considered optional toppings or sides and are not necessary for preparing foundational recipe**

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. Second, 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's 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!