



The Holy Mess Membership

Welcome!



Here's Your Path to Success!

The Holy Mess Membership



READY



SET



GO!

1

MINI-CHALLENGE

Print the workbook.

2

MINI-CHALLENGE

Plan what you will eat.

Start with 1 to 2 healthy meals from ingredients you have on hand.

3

MINI-CHALLENGE

Join the Facebook group.

1



READY



Print the workbook.

2



Pantry Power

Simple Meals with What You Have on Hand

Healthy at Home

1. **Veggie Omelet & Buttered**

Toast: 3 eggs and 1 cup sliced vegetables, 1 slice whole wheat toast, 1 tsp butter - 315 calories

2. **Cheese Soup & Crackers:**

Progresso Light Broccoli Cheese Soup, 1 cup, 5 saltines - 180 calories

3. **Chicken & Biscuit:** Grocery rotisserie chicken (remove skin), 1 breast and 1 leg, 2 cups Steamfresh vegetables, 1 reduced-fat, canned Pillsbury refrigerator biscuit - 580 calories

4. **Ham and Cheese Lean**

Pocket, 1 item, 2 cups steamed broccoli - 330 calories

5. **Stuffed Potato:** 1 large baked potato, 1 cup canned baked beans, 3 oz diced chicken breast - 560 calories

6. **Shrimp Stir Fry & Rice:** 2 cups frozen stir-fry veggies, $\frac{3}{4}$ cup cooked instant brown rice, 3 oz cooked shrimp, 1 Tbsp low sodium soy sauce - 400 calories

Healthier Take Out

1. **Wendy's** Apple Pecan Chicken Salad with dressing - 550 calories

2. **Subway** Turkey Sub, 6 inch on whole wheat with mustard and 1 cup vegetables, side of baked Lay's potato chips - 410 calories

3. **Chick-Fil-A** Grilled Chicken Nuggets with Buffalo sauce, fruit cup - 220 calories

4. **Panera** You Pick Two Chicken Noodle Soup, Bacon Turkey Bravo, apple - 560 calories

5. **Steakhouse** Applebees, Outback, or other steakhouse - 6 oz grilled sirloin steak, baked sweet potato, side of broccoli - 550 calories



Snack Smart

30 Low Calorie Ideas You'll Love

- Quest mini chocolate chip cookie dough bar - 80 calories
- 100-calorie pack of almonds
- 20 mini pretzels - 110 calories
- Chomps turkey stick - 80 calories
- Frigo light string cheese - 50 calories
- Banana - 100 calories
- ½ cup nonfat Greek yogurt, 1 cup strawberries - 100 calories
- ½ cup nonfat or low-fat cottage cheese, 1 cup peaches - 140 calories
- ½ cup apple sauce, unsweetened - 90 calories
- Sugar-free gelatin snack cup - 6 calories
- Sugar-free pudding cup - 60 calories
- 1 cup fresh blueberries. 2 Tbsp light Cool Whip - 100 calories
- 2 dill pickle spears - 10 calories
- 2 oz deli sliced ham, 1 Tbsp mustard = 75 calories
- 2 cups air-popped popcorn - 62 calories
- 1 cup baby carrots, 2 Tbsp hummus - 125 calories
- Hard-boiled egg, Everything Bagel seasoning - 70 calories
- 2 stalks celery, 1 Tbsp peanut butter - 108 calories
- 1 cup raw jicama sticks, 2 Tbsp salsa - 55 calories
- 2 stalks celery, 1 Laughing Cow Light cheese wedge - 37 calories
- Starkist Ranch Tuna Creations pouch, 8 Wheat Thins - 140 calories
- 1 cup frozen grapes - 62 calories
- ½ cup cooked, shelled edamame - 90 calories
- 1 cup cherries - 90 calories
- Large slice watermelon - 45 calories
- 1 cup grape tomatoes - 42 calories
- 1 orange - 62 calories
- 12 mini sweet peppers - 100 calories
- 1 cup frozen mango cubes - 100 calories



Food Log



Date: _____

Time of Day	Food	Amount	Calories/Points

Total _____

Symptom	How do you feel?	Notes
Physical	    	
Hunger & Fullness	    	
Energy	    	
Mood	    	



Cut out your
next badge &
glue it here.



THE HOLY MESS MEMBERSHIP CHEAT SHEETS

Here's a quick reference sheet for concepts we use in the membership.

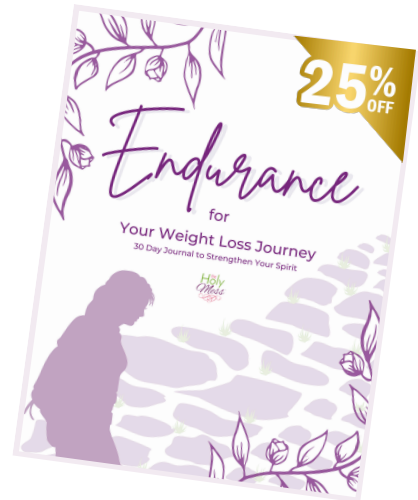


Each month has a new workbook & theme. We do the activities together.

Focus on the calendar & weekly checklists.

You have the option to invest in a new Christian Weight Loss journal every month.

In your membership area in Teachable, it's 25% off!



Every other month is a Challenge month. We pick up the pace!



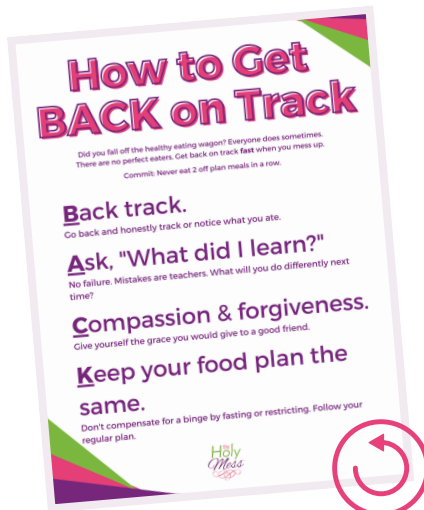
Opposite months are Learn & Grow. We slow down and practice.

THE HOLY MESS MEMBERSHIP CHEAT SHEETS



Everything you do is based on these research-backed healthy weight loss principles.

These Biblical guidelines create your Christian weight loss foundation.



Oops! Fall off the wagon?
The BACK on track method is
your reset button.
(Give yourself grace. We all
need this sometimes.)



THE HOLY MESS

EASY START MEAL PLAN

7 DAYS OF
SIMPLE & SATISFYING
WEIGHT LOSS MEALS



THE HOLY MESS EASY START MEAL PLAN

Here is an optional healthy eating plan for weight loss.

Adapt to fit your needs and preferences.

Not medical advice.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Yogurt Parfait	Pizza Protein Bowl	Pork & Squash	banana, peanut butter popcorn, M&Ms
TUE	Breakfast Bowl	Asian Salad	Chicken & Rice	veggies, ranch apple, string cheese
WED	Yogurt Parfait	Pizza Protein Bowl	Pesto Salmon	fudge bar yogurt, cereal
THU	Breakfast Bowl	Asian Salad	Sausage Dinner	tortilla chips, guacamole fudge bar
FRI	Yogurt Parfait	Pizza Protein Bowl	Burger & Fries	apple & string cheese mixed nuts, fruit
SAT	Breakfast Bowl	Asian Salad	Out to Eat	restaurant dessert banana
SUN	Yogurt Parfait	Pizza Protein Bowl	Leftovers	yogurt, cereal veggies, guacamole

Easy Start Recipes

Yogurt Parfait

1 light Greek yogurt cup, such as Chobani Zero or Two Good, 5 oz, any flavor, 2 cups fruit, 3 Tbsp mixed nuts.
In a bowl, layer yogurt and fruit. Sprinkle nuts on top.

Calories: 324, Protein: 18, Fat: 14, Carbs: 28, WW: 6

Breakfast Bowl

1 cup frozen hash browns, 2 slices bacon, 2 eggs, 1 cup peppers.
Cook hash browns according to package directions, using cooking spray or water. Cook bacon. Scramble eggs with peppers. Serve.

Calories: 351, Protein: 24, Fat: 18, Carbs: 24, WW: 4

Pizza Protein Bowl

1/2 cup low fat or fat free cottage cheese, 1 cup spinach, 18 turkey pepperoni slices, 2 Tbsp Parmesan cheese, 1 Tbsp pizza sauce.
Layer ingredients in a bowl. Serve hot or cold.

Calories: 283, Protein: 36, Fat: 11, Carbs: 10, WW: 6

Asian Salad

On 5 cups mixed greens, add 1/4 cup edamame, 3 ounces diced chicken, 2 Tbsp light sesame dressing, 2 Tbsp almonds

Calories: 354, Protein: 37, Fat: 16, Carbs: 17, WW: 5

Pork & Squash Dinner

1 grilled 4 ounce pork chop, 1/2 cup acorn squash cubes, roasted, 2 cups green beans

Calories: 330, Protein: 40, Fat: 6, Carbs: 35, WW: 0

Chicken & Rice

1 chicken thigh, 3 ounces, marinated in 2 Tbsp light sesame dressing, baked or grilled, 1/2 cup cooked instant brown rice, 2 cups steamed carrots

Calories: 503, Protein: 36, Fat: 11, Carbs: 67, WW: 6

Easy Start Recipes

Pesto Salmon

4 ounce salmon fillet, grilled or baked, with 1 Tbsp jarred pesto drizzled over it,
1 cup mixed vegetables,
1 sweet potato

Calories: 489, Protein: 32, Fat: 21,
Carbs: 43, WW: 2

Sausage Dinner

2 dinner-sized chicken sausage links, such as Aidell's,
2 cups roasted cabbage slices,
1 cup baby potatoes

Calories: 446, Protein: 35, Fat: 12,
Carbs: 53, WW: 5

Healthier Burger & Fries

1 cooked lean turkey burger,
1 light or low carb bun, 1 serving frozen French fries, 2 cups steamed broccoli

Calories: 426, Protein: 33, Fat: 14,
Carbs: 50, WW: 5

Out to Eat

Steakhouse:
6 oz sirloin steak,
1 baked potato,
2 cups broccoli

Calories: 535,
Protein: 61, Fat: 11,
Carbs: 49, WW: 0

Leftovers

Any leftovers from a previous meal this week.

400- 500 calories
8-10 WW points

Monday Snacks

1 banana,
2 Tbsp peanut butter

3 cups air-popped popcorn,
1 serving mini M&Ms

Calories: 509, Protein: 12, Fat: 22,
Carbs: 71, WW: 14

Tuesday Snacks

2 cups raw veggies like baby carrots, cucumber slices, grape tomatoes,

2 Tbsp light Ranch dressing
1 apple & 1 light string cheese

Calories: 341, Protein: 8, Fat: 11,
Carbs: 56, WW: 5

Easy Start Recipes

Wednesday Snacks

1 frozen fudge bar
1 light Greek yogurt cup, 5 oz,
any flavor, 1 cup original
Cheerios

Calories: 263, Protein: 19, Fat: 3,
Carbs: 46, WW: 7

Thursday Snacks

1 serving tortilla chips,
2 Tbsp guacamole
1 frozen fudge bar

Calories: 278, Protein: 7, Fat: 12,
Carbs: 38, WW: 7

Friday Snacks

1 apple & 1 light string cheese
2 Tbsp, about 100 calories
of mixed nuts, 1 cup fruit

Calories: 340, Protein: 10, Fat: 11,
Carbs: 53, WW: 4

Saturday Snacks

½ medium-sized restaurant
dessert, like a slice of cheesecake
or brownie sundae
1 banana

Calories: 425, Protein: 5, Fat: 16,
Carbs: 70, WW: 17

Sunday Snacks

1 light Greek yogurt cup, 5 oz, any
flavor, 1 cup original Cheerios
1 cup raw vegetables,
2 Tbsp guacamole

Calories: 308, Protein: 17, Fat: 5,
Carbs: 55, WW: 6

Daily Totals

Monday Calories: 1446 WW: 26	Thursday Calories: 1429 WW: 21	Saturday Calories: 1665 WW: 26
Tuesday Calories: 1549 WW: 20	Friday Calories: 1373 WW: 21	Sunday Calories: 1415 WW: 28
Wednesday Calories: 1359 WW: 21		

GROCERY List

Serves one person.

Food swaps:

- Any veggie for another veggie
- Any fruit for another fruit
- Any lean protein for another protein
- Any whole grain for another grain
- Fresh produce for frozen

FRUITS AND VEGETABLES
9 cups fruit, any
2 bananas
2 apples
15 cups mixed greens
4 cups spinach
3 cups sliced peppers
1 acorn squash (or cubes)
2 cups green beans
1 head cabbage
2 cups any veggies to dip
1 sweet potato
1 cup baby potatoes
1 tub guacamole

FROZEN
1 bag (3 cups) frozen hash browns
1 bag shelled edamame or peas
1 bag sliced carrots
1 bag mixed vegetables
1 bag broccoli
1 bag French fries
1 box light fudge bars

DAIRY AND EGGS
6 light Greek yogurt, any flavor, 5 oz each
2 cups light or fat free cottage cheese
2 light string cheese
6 eggs

PANTRY
1 jar Parmesan cheese
1 jar pizza sauce
1 bottle light sesame dressing
1 bottle light Ranch dressing
1 box instant brown rice
1 jar pesto
1 box original Cheerios
1 sm bag tortilla chips
1 bag popcorn kernels or light microwave bag
1 tube mini M&Ms

SNACKS & SWEETS
1 cup (14 Tbsp) mixed nuts
6 Tbsp sliced almonds

MEAT AND POULTRY
6 slices bacon
1 pkg turkey pepperoni
2 large chicken sausage links
1 lean turkey burger
3 oz chicken thigh
9 oz cooked chicken
4 oz pork chop
4 oz salmon fillet

BREADS AND GRAINS
1 bag light hamburger buns

OTHER ITEMS
cooking spray
herbs and spices as desired

MEAL PLAN

Create your own meal plan here.
Consider events you have planned like days running errands or meals
with family & friends.

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

List