



# The Holy Mess Membership





# Your Membership Quick Start

Complete these steps so you are set up for success.

- Mini Challenge #1  
Print the workbook.
  
- Mini-Challenge #2  
Plan your first week's meals & grocery list.
  
- Mini-Challenge #3  
Join the Facebook group & post an introduction.



# THE HOLY MESS EASY START MEAL PLAN

Here is an optional healthy eating plan for weight loss and wellness.

Adapt to fit your needs and preferences.

Nutritional information on the next page. *Not medical advice.*

|     | BREAKFAST  | LUNCH   | DINNER  | SNACKS  |
|-----|--|---|---|---|
| MON | <b>Yogurt Parfait</b><br>1 light Greek yogurt, 2 C fruit, 3 T mixed nuts             | <b>Pizza Protein Bowl</b><br>1/2 C cottage cheese, 1 C spinach, 18 turkey pepperoni, 2 T Parmesan cheese    | <b>Pork &amp; Squash</b><br>1 grilled pork chop, 1/2 C acorn squash, 2 C green beans  | 1 banana & 2 T peanut butter<br><br>3 C popcorn, 1 serving mini M&Ms          |
| TUE | <b>Breakfast Bowl</b><br>1 C frozen hash browns, 2 slices bacon, 2 eggs, 1 C peppers | <b>Asian Salad</b><br>3 oz chicken, 1/4 C edamame, 5 C mixed greens, 2 T light sesame dressing, 2 T almonds | <b>Chicken &amp; Rice</b><br>1 chicken thigh marinated in 2 T light Italian dressing, 1/2 cup instant brown rice, 2 C carrots | 2 C raw veggies, 2 T light Ranch<br><br>1 apple & 1 light string cheese       |
| WED | <b>Yogurt Parfait</b><br>1 light Greek yogurt, 2 C fruit, 3 T mixed nuts             | <b>Pizza Protein Bowl</b><br>1/2 C cottage cheese, 1 C spinach, 18 turkey pepperoni, 2 T Parmesan cheese    | <b>Pesto Salmon</b><br>1 salmon fillet, 1 T jarred pesto, 1 C mixed vegetables, 1 sweet potato                                | 1 frozen fudge bar<br><br>1 light Greek yogurt + 1 cup Cheerios               |
| THU | <b>Breakfast Bowl</b><br>1 C frozen hash browns, 2 slices bacon, 2 eggs, 1 C peppers | <b>Asian Salad</b><br>3 oz chicken, 1/4 C edamame, 5 C mixed greens, 2 T light sesame dressing, 2 T almonds | <b>Sausage Dinner</b><br>2 lg chicken sausage links, 2 C roasted cabbage, 1 C baby potatoes                                   | 1 serving tortilla chips, 2 T guacamole<br><br>1 frozen fudge bar             |
| FRI | <b>Yogurt Parfait</b><br>1 light Greek yogurt, 2 C fruit, 3 T mixed nuts             | <b>Pizza Protein Bowl</b><br>1/2 C cottage cheese, 1 C spinach, 18 turkey pepperoni, 2 T Parmesan cheese    | <b>Burger &amp; Fries</b><br>1 lean Turkey Burger, 1 light bun, 1 serving frozen fries, 2 C broccoli                          | 1 apple & 1 light string cheese<br><br>100 calorie pack nuts, 2 cuties        |
| SAT | <b>Breakfast Bowl</b><br>1 C frozen hash browns, 2 slices bacon, 2 eggs, 1 C peppers | <b>Asian Salad</b><br>3 oz chicken, 1/4 C edamame, 5 C mixed greens, 2 T light sesame dressing, 2 T almonds | <b>Out to Eat</b><br>6 oz Sirloin steak, 1 baked potato, 2 C broccoli   | 1/4 restaurant dessert<br><br>1 banana  |
| SUN | <b>Yogurt Parfait</b><br>1 light Greek yogurt, 1 C fruit, 3 T mixed nuts             | <b>Pizza Protein Bowl</b><br>1/2 C cottage cheese, 1 C spinach, 18 turkey pepperoni, 2 T Parmesan cheese    | <b>Leftovers</b>  | 1 light Greek yogurt + 1 cup Cheerios<br><br>2 C raw veggies, 2 T light Ranch |

C = Cup T = Tablespoon oz = ounces



# THE HOLY MESS EASY START MEAL PLAN

Estimated nutritional information for meal plan. *Not medical advice.*

|     | BREAKFAST  | LUNCH  | DINNER   | SNACKS  | Day's Total              |
|-----|--|--|--|---|--------------------------|
| MON | <b>Yogurt Parfait</b><br>Calories: 324<br>Protein: 18<br>Fat: 14<br>Carbs: 28<br>WW: 6 | <b>Pizza Protein Bowl</b><br>Calories: 283<br>Protein: 36<br>Fat: 11<br>Carbs: 10<br>WW: 6 | <b>Pork &amp; Squash</b><br>Calories: 330<br>Protein: 40<br>Fat: 6<br>Carbs: 35<br>WW: 0   | <b>PB banana, popcorn &amp; M&amp; Ms</b><br>Calories: 509<br>Protein: 12<br>Fat: 22<br>Carbs: 71<br>WW: 14 | Calories: 1446<br>WW: 26 |
| TUE | <b>Breakfast Bowl</b><br>Calories: 351<br>Protein: 24<br>Fat: 18<br>Carbs: 24<br>WW: 4 | <b>Asian Salad</b><br>Calories: 354<br>Protein: 37<br>Fat: 16<br>Carbs: 17<br>WW: 5        | <b>Chicken &amp; Rice</b><br>Calories: 503<br>Protein: 36<br>Fat: 11<br>Carbs: 67<br>WW: 6 | <b>Veggies &amp; Ranch, apple, cheese</b><br>Calories: 341<br>Protein: 8<br>Fat: 11<br>Carbs: 56<br>WW: 5   | Calories: 1549<br>WW: 20 |
| WED | <b>Yogurt Parfait</b><br>Calories: 324<br>Protein: 18<br>Fat: 14<br>Carbs: 28<br>WW: 6 | <b>Pizza Protein Bowl</b><br>Calories: 283<br>Protein: 36<br>Fat: 11<br>Carbs: 10<br>WW: 6 | <b>Pesto Salmon</b><br>Calories: 489<br>Protein: 32<br>Fat: 21<br>Carbs: 43<br>WW: 2       | <b>Fudge bar, yogurt &amp; cereal</b><br>Calories: 263<br>Protein: 19<br>Fat: 3<br>Carbs: 46<br>WW: 7       | Calories: 1359<br>WW: 21 |
| THU | <b>Breakfast Bowl</b><br>Calories: 351<br>Protein: 24<br>Fat: 18<br>Carbs: 24<br>WW: 4 | <b>Asian Salad</b><br>Calories: 354<br>Protein: 37<br>Fat: 16<br>Carbs: 17<br>WW: 5        | <b>Sausage Dinner</b><br>Calories: 446<br>Protein: 35<br>Fat: 12<br>Carbs: 53<br>WW: 5     | <b>Chips &amp; guac, fudge bar</b><br>Calories: 278<br>Protein: 7<br>Fat: 12<br>Carbs: 38<br>WW: 7          | Calories: 1429<br>WW: 21 |
| FRI | <b>Yogurt Parfait</b><br>Calories: 324<br>Protein: 18<br>Fat: 14<br>Carbs: 28<br>WW: 6 | <b>Pizza Protein Bowl</b><br>Calories: 283<br>Protein: 36<br>Fat: 11<br>Carbs: 10<br>WW: 6 | <b>Burger &amp; Fries</b><br>Calories: 426<br>Protein: 33<br>Fat: 14<br>Carbs: 50<br>WW: 5 | <b>Apple, cheese, nuts, cuties</b><br>Calories: 340<br>Protein: 10<br>Fat: 11<br>Carbs: 53<br>WW: 4         | Calories: 1373<br>WW: 21 |
| SAT | <b>Breakfast Bowl</b><br>Calories: 351<br>Protein: 24<br>Fat: 18<br>Carbs: 24<br>WW: 4 | <b>Asian Salad</b><br>Calories: 354<br>Protein: 37<br>Fat: 16<br>Carbs: 17<br>WW: 5        | <b>Out to Eat</b><br>Calories: 535<br>Protein: 61<br>Fat: 11<br>Carbs: 49<br>WW: 0         | <b>Restaurant dessert, banana</b><br>Calories: 425<br>Protein: 5<br>Fat: 16<br>Carbs: 70<br>WW: 17          | Calories: 1665<br>WW: 26 |
| SUN | <b>Yogurt Parfait</b><br>Calories: 324<br>Protein: 18<br>Fat: 14<br>Carbs: 28<br>WW: 6 | <b>Pizza Protein Bowl</b><br>Calories: 283<br>Protein: 36<br>Fat: 11<br>Carbs: 10<br>WW: 6 | <b>Leftovers</b><br>Aim for 400- 500 calories.<br>8-10 WW points.                          | <b>Yogurt, cereal, veggies &amp; Ranch</b><br>Calories: 308<br>Protein: 17<br>Fat: 5<br>Carbs: 55<br>WW: 6  | Calories: 1415<br>WW: 28 |

# MEAL PLAN

Now it's your turn!

If you aren't using our meal plan exactly, create your own 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 |           |       |        |        |



# GROCERY List

| FRUITS AND VEGETABLES |
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| DAIRY AND EGGS |
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| MEAT AND POULTRY |
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| SEAFOOD |
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| PANTRY STAPLES |
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| BREADS AND GRAINS |
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| BEVERAGES |
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| SNACKS AND SWEETS |
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| HOUSEHOLD ITEMS |
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Cut out these cards and post them where you will see them daily.



I can  
do  
hard  
things.



My mess  
becomes  
my  
message.



I will  
follow  
my food  
plan  
today.



Your  
worth is  
not your  
weight.

# THE HOLY MESS GUIDE TO CALM & BALANCED EATING





# How to Get BACK on Track

Did you fall off the healthy eating wagon? Everyone does sometimes. There are no perfect eaters. Get back on track **fast** when you mess up.

Commit: Never eat 2 off plan meals in a row.

## Back track.

Go back and honestly track or notice what you ate.

## Ask, "What did I learn?"

No failure. Mistakes are teachers. What will you do differently next time?

## Compassion & forgiveness.

Give yourself the grace you would give to a good friend.

## Keep your food plan the same.

Don't compensate for a binge by fasting or restricting. Follow your regular plan.



# The Holy Mess Calorie Density Guide

## GREEN - EAT OFTEN & ENJOY!

GREEN & YELLOW VEGETABLES  
FRUIT

LOW  
Calorie  
Density

WHOLE GRAINS, POTATOES, & STARCHY VEGETABLES  
BEANS & TOFU  
COOKED WHOLE GRAIN & BEAN PASTA

## YELLOW - EAT SOME & TRACK

LEAN PROTEIN  
AVOCADO

MIDDLE  
Calorie  
Density

NON-FAT DAIRY  
FLOUR PRODUCTS, CEREALS, & PROCESSED CARBS

## RED - LIMIT, TRACK, & MEASURE

HIGH FAT & PROCESSED MEAT  
FULL-FAT DAIRY  
TREATS & JUNK FOOD  
NUTS & SEEDS  
OILS, FATS, & BUTTER

HIGH  
Calorie  
Density



The Holy Mess  
Membership  
**BADGES**