

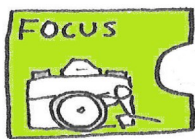
THE + DANIEL PLAN

**REFRIGERATOR PAGE—THE DANIEL PLAN WEEKLY TIPS
WEEK 2
#fulfilledandfreeRUMC1777**



Memory Verse for the week
1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.



Focus: SAY NO

SAY NO. Some think that being busy makes you look more important. Really, being too busy just creates stress. You do not have to take on every project, accept every invitation, or volunteer for every ministry that presents itself. Before responding to your next request, ask for time to think about it. You can pray about it, think about how it relates to your goals, and decide if/how it fits into your schedule. It is ok to say no.

Discover the power of meditation—With Calm for iPhone and Android, you'll discover how simple meditation really is, and how taking a few moments out of your day can make you happier and healthier. It can be found on GooglePlay or the App Store. There are 2, 5, 10, 15 and 20 minute guided sessions. You can pick background sounds and scene you prefer. Use this to meditate on the memory verse each week!



Calm: Meditation & simple guided mindfulness to sleep, relax, breathe
Calm.com
★★★★★ (820)

Friends Tip

Changing your eating habits, especially when the goal is to eat healthier, is difficult to initiate and sustain. Support of your friends and family is crucial to any success. Try sharing a new, healthy recipe you have tried and liked with others who are also on this journey to a healthier lifestyle. Hopefully soon others will begin to share foods and recipes they have tried and liked and those fattening old foods will become easier to replace.



Fitness Tip

*If you haven't been involved in regular exercise it's best to ease into it. This can be as simple as 15 minutes of cardio 2 times a week or on commercial breaks while watching your favorite TV program, go up and down your steps for the length of the commercials or use stretch bands while sitting on the couch to stretch and exercise your lower and upper body.



Don't forget Zumba on Wednesdays 6:30-7:30 pm – waiver required OR Walking with Kelly on Saturday Mornings 7:30-9:00 am weather permitting.

Report your exercise minutes/hours and your weight loss as you are led on the glass top table reporting stations so Tracy can calculate the congregation's progress with the Food Pantry Donations!

TURKEY SLOPPY JOES

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound ground turkey, beef, or lamb
- ½ cup diced onion
- ½ cup diced green pepper
- 3 cloves garlic, minced
- 1 tablespoon Dijon or yellow mustard
- 1 tablespoon chili powder
- ¼ cup organic or ketchup
- 1(15 ounce) can no-salt-added tomato sauce
- 1 tablespoon organic BBQ sauce
- 2-3 drops of liquid stevia extract (optional)
- Parmesan cheese (omit DF)
- Whole grain or gluten-free buns or zucchini boats

How To Prepare:

- Heat oil in a large pan over medium heat.
- Brown raw turkey, onion, and green pepper.
- Add all the other ingredients and mix well. Bring to a boil. Reduce heat to a simmer. Cover and simmer 30 minutes.
- Serve on toasted buns or in zucchini halves.

OPTIONAL: Cut a zucchini in half lengthwise, scoop out the seeds to make a "canoe". Top it off with a bit of Parmesan Cheese, and bake it at 400° till golden brown.

