



HEALTHY WEIGHT LOSS

A CHRISTIAN WOMAN'S
GUIDE TO ACHIEVE
HEALTHY WEIGHT

GLEND A HILL

HEALTHY WEIGHT LOSS

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Welcome

INTRODUCTION

Our life should not focus so much on the losing weight journey. I want you to be free of that habit. We are more than just a body. As a Christian woman, you have a unique calling to live a life of purpose and meaning. But sometimes, the demands of daily life can leave you feeling tired, stressed, and frustrated for the lack of progress in your life. That's where this guide comes in. By combining the power of plant-based eating with healthy habits, you can nourish your body and feel full and satisfied with your food choices, and be fueled and fired up to serve God.

In this guide, you'll find a sample healthy life plan that can help you lose weight, feel nourished, and track your progress. You'll also discover easy plant-based meal ideas that require less meal prep and cooking, along with plant-based basics that most nutritionists agree on.

Whether you're just starting or looking to take your healthy lifestyle to the next level, this guide is designed to help you live with purpose and achieve your dreams of feeling lighter, more energetic, and fueled up to do the work you're called to do.



Healthy living is not just about physical health; it's also about taking care of your spiritual and emotional well-being. The Bible provides the wisdom that is perfect for both your physical and mental health. The Bible reminds us that our bodies are temples of the Holy Spirit and that we should honor God by taking care of them.

When we make healthy choices, we are showing respect for the gift of life that God has given us. We can also pray for guidance and strength as we strive to live healthier lives.

Emotional health is also important, and the Bible has much to say about how we can care for our emotions. God wants us to have joy, peace, and a sound mind, and he has given us the tools we need to achieve these things. We can find comfort in prayer, rely on the support of our faith community, and meditate on God's Word to find peace and strength.

By taking care of your physical, emotional, and spiritual health, you can live a life of purpose and meaning that glorifies God. Remember to rely on his strength and guidance as you make healthy choices and pursue a fruitful life of good works, joy, and peace.

Chapter 1

Living Life To The Fullest

Here is an example of a **healthy life plan** for a Christian woman who wants to lose weight, feel energized, and track progress to stay motivated.

Feel free to adjust any part of this sample plan to meet your needs.

- **A realistic goal** would be to lose 1-2 pounds per week. It is a healthy and achievable weight loss rate.
- **Eat healthy meals.** A healthy eating lifestyle should include a variety of nutrient-dense foods such as fruits, vegetables, whole grains, plant-based protein, and healthy fats. In Chapter three, I share 10 easy plant-based ideas you can try. Chapter 2 covers how nutritious and delicious these nutrient-dense foods fuel your body so you feel full and satisfied.
- **Practice mindful eating:** Mindful eating involves paying attention to your portions of food at each meal. Mindfulness is a discipline that helps us eat until satisfied, rather than overeating or eating out of boredom or emotions.
- **Stay hydrated:** Drinking enough water can help us feel full and reduce cravings. Aim for at least 8-10 cups of water per day.
- **Enjoy daily physical activity:** Regular physical activity burns calories improves mood, and reduces stress. Walking after eating meals outdoors provides bonus health benefits of getting fresh air, sunshine, and time to connect with God.
- **Seek accountability:** Accountability to stay motivated and on track with your weight loss goals. Friends or family can be accountability partners, join a weight loss support group, or hire a Christian coach.
- **Track progress:** Tracking progress helps you to stay motivated. Chapter 4 covers this in more detail.
- **Pray for guidance and strength:** Pray for wisdom to make healthy choices, perseverance to stick with your plan, and grace to forgive yourself if you slip up.

Remember, a healthy lifestyle is a journey, not a destination. This is only the beginning!

plant based

Embrace a Plant-Based Lifestyle for Sustainable Weight Loss

- 1. Focus on whole plant-based foods:** This includes fruits, vegetables, whole grains, legumes, nuts, and seeds. These foods are high in fiber, vitamins, and minerals that are important for overall health.
- 2. Minimize processed foods:** Processed plant-based foods such as vegan burgers, faux meats, and vegan cheeses should be consumed in moderation, as they tend to be high in salt, saturated fat, and additives.
- 3. Incorporate a variety of plant-based proteins:** Plant-based sources of protein include legumes, tofu, tempeh, seitan, nuts, and seeds. Eating a variety of these foods ensures that your body gets all the essential amino acids it needs.
- 4. Choose healthy fats:** Plant-based sources of healthy fats include nuts, seeds, avocados, and olive oil. These foods are important for brain health, hormone production, and heart health.
- 5. Eat a variety of fruits and vegetables:** This is because different plant-based foods contain different nutrients, and the same foods (lacking variety) can lead to deficiencies in certain vitamins, minerals, and other nutrients. For example, a person who only eats rice and beans may not get enough vitamin C or calcium. Eat a variety of plant-based foods, to can get all the nutrients the body needs for good health.
- 6. Focus on hydration:** Drinking plenty of water and consuming hydrating foods such as fruits and vegetables is important for overall health and helps to maintain energy levels.
- 7. Listen to your body:** Pay attention to how different foods make you feel and adjust your meals accordingly. Everyone's body is unique, so it is important to experiment and find what works best for you.

HEALTHY WEIGHT LOSS



NATURAL REMEDIES FOR WATER WEIGHT GAIN, WATER RETENTION, CRAVINGS

By reducing your appetite and cravings with essential oils, reducing bloating with herbs, and adding potassium-rich foods to your meals, you will be able to achieve your weight goals and feel energized faster than ever.

HOW-TO'S	ESSENTIAL OILS	HERBS	POTASSIUM-RICH FOODS
Reduce appetite and cravings	Peppermint, Grapefruit	-	-
Reduce bloating	Peppermint, Grapefruit	-	-
Reduce water retention	-	Dandelion, Nettle, Parsley	-
Restore fluid balance	-	-	Bananas, Sweet Potatoes, Avocados

HEALTHY WEIGHT LOSS

STRUGGLING WITH INDIGESTION OR ALLERGIES FROM EATING PROCESSED AND ANIMAL-BASED FOODS? CONSIDER GOD'S EATING PLAN

GENESIS 1: 29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

HERE'S A SHORT LIST OF GENESIS 1:29 FOODS

FRUIT	VEGETABLE & HERBS	GRAINS, NUTS, & SEEDS	BEANS
Apples	Leafy Greens	Brown Rice	Lentils
Oranges	Carrots	Quinoa	Chickpeas
Bananas	Broccoli	Oats	Black Beans
Berries	Cauliflower	Barley	Kidney Beans
Grapes	Peppers	Almonds	Lima Beans
Melons	Tomatoes	Walnuts	Peanuts
Pineapple	Onions	Sunflower Seeds	Pinto Beans
Mangoes	Garlic	Pumpkin Seeds	Navy Beans
Papayas	Basil	Sesame Seeds	Garbanzo Beans

Chapter 2

PLANT-BASED BASICS



Eat as many plant-based foods as possible to promote a healthy weight, and reduce inflammation and cravings. Genesis 1:29 and Genesis 3:18 talk about fruits seeds and green herb foods. God provided these foods for the human family for a specific purpose -- To empower us to choose the good and refuse the evil. They are naturally low in calories and are less stimulating to the nerves. Fruits, seeds, and green herbs still have those qualities. Today, we call them plant-based and super-foods.

The experts agree that these foods are the best in the world to help our bodies to function the natural way. Eating more fruits and vegetables is a great way to achieve a lighter and more energized feeling. Whole plant-based foods are rich in vitamins, minerals, and antioxidants, which provide essential nutrients for a healthy body and mind. In addition, plant-based foods contain complex carbohydrates, which provide a steady stream of energy, unlike simple sugars found in processed foods that cause energy crashes.



This Q & A is for you to learn about why you may want to eat this way for life!

QUESTION	ANSWER
What is plant-based nutrition?	Plant-based nutrition refers to a way of eating that focuses on consuming foods that come from plants such as fruits, vegetables, whole grains, nuts, and legumes, while minimizing or eliminating animal products like meat, dairy, and eggs. It is often associated with a vegan or vegetarian diet, but not necessarily so.
Can you get enough protein from a plant-based diet?	Yes, it is possible to get enough protein from a plant-based diet. Good sources of plant-based protein include legumes (such as lentils and beans), nuts, seeds, and some grains. It is important to vary protein sources throughout the day to ensure adequate intake of all essential amino acids.
What are some benefits of a plant-based diet?	A plant-based diet has been linked to numerous health benefits, including lower risk of heart disease, type 2 diabetes, certain cancers, and improved digestive health. It also promotes weight loss.
Can a plant-based diet be nutritionally complete?	Yes, a well-planned plant-based diet can be nutritionally complete, providing all the essential nutrients needed for good health. Key nutrients to pay attention to include protein, vitamin B12, iron, calcium, and omega-3 fatty acids. These nutrients can be obtained from plant-based sources or from herbal supplements.
What are some tips for transitioning to a plant-based diet?	Some tips for transitioning to a plant-based diet include starting slowly, focusing on incorporating more fruits, vegetables, and whole grains into your meals, experimenting with new recipes and flavors, and seeking out plant-based versions of your favorite foods. It can also be helpful to connect with others who follow a plant-based diet for support and inspiration.
Is a plant-based diet more expensive than a meat-based diet?	It depends on the specific foods you choose, but a plant-based diet can be cost-effective. Plant-based proteins like beans, lentils, and peas are often more affordable than meat, and buying seasonal fruits and vegetables can also help keep costs down. Cooking at home and buying in bulk can also save money.

Chapter 3

EASY PLANT-BASED MEAL IDEAS

10 easy plant-based meal ideas that involve less meal prep and less stove-top cooking:

1. **Fruit bowl:** Fresh fruit such as bananas, berries, and mango with nut or oat milk, then top with granola, and shredded coconut.
2. **Avocado toast:** Toast whole-grain bread, then top with mashed avocado, sliced tomatoes, and a sprinkle of sea salt.
3. **Apple and peanut butter sandwich:** Spread peanut butter on whole-grain bread, then top with sliced apples and a sprinkle of cinnamon.
4. **Salad in a jar:** Layers chopped veggies such as cucumber, bell pepper, and carrots in a mason jar, then add mixed greens and a protein source such as chickpeas or pumpkin seeds. Dress with your favorite herbs, lemon, and chili oil when ready to eat.
5. **Hummus and veggie plate:** Serve hummus with sliced vegetables such as bell peppers, carrots, and cucumber.
6. **Fruit and nut trail mix:** Mix dried fruit such as raisins and apricots with nuts such as almonds and cashews.
7. **Bean and vegetable wrap:** Spread refried beans on a whole-grain wrap, then top with shredded lettuce, diced tomatoes, and avocado.
8. **Quinoa and vegetable stir-fry:** Cook quinoa according to package directions, then stir-fry with vegetables such as bell peppers, onions, carrots, and broccoli.
9. **Lentil soup:** Cook lentils in vegetable broth with carrots, onions, and celery. Add diced tomatoes and spinach for extra flavor and nutrients.
10. **Sweet potato and black bean tacos:** Roast sweet potatoes in the oven, then fill corn tortillas with black beans, sweet potatoes, avocado, and salsa.

These plant-based meal ideas are easy to prepare, delicious, and packed with nutrients to help you feel lighter and more energized. And perfect for those who want to spend less time cooking and more time enjoying their food.



Recipes



Recipes

Plant-based recipes with under 7 ingredients

Lentil Loaf (makes 6-8 servings)

Ingredients:

2 cups of cooked lentils
1/2 cup of oats
1/2 cup of diced onion
1/2 cup of diced carrots
1 teaspoon of dried thyme
1/2 teaspoon of salt
1/4 teaspoon of black pepper

Instructions:

Preheat the oven to 375°F (190°C).

In a large bowl, mix the cooked lentils, oats, diced onion, diced carrots, thyme, salt, and pepper.

Transfer the mixture to a loaf pan and press down firmly to form the loaf.

Bake for 30-35 minutes, until the top is golden brown and the loaf is heated through.

Let the loaf cool for a few minutes before slicing and serving with your favorite sides, such as roasted vegetables and mashed potatoes.

I hope you enjoy these simple and delicious vegan recipes!

Recipes

PLANT-BASED RECIPES WITH UNDER 7 INGREDIENTS

Easy Bean Burgers (makes 4 burgers)

Ingredients:

- 1 can of black beans, drained and rinsed
- 1/2 cup of oats
- 1/4 cup of diced onion
- 1 teaspoon of cumin
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1 tablespoon of olive oil (for cooking)

Instructions:

In a medium bowl, mash the black beans with a fork or potato masher.

Add the oats, diced onion, cumin, salt, and pepper to the bowl and mix until well combined.

Divide the mixture into four equal parts and form into burger patties.

Heat the olive oil in a large skillet over medium heat. Add the burgers and cook for 3-4 minutes on each side, until golden brown.

Serve on a bun with your favorite toppings, such as avocado, lettuce, and tomato.

Chapter 4

TRACKING YOUR PROGRESS



Tracking your progress is an essential part of achieving a healthy weight. It helps you stay motivated, identify problem areas, set realistic goals, stay accountable, and make course corrections as needed. By tracking your progress, you can achieve your weight loss goals and maintain a healthy weight over the long term.

Tracking progress is important for achieving a healthy weight for several reasons:

1. **Provides motivation:** Tracking progress can help you see the progress you have made and provide motivation to continue on your journey. Seeing the positive changes in your weight, body measurements, or fitness levels can help you stay focused on your goals.
2. **Identifies problem areas:** Tracking progress can help you identify areas where you may be struggling and make adjustments to your plan. For example, if you notice that you're not losing weight as quickly as you'd like, tracking your food intake and exercise habits can help you identify areas where you can make improvements.
3. **Helps set realistic goals:** Tracking progress can help you set realistic goals based on your progress so far. It can help you see what is achievable and make adjustments as necessary to ensure that your goals are attainable and sustainable.
4. **Provides accountability:** Tracking progress can help hold you accountable to yourself and your goals. Knowing that you will be tracking your progress can help you stay committed to your plan and avoid making excuses.
5. **Enables course correction:** Tracking progress allows you to make changes to your plan as needed. For example, if you're not seeing the results you want, you can adjust your diet or exercise routine to better meet your needs.



Here are some tips on how to be consistent with tracking progress and what to do when we get off track:

- **Use a tracking method that works for you:** Choose a method that fits your lifestyle and preferences, such as a journal, food diary, fitness app, or spreadsheet.
- **Track consistently:** Make tracking a part of your daily routine, and try to track everything you eat and drink.
- **Get support:** Seek out the support of family, friends, or a health professional who can help keep you accountable and motivated.
- **Track your body measurements, lab results, medications, physical appearance, food and drink, scripture that supports your beliefs**

Getting BACK on Track.

Most of my clients notice a lack of progress or hit a plateau in weight loss, and this feels frustrating and demotivating.

If, for some reason, you get off track here is a course of action to take.

While some setbacks may be preventable, such as avoiding trigger foods, others are out of your control.

Take a proactive approach to deal with setbacks by:

- Anticipating potential setbacks and planning for them in advance
- Having a support system in place, such as a friend, family member, or health professional, who can offer encouragement and accountability
- Be patient with yourself, even when things don't go as planned.

Here are some Bible verses that can offer comfort and inspiration when things don't go as planned or when we slip up:

- "The Lord is close to the brokenhearted and saves those who are crushed in spirit." - **Psalm 34:18**
- "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." - **Isaiah 41:10**
- "And let us not be weary in well doing: for in due season we shall reap, if we faint not." - **Galatians 6:9**
- "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." - **2 Timothy 1:7**
- "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." - **1 John 1:9**

These verses can remind us that we are not alone in our struggles and that God's love and strength are always available to us, even when we falter. They can also inspire us to persevere and trust in God's guidance and forgiveness as we strive toward better health.

Bonus

HEALTHY WEIGHT LOSS

This is a quick guide for Healthy Weight Loss, and there is so much more to say on the subject of healthy body healthy weight. I share valuable health principles as host of the Thirty Pounds Down weekly podcast. I invite you to join me every week for talk on weight loss, whole health and strong faith. The March 7 podcast episode, I talked about how an unhealthy body will not release excess weight for the long term. I want to share a snippet of that conversation here:

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"An unhealthy body will not release weight long-term. I'm not saying you won't lose weight if you have health problems, but what I know is you will gain the weight back. When you lose weight by force and manipulation tactics like calorie restriction, fad diets, no carbs and vigorous exercise workouts that's unnatural and the body doesn't like to be manipulated. So go natural. Give the body what it needs to be healthy and it will do the heavy lifting for you. That's how to make healthy weight loss easy. "

I also talk about how to get better results for health goals and weight loss by tracking your progress with special attention to a list of things to document. Here's another snippet from the show.

"Here are a few ideas to get you started tracking your progress.

1. Use a tracking method that works for you: Choose a tracking method that fits your lifestyle and preferences, such as a food diary, app, or spreadsheet.
2. Track consistently: Make tracking a part of your daily routine.

What to track? your body measurements, lab results, medications, physical appearance, food and drink, scripture that supports your beliefs"

I also talked about the fact that **not all health problems are medical problems**. In this ebook, I want to go a little deeper about this issue. Tracking your progress and documenting what's going on in your life will help you to distinguish between health problems and medical problems. Then you can be proactive in handling the health problems that hinder permanent weight loss.

Some health problems may be related to lifestyle factors, such as poor nutrition, lack of exercise, and stress, while others may be related to environmental factors, such as exposure to toxins or pollutants. In addition, some health problems may be related to emotional or psychological factors, such as unresolved trauma or stress.

It can sometimes be difficult to distinguish between medical and non-medical health problems, as many health problems can have multiple causes. However, here comes the disclaimer:

In general, if you are experiencing persistent or severe symptoms, it's important to seek medical advice to rule out any underlying medical conditions. Your healthcare provider can help you determine whether your symptoms are related to a medical condition, or whether they may be related to other factors, such as stress or lifestyle factors.

Tracking your progress and documenting your symptoms, diet, and lifestyle habits can help you identify patterns and triggers that may be contributing to your health issues. This can help you work with your healthcare provider to produce better health outcomes.

Overall, taking a holistic approach to whole health that addresses both medical and non-medical factors like exercising daily, drinking water, sleeping deeply, and taking baths (as opposed to showering) can help you achieve optimal health and a healthy weight.

Final Thoughts

Congratulations on taking steps towards a healthier body for a more fruitful life! In this ebook, I have provided you with a sample healthy life plan, easy plant-based meal ideas, and plant-based basics that most nutritionists agree on. I hope these resources will empower you to make positive changes to your diet and lifestyle and to feel nourished, full, and satisfied with your food choices.

I have also included spiritual support for healthy living, reminding you that you are not alone in this journey. By honoring your body as a temple of the Holy Spirit, and caring for your emotional and spiritual well-being, you can live a life of purpose and meaning that glorifies God.

Remember to be patient, stay committed, and rely on the strength and guidance of your faith as you pursue whole health, not just healthy weight loss.

**I'd love to stay connected with you and support
you on your journey**

JOIN MY EMAIL COMMUNITY

**THIRTY
POUNDS**
down

Glenda Hill



Holistic Nutritionist
Host of Thirty Pounds Down Podcast

WEIGHT LOSS · WHOLE HEALTH · STRONG FAITH