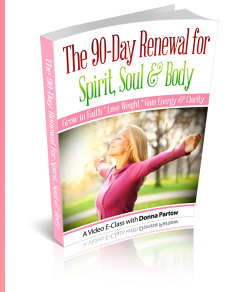


Discover God's Solution ... and FINALLY  
Get Healthy in Spirit, Soul & Body!



with  
**DONNA PARTOW**



Discover God's Solution ... and FINALLY  
Get Healthy in Spirit, Soul & Body!

**Welcome  
to  
Week 2**



## 7 Secrets for Weight Release

**1**

**Recognize your body is on the  
frontline of a spiritual war.**

## Consecration Prayer-John G. Lake

My God and Father,  
In Jesus' name, I come to you.  
Take me as I am.  
Make me what I ought to be,  
in spirit, in soul, in body.  
Give me power to do right.  
If I have wrong any,  
to repent, to confess, to restore.  
No matter what it costs,  
wash me in the blood of Jesus,  
that I may now become your child  
and manifest you  
in a perfect spirit  
a holy mind  
and a sickless body.

## 7 Secrets for Weight Release

# 1

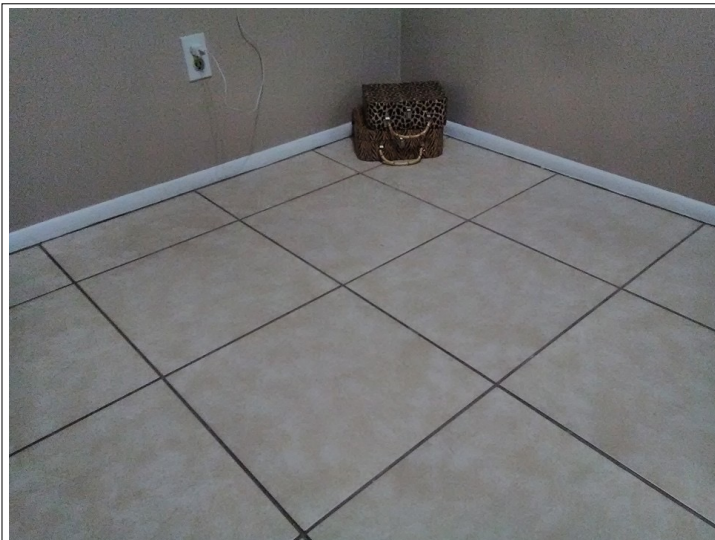
**Your Prayer Place is Priority #1.**

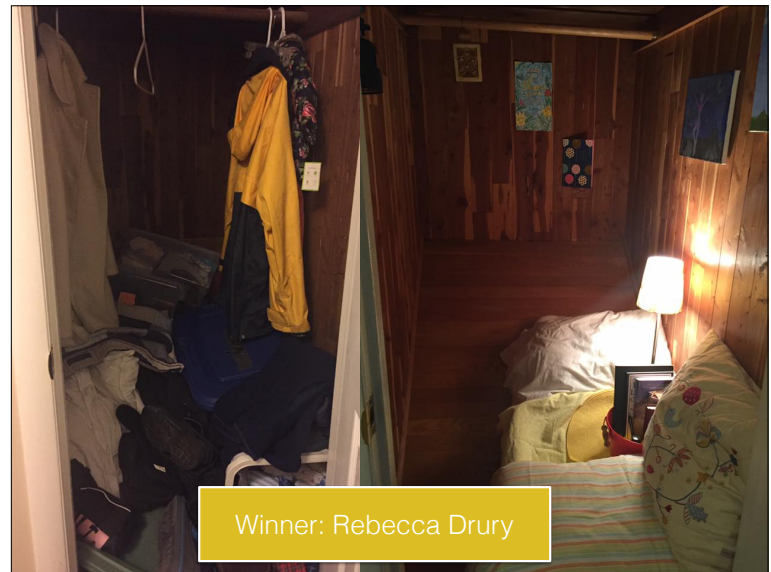
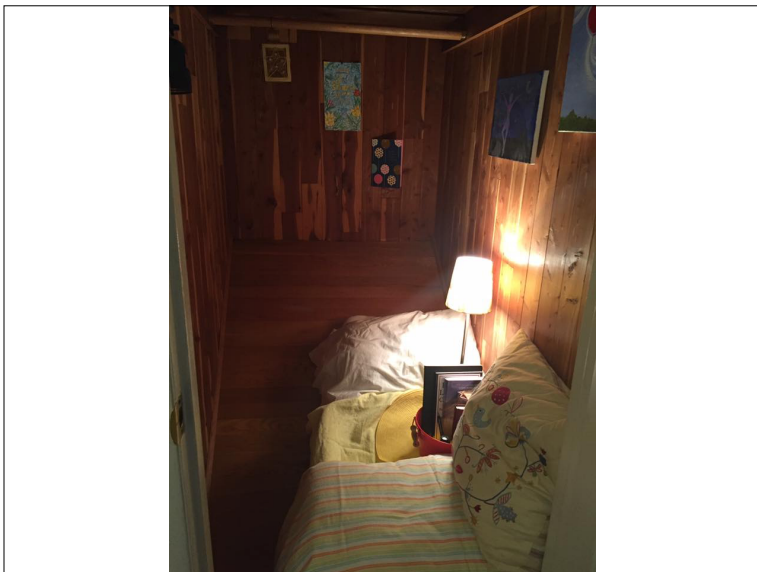
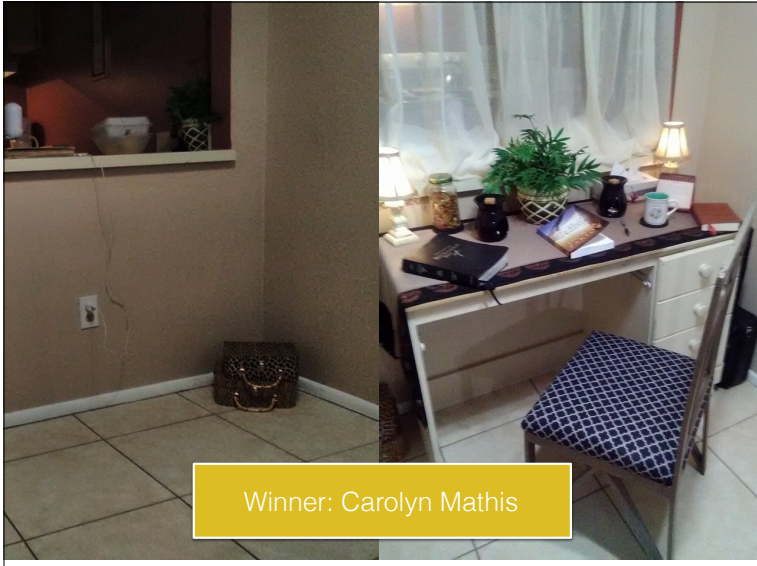
**Make it the most beautiful, welcoming place in your home. That way, you'll want to spend more time there!**

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## 7 Secrets for Weight Release

# 1

### Breaking Free of The Gambling Spirit

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

My mother had a serious gambling problem that really affected our family. Surprise: I judged her and made a vow, "I would never gamble and cause so much financial difficulty for MY family."

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

Vows & Judgements unleash powerful spiritual forces

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

God has been showing me the many ways this Gambling Spirit has manifested in my life.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

- \* Junk Food
- \* Soda
- \* Smoking
- \* Sitting
- \* Diets
- \* Shortcut

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

A Gambler is the opposite of a Farmer.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

A Farmer works the soil, plants the seeds, waters the plants, diligently watches over them as they grow, prepares for the harvest and then works 24/7 when it is harvest time.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

The Farmer works for a harvest that is commensurate with the effort he has invested.

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## 7 Secrets for Weight Release

1

### The Farmer

- \* Every day
- \* Little bits with consistency
- \* Sowing to reap

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

A Gambler does the opposite. A gambler puts a few slots in a machine and "gambles" that the return on investment will NOT be commensurate with the effort invested. Exactly the opposite.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

A Gambler hopes against hope that a small gamble will deliver a massive payoff. A payoff far beyond what's reasonable.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

"I'll go on a diet" is the ultimate gamble.

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

Fit, healthy people do not "go on diets."

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

Are you  
a Farmer  
or  
a Gambler?

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## 7 Secrets for Weight Release

1

### The Farmer

Are you committed to the  
daily diligence required to  
bring in a mighty harvest?

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## 7 Secrets for Weight Release

1

### The Gambling Spirit

Are you hoping that you can do the  
bare minimum, hit the jackpot and  
reap rewards in no way  
commensurate with the amount of  
time invested?

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## 7 Secrets for Weight Release

# 1

### The Farmer

Farming includes an element of risk that requires faith.

The Farmer works in faith, doing all that he can do and believing God to do what he can't do.

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## 7 Secrets for Weight Release

# 1

### The Farmer

He has to believe a loving God is in control of those things outside of his control. He has to work knowing that without God, the harvest will not come. And pray believing God WILL bless and the harvest will come.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

The Gambler hopes God will do those things God expects us to do.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

Gambling definition: To play a game for money or property; to bet, to take a chance, to risk on an uncertain outcome; **to expose yourself to danger and to proceed in the face of it.**

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

Gambling gives false hope.

Gamblers expect a big payoff without effort

Gamblers want to attain a desirable result without having to do the hard work others have done to get that same result.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Exercise Gamble:** Gamble that 30 minutes per day of exercise is enough to overcome sedentary the other 23.5 hrs per day. Sitting is more dangerous to your health than smoking.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Mental Gamble:** I can watch this, read this, listen to this garbage and it won't affect me. I can have the TV going in the background all day or secular music, and it won't affect me. I'm the 1 person whose brain won't be affected by a steady stream of ungodly nonsense. We are gambling

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Emotional Gamble:** I can hold on to all of these hurts and even though the bible says a "bitter root" DESTROYS many, I'll gamble that won't be the case for me.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Emotional Gamble:** Gamble that destructive emotions won't take a toll on our spiritual, emotional and physical health.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

Yes, there is grace. But God's grace doesn't wipe out consequences. We reap what we sow, forgiveness notwithstanding.

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## 7 Secrets for Weight Release

# 1

**Pray for Crop Failure.  
Pray for Mercy.  
His mercies are new  
every morning.**

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

We can pray for crop failure but that's not a wise life strategy. God loves us, but let's not gamble that God will forever prevent us from reaping the logical consequences of our choices.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Decision Gamble** – No need to consult wise counselors or think a few steps ahead. I'll take impulsive action and gamble it'll work out great.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Beware Impulsivity.**

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Relationship Gamble** – I will refuse sexual relations to my spouse and gamble that he or she is the one person who can handle daily rejection without at some point seeking comfort in someone else's arms.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Parenting Gamble** – I will take the gamble of letting the TV be the babysitter. I can let someone else take responsibility for their spiritual growth and intellectual development and it'll all turn out just dandy.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Parenting Gamble** – The Barna Group and USA Today unearthed the same statistic: Three out of every four children from Christian homes in America walk away from the faith soon after they leave high school. Unless we are being super-intentional, we are gambling that our kids will beat the odds. I've seen studies that say it's closer to 80%.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Spiritual Gamble** – I can neglect my own personal quiet time, go to church once a week or maybe just a couple times per month and still be strong in my walk with the Lord.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit

**Spiritual Gamble** – I take the gamble that one hour will outweigh the other 167 hours per week when I am steeped in the world's way of thinking.

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## 7 Secrets for Weight Release

# 1

### The Gambling Spirit


**Spiritual Gamble** – We are GAMBLING that we can lead godly lives, raise godly children and be part of a mighty move of God....while staying up late goofing off with ungodly things.

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Are You a **FARMER**  
the Gardener of  
Your Soul ...

Planting seeds & excercising  
LITTLE BITS WITH  
CONSISTENCY



or a **GAMBLER?**

Trying to get a desirable result  
without doing the hard work  
others have done to get  
the same result

*DONNA Carlow*



**Courage**

doesn't always roar.  
Sometimes courage is the  
little voice at the end of the day  
that says

*'I'll try again  
Tomorrow.*

*DONNA Carlow*



**S**ow Seeds.

**T**end the Garden.

**A**lways Pray for the Harvest.

**R**epeat.

*DONNA Carlow*



THE SEED WILL  
**GROW**  
WELL, THE VINE WILL  
YIELD ITS  
**FRUIT,**  
THE GROUND WILL  
PRODUCE ITS CROPS,  
AND THE  
**HEAVENS**  
WILL DROP THEIR DEW.  
I WILL GIVE ALL THESE  
THINGS AS AN  
INHERITANCE  
TO THE REMNANT  
OF THIS  
**PEOPLE.**

ZECHARIAH 8:12

*DONNA Carlow*

## 7 Secrets for Weight Release

**2**

**Do it for something more significant than a scale or a dress size.**

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## 7 Secrets for Weight Release

**3**

**Understand the battle is waged – and won or lost – in your soul, not your body.**

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## 7 Secrets for Weight Release

**4**

**Stop depleting your limited supply of will power.**

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## 7 Secrets for Weight Release

**5**

**Overcoming emotional eating triggers is critical to lifelong weight management.**

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## 7 Secrets for Weight Release

6

When it comes to exercise, *little bits with consistency* will take you further than fits and starts.

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## 7 Secrets for Weight Release

7

True Biblical fasting is essential for health, vitality and lifelong weight management.

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## 6 Steps To Renewal Success

1. **READ** the Daily Assignment  
in *Becoming the Woman I Want To Be*

## 6 Steps To Renewal Success

2. **LISTEN** to The Affirmations & Scripture  
Memory Audios

## 6 Steps To Renewal Success

3. **WATCH** the Daily Video

## 6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

\* Be sure you have watched the Orientation & Week 1

## 6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

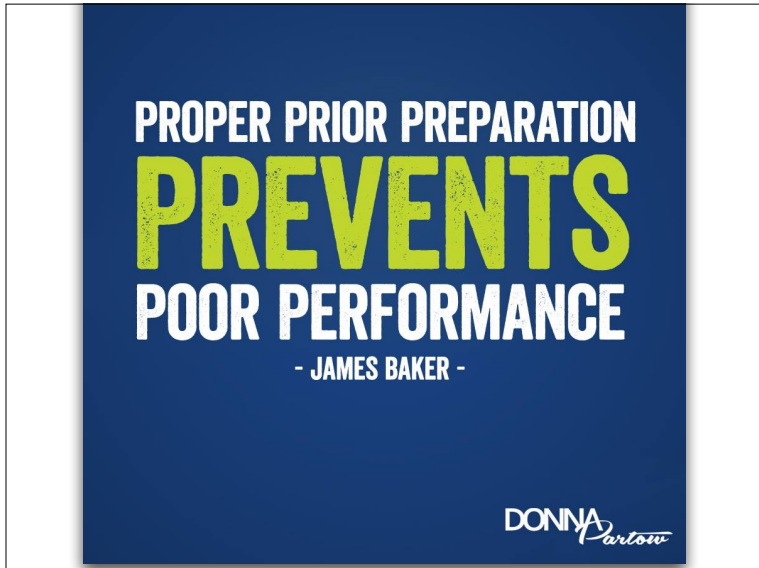
## 6 Steps To Renewal Success

6. **CHANGE** Your Life thru "Little Bits with Consistency"

\*Morning Routine

\*Basic Eating Plan as laid out in the book

\*Food prep Challenge



## 90-DAY *Renewal* Shopping List Week Two

**1. Eggs**

- 1 dozen eggs (You may prepare them as you would like. For planning your meals ahead, it is easiest to either hard boil them or use for an omelet. For your convenience, listed below are the additional items for an omelet in a jar. The recipe with the order to put the ingredients in the jar is in the WEU file.
  - Meat of choice – 1 cup chopped (optional)
  - Milk ½ cup (your choice of type)
  - Non-stick cooking spray (to coat jars)
  - Sea Salt and Pepper (optional)
  - Vegetables—2 Cups chopped from approved list below

**2. Lemons**

- 2 or 4 Lemons (2 lemons if using 1/4 each day or 4 lemons if using 1/2 each day)

**3. Vegetables**

Select as many vegetables from the approved list as you think you can possibly consume in a week and purchase that in quantity. (The more vegetables consumed, the less hungry you will be for other foods) Try to think of ways you can add them to meals or substitute them as snacks.

<input type="checkbox"/> Asparagus	<input type="checkbox"/> Lettuce ( no iceberg)
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Onions
<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Parsley
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Peppers
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Radishes
<input type="checkbox"/> Celery	<input type="checkbox"/> Spinach
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Tomatoes
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Water chestnuts
<input type="checkbox"/> Green beans	<input type="checkbox"/> Zucchini
<input type="checkbox"/> Greens	

**4. Water**

- Water—Bottled if necessary. We suggest drinking at the very least 64 ounces of water a day. This equates to 4 of the 16 ounce bottles. Many doctors suggest drinking half of your body weight in ounces. In other words, if you weighed 200lbs, you would want to drink 100 ounces of water.

## 90-DAY *Renewal* Recipe Berry Breakfast Smoothie

### Shopping List

**#Berry Breakfast Smoothie**

- Cherries, frozen, pitted
- Flaxseed, ground
- Ginger
- Honey
- Lemon, 1-2
- Non-Dairy Milk, unsweetened, (almond or rice)
- Protein Powder
- Raspberries, frozen, unsweetened
- Water

## 90-DAY *Renewal* Berry Breakfast Smoothie

**SMOOTHIE INGREDIENTS:**

- 2 scoops Protein Powder
- 1 c frozen unsweetened raspberries
- ¾ c chilled unsweetened almond or rice milk
- ¼ c frozen pitted unsweetened cherries or raspberries
- 1½ Tbsp. honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 2 tsp fresh lemon juice
- Water to blend (optional)

**DIRECTIONS:**

1. **BLEND** together any liquid ingredients (milk, yogurt, juice, etc.) and protein powder; this will help break down the grainy powder and make sure it's evenly distributed.
2. **ADD** mushy ingredients and fruit, then add ice at the end. For a thicker shake, you can toss in more ice cubes; you'll add volume without the calories.

## Prep Contest

Everyone who posts a photo of her food prep, using the hashtag, will be entered to win. One person will be chosen at random to receive this cute set of mini-mason jars.

**HASHTAG #prep**

**Deadline:  
Sunday@9pmET**



## 90 DAY RENEWAL WEU

### ASIAN INSPIRED CABBAGE SOUP



"Salvation" in the fridge, and lunch packed for tomorrow in the plastic container.

An Asian spin on WEU's beloved Cabbage Soup recipe. Our Kitchenista secretly calls this "Salvation Soup" as these soups are mainstay of her successful eating plan. To make it more "family pleasing" you can add potstickers, cooked shrimp, leftover chicken, etc. to each person's bowl as you are serving it.

- 4 medium garlic cloves, minced
- ¼ cup fresh ginger root, peeled and minced
- Two bunches of green onions, sliced
- Two thinly sliced sweet red bell peppers
- ¼ tsp crushed red pepper flakes
- 1 small head Napa/Chinese cabbage or regular cabbage
- 3 Baby Bok Choy heads, chopped
- 8 oz can sliced water chestnuts, drained
- 2 quarts of chicken or vegetable broth
- 4-5 ounces sliced white mushrooms
- 2 cups (about 6 oz) snow peas, stringed
- 1 tablespoon olive oil
- ½ cup cilantro, finely chopped
- 2 Tablespoons soy or ponzu sauce

Sautee ginger, garlic, pepper flakes and the white part of the green onions for 5 minutes over medium-low heat in 8 quart soup pot, stirring frequently to keep from over-browning. Add sliced red bell peppers and sautee for five more minutes. Add cabbage, bok choy, water chestnuts and broth to pot.

Bring to boil, reduce heat to low and simmer partly covered for about 8 minutes. Add mushrooms, simmer 5 minutes more. Toss in snow peas and the green tops of onions during the last two minutes of simmering.

Serve with a splash of soy or ponzu and cilantro sprinkled on top.

## 90 DAY RENEWAL WEU

### SALADS IN A JAR



#### What You Need:

- Ingredients**
- 1-4 Tablespoons of Salad dressing per jar
  - Mix of raw and cooked vegetables, nuts, beans and other salad ingredients
  - Salad Greens

#### Equipment

- Wide mouth one-quart canning jars with tight fitting lids for a meal-size salad

Rescue yourself from the temptation of a fast-food lunch by preparing in advance these healthy and delicious salads. They should stay fresh and tasty for five days if stored properly. When you are ready to eat the salads, shake them into a pretty bowl and thank yourself for taking good care of God's temple. Add any additional protein to your bowl if desired.

#### Instructions:

1. **Salad dressing:** Pour 1-4 tablespoons of salad dressing in the bottom of the jar. Your Kitchenista is a big fan of homemade dressing made with flavor-infused balsamic vinegar, fancy mustards and olive oil.
2. **Hard vegetables:** Next, add any hard chopped veggies such as cucumbers, celery, peppers, fennel, cucumbers, radishes, whole cherry tomatoes.
3. **Beans:** Optional. They add slow digesting protein and fiber. We used a can of red kidney beans, rinsed and divided.
4. **Greens:** Fill most of the rest of the jar with salad greens. It's fine to fill the jar fairly compactly. Your Kitchenista likes to purchase a pre-washed box of organic mixed greens with baby spinach. We recommend dark leafy greens, avoid iceberg.
5. **Softer vegetables:** Place mushrooms, cut tomatoes and any softer veggies on the very top.
6. You can leave room at the top to add meats, hard boiled eggs, etc on the day you will be eating your salad.

**Tips:** Our goal at WEU is to learn to "eat a rainbow" every day. Experiment to find your visual and palate pleasing combination. Make sure your veggies are washed well and dried well before adding to the jars.

## 90 DAY RENEWAL WEU

### BLUEBERRY AND CORN SALAD-IN-A-JAR



Blueberries and Corn? Sounds crazy, but you will adore your Kitchenista (and yourself) when you make this gourmet Salad-in-a-Jar. We are careful about eating too much corn, so this is a treat. Here are some tips:

- ❖ Ingredients should be washed and dried very well.
- ❖ If your limes seem hard, microwaving them for 15-30 seconds before cutting them will yield a great deal of juice.
- ❖ Putting the onions right in the dressing and making sure they are stirred in before adding other ingredients does something magical to them.
- ❖ The dressing recipe yields enough for another round of salads.

#### Salad Recipe makes 4 One-Quart Sized Salads-In-A-Jar

##### Lime Vinaigrette Dressing (Yields enough for 8 salads-in-a-jar)

###### Ingredients:

- 1/3 cup freshly squeezed lime juice (about 4 limes)
- 4 Tablespoons chopped fresh cilantro
- 2/3 cup olive oil
- Dash or two of hot sauce (optional)
- Salt and freshly ground pepper to taste

Whisk together the lime juice, cilantro, salt, pepper and optional hot sauce. Slowly add the olive oil, whisking until the dressing thickens. Pour 1 ½ - 2 tablespoons of dressing each in four 1-quart jars, reserve remaining dressing for other salads

##### Salad-In-A-Jar Recipe:

###### Ingredients

- ½ cup of finely chopped red onion
- 2 cups cucumber slices (half or quarter moon)
- 2 cups of frozen (defrosted) uncooked tender white or yellow corn
- 2 cups fresh blueberries (about 2 of the 6 oz containers)
- Greens to fill the jar, lightly packed (about 4-6 oz total)
- 4 Tablespoons chopped cilantro

Divide ingredients into fourths and layer them into four 1-Quart jars in order listed above. Seal and store in refrigerator for up to a week.

## 90 DAY RENEWAL WEU

### BALSAMIC ROASTED PORK LOIN



Just four ingredients will produce the easiest, tastiest, most tender and juicy pork loin you have ever had. The secret is in the marinade! Something magical happens when you prepare very lean cuts of meat in a brine type method like this. We have also dazzled guests with chicken breasts prepared this super simple, healthy and delicious way.

This recipe will provide you with lovely flavorful leftovers to add to your salad the next day and perhaps even reheat for dinner. The Kitchenista's daughter just packed a sandwich using leftovers as the lunchmeat.

#### What You Need:

##### Ingredients

- 2 lbs lean boneless pork loin roast. (Lately our stores have been packaging this in two one lb roasts as pictured. They look like tubes in the store.)
- 2 Tablespoons steak seasoning rub or herbs. Make sure you use something without additives. Just salt and pepper and some dried herbs will also work.
- ¼ cup balsamic vinegar
- ¼ cup olive oil

##### Equipment

- A zip type one gallon plastic bag
- 8 x 10 inch (approx) baking glass dish
- Meat thermometer

##### Directions:

Add seasonings, balsamic vinegar and olive oil to zip bag, combine them a bit. Place pork into the bag, making sure marinade has covered the pork. Squeeze out air and seal bag, marinate two hours to overnight.

##### Preheat oven to 350 degrees F (175 degrees C)

Place pork into glass baking dish along with marinade. Bake uncovered in preheated oven, basting occasionally until the pork reaches an internal temperature of 145 degrees F (65 degrees C), about 45 minutes to one hour. Let the roast rest 10 minutes before slicing and serving.

## 90 DAY RENEWAL WEU

### GREEN CHILE SLOW COOKER CHICKEN PLUS WHITE BEAN AND CHICKEN CHILI



Here's a "two-fer" recipe for your successful journey. Step one is super simple. Start this into the crockpot, solid frozen in the morning and come home to a large batch of tender cooked chicken that can be shredded and used for many dishes. Use for lettuce wrap "tacos", add to salads, serve alongside steamed veggies, add to your cabbage soup.

We prefer the boneless, skinless thighs that are individually frozen and easy to use. They have liquid added to them as they are frozen which produces a good amount of tasty broth in the final product. The broth can then made into chili.

#### What You Need for the Green Chile Chicken (Step 1)

**Ingredients**  
 2-3 lbs frozen boneless skinless chicken thighs or breasts.  
 1-16 ounce jar of natural green salsa

Stack frozen chicken as pictured into crock pot. Dump most of the salsa on top, reserving a bit for garnish. Cook on low for 6-9 hours, high for 4-5 hours. No need to stir. Remove chicken from pot into a bowl and shred with a fork. Leave broth in crockpot. Return 1 cup of shredded chicken to broth in crock pot for step 2. Store "extra" chicken in refrigerator to add to other meals.

#### What You Need for White Bean and Chicken Chili (Step 2)

**Ingredients**  
 Reserved broth (about 3 cups) and one cup shredded chicken from step 1  
 Three 14 ounce cans of white and/or pinto beans, drained and rinsed  
 2 tsp cumin  
 1 tsp dried oregano  
 One bunch of green onions, sliced  
 2 cups frozen spinach (shhh, don't tell the Kitchenista's hubby!)

Turn crock pot up to high. Add beans, cumin and oregano to broth and chicken in crock pot and heat about 45 minutes. Add onions and spinach, cook 15 minutes. Adjust seasonings, serve.

## 90 DAY RENEWAL WEU

### ITALIAN STYLE SLOW COOKER CHICKEN



Here is one of our family's favorite "go-to" meals on busy days. We drop this into the crockpot, solid frozen in the morning and come home to a large batch of tender cooked chicken that can be shredded and used for many dishes. Use for lettuce wrap "tacos", add to salads, or serve alongside steamed veggies.

We prefer the boneless, skinless thighs that are individually frozen and easy to use. They have liquid added to them as they are frozen which produces a good amount of tasty broth in the final product. The broth can be made into sauce or used as soup.

Your Kitchenista likes remove about 2/3 the chicken after cooking to use in other recipes. To the remaining stew-like mixture in the crock pot, she will add some of our trusty cabbage soup and serve as a wonderful hearty and healthy soup for dinner.

#### What You Need:

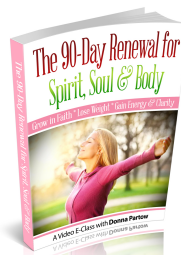
**Ingredients**  
 2-3 lbs frozen boneless skinless chicken thighs or breasts.  
 2 Tablespoons minced garlic (six garlic cloves)  
 One can of dried fire roasted tomatoes  
 1 Tablespoon of dried Italian herbs  
 Salt and pepper to taste.

#### Directions:

Stack frozen chicken as pictured into crock pot. Sprinkle herbs and garlic on top. Dump can of tomatoes on top. Cook on low for 6-9 hours, high for 4-5 hours. No need to stir.

When ready to use, chicken will shred easily with a fork.

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with  
**DONNA PARTOW**

