



**Leader's Guide
with Handouts**

Dear leader,

Before we jump into this leader's guide, I would like to thank you so much for your willingness to lead others to great health alongside Christ. I am so passionate about bringing this life-giving information to my brothers and sister in Christ and I am incredibly grateful to have you be a part of that.

What you will find in the following pages is a guide you can use to follow the New Life Promise program in a group – whether that be in your church, inside your home, or online via a service like Google Hangouts, Zoom, or Skype.

An important point to consider as you look through this guide is that, as the leader or organizer of your group, you are not required to “teach” or to be an expert in the information I provide in the New Life Promise program. Your role is to lead and facilitate, encourage and support your group members through this journey.

I sincerely pray that the Lord watch over you and your group as you begin this beautiful health-filled journey alongside Him. Please don't hesitate to reach out to us at any point if you need support, encouragement or help with your group. We are here to assist in any way we can.

God bless,
Isabel D. Price

The group program is divided into eight sessions. You can divide those sessions up however you see best for your group. Please remember to leave enough time between sessions so members have a chance to read before your next group meeting. Most groups typically meet one time per week, making this a two-month study. If you want to complete the sessions in one month, you can meet two times per week. Any more than that might not allow enough time for members to complete the reading required for each session.

Each session includes:

Handouts (optional) – Some of the sessions (not all) include a handout you can print out and share within your group. These are optional, but you may find them to be helpful during the group instruction.

Beginning and Closing Prayer Time – I encourage you to open and close each group meeting with prayer to dedicate this time to the Lord. It may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

God's Word – Here you will see some more supporting scripture verses as they relate to that week's topic and supporting questions.

Nutrition Wisdom Review – Here you will review the nutrition information provided for that session and use the supporting questions to help retain the most important information from those chapters.

Troubleshooting Challenges – Members can share any challenges that may have come up since your last meeting and, as a group, you can propose potential solutions based on your experience. If no solution is needed, it may be more of a prayer need for that time.

Sharing Non-Scale Victories – Although the number on the scale does help to gauge how well some are doing, I believe non-scale victories sometimes tell an even better story. Use this time to share victories and successes that your group has experienced outside of the number on the scale. Things like decreased blood sugar, decreased blood pressure or blood lipids, more energy, less bloating, and growing closer to the Lord are all wonderful examples of non-scale victories.

***Please remember that this Leader's Guide is designed to offer you some structure and suggestions for your meeting. Feel free to eliminate some questions or sections if time does not permit.*

Before Session 1

Please encourage each member to sign up for the program at least 7-10 days before your first meeting. This will ensure they have received their hard copy in the mail or have at least had enough time to print out the Commitment Page on page 6 of the Food Meets Faith Manual.

Each member will need to have their own program and their own account. We do not encourage "sharing" of books, unless it is two or more people in the same household (husband and wife, parents and children). This will ensure that each member has access to every detail of the program (bonuses, free supporting emails, and access to the private New Life Promise Family Facebook group).

SESSION 1

Handouts

- Commitment Page
(for those who do not have their book yet or were not able to print it out)
- New Life Promise Family Facebook Group Guide
- Reading Plan

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

Have everyone open their book to page 6 or look at the Commitment Page handout. They do not need to fill it out now. You will just be reviewing it.

ASK:

Do you feel there is anything stopping you from making this commitment at this time?

Are you feeling any fear as it relates to starting the program?

READ:

Let's review this verse of scripture together:

The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of who shall I be afraid? – Psalm 27:1

ASK:

In light of Psalm 27:1, is there any reason to fear any part of this journey?

Note to leader: Because many people have tried to lose weight in the past unsuccessfully, they have a deep fear of failure and don't want to disappoint themselves again. This is a great time to spend encouraging each other and remembering that, as children of our great God, His mercies are new each day and we have an opportunity to continue working on our health goals, without needing it to look "perfect" in any way.

READ:

Now, let's review the prayer at the bottom of the Commitment Page:

Heavenly Father, You know what my current and past struggles with my weight and my health have been. You know my past failures and my past successes. You know everything in my heart and everything I need and don't need. Today I am declaring that you will be my strength, my healer, and my comfort during this new journey I am embarking on to a healthier me. I know there will be obstacles that will get in the way, but You are more powerful than any of them. When temptations come that do not support my health, I ask that you give me the strength to turn away and stay on my healthy path.

Lord, I know with You all things are possible and that includes my good health. Thank you for giving me the courage to take these first steps. You are my rock and my redeemer. In Jesus' name, Amen.

Pray this short prayer each morning and lean on God's strength to help you through this health journey.

Introduction to the New Life Promise Plan

Have everyone open their book to page 7, "Your Goal."

READ:

Although each one of us is going into this with many different goals, there are two main goals of the New Life Promise Program:

1. The first is to end the need for another "diet" ever again. This is not another diet you are trying. This is a true lifestyle and heart change and we are inviting the Lord to do a work in us.
2. The second is to enjoy eating a variety of delicious, healthy food without unhealthy restrictions.

ASK:

What are your personal goals for this program?

Meal Plan Review

Note to leader: The meal plans, shopping lists, and recipes begin on page 68 of the book. Review the layout of each week together and see if anyone has any questions about getting started. Your entire group does not need to start the meal plans on the exact same day - they can choose their start dates based on their personal needs.

New Life Promise Facebook Group Guide Review

Note to leader: The Facebook group is a wonderful resource for all New Life Promise members. Encourage each of your group members to join the group. It will relieve you and your group from having to know the answer to every nutrition question that may be asked. If a question comes up and you don't know the answer, please ask inside the Facebook group and we will provide an answer quickly.

READ:

Let's review the New Life Promise Family Facebook Group Guide. I encourage each of you to join the New Life Promise Family Facebook group. This is where everyone has access to New Life Promise coaches and can ask any questions that may come up as you get started following the program.

An excellent resource as you get started (and throughout your NLP journey) is the Units section of the Facebook group. As new members, the best place to start is with *Unit 1: Your First 4 Weeks on the New Life Promise Plan* for helpful videos and tips for getting started. This handout shows you exactly where those videos can be found.

Reading Plan Review

READ:

The Food Meets Faith Manual includes seven sessions of readings that include a God Focus and Nutrition Wisdom. We will be reviewing one of these sessions during each of our meetings. The Reading Plan outlines which pages to read for each session. For our next session, please read Day 1 and pages 26-38.

Note to leader: Let members know that if they want to read the entire manual in one week, as it is laid out in the plan, that is ok. You should still encourage them to read along with your group though, as it will encourage greater retention of the information because they will have read it twice.

Many of our members have told us that they have read the book several times over and have learned something new every time. Other members may be a bit more limited in their time and may benefit from stretching the reading out over the course of several weeks.

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 2

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

ASK:

In the past, what was your attitude about dieting, eating healthy, or losing weight?

Has that attitude or perspective changed since reading Day 1?

READ:

Let's review this verse of scripture together:

No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

- Romans 8:37-39

ASK:

Consider Romans 8:37-39. Is there anything in your past that can separate you from Christ's love? Does that bring you hope as you begin this health journey?

What would it look like for you to be in full surrender to God's plan as it relates to following this program? How is that different from what you have done in the past?

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

What mindset change is needed to stop counting calories?

Answer: I must eat the right amounts of the right foods.

What can you do if you feel hungry following the meal plans?

Answer: You can drink more water. You can increase your protein by 1-2 ounces in your lunch and dinner. You can give your body some time to adjust.

What will be your biggest challenge when giving up sugar?

Approximately how many ounces of water do you need to drink each day?

Answer: Half of your body weight in ounces of water each day.

Troubleshoot Challenges from the Past Week

READ:

This is a time for sharing challenges that may have come up since our last meeting. As a group, we can propose potential solutions. If no solution is needed, it may be more of a prayer need for that time.

ASK:

Would someone like to start us off?

Share Non-Scale Victories from the Past Week

READ:

Although the number on the scale does help to gauge how well some are doing, non-scale victories sometimes tell an even better story. Things like decreased blood sugar, decreased blood pressure or blood lipids, more energy, less bloating, and growing closer to the Lord are all wonderful examples of non-scale victories.

ASK:

Who would like to share a non-scale victory from this past week?

Reading for Next Session

Day 2 and pages 39-46

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group..

SESSION 3

Handout:

☐ How to Use LiveSmart

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

READ:

Some of the following questions may be very personal and sometimes difficult. If you don't feel comfortable sharing, you may want to write them down and use them during your personal prayer time with the Lord.

ASK:

Who in your life right now is being affected by your health and health choices? How does that make you feel?

If any of those emotions are negative, can you surrender those emotions to the Lord and instead choose hope and joy that He can guide you to great change?

READ:

Let's review this verse of scripture together:

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen. - Hebrews 13:20-21

ASK:

How does this scripture make you feel about the road you have ahead of you?

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

What has been your relationship with carbs up until now? Have you been afraid of them? Addicted to them? Confused about them?

How did the Carbohydrates Chapter change your feelings or perspective on carbs?

What three questions do you want to ask yourself when eating grains?

Answer:

1. Does it contain wheat or gluten?
2. What is the true serving size?
3. What other foods am I eating alongside this grain?

What will a balanced meal always include?

Answer: A protein, a fat, and a carbohydrate.

After reading the Protein Chapter, what is the biggest change you will make in your eating moving forward?

Do you think you may have been undereating protein up until now?

Troubleshoot Challenges from the Past Week

READ:

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ASK:

Who would like to share a non-scale victory from this past week?

Distribute and Review “How to Use LiveSmart” Handout

READ:

Many members ask how they can continue to get their meal plans, shopping lists, and recipes done for them. This handout will give you all of that information. If you have any other questions about the LiveSmart program, you can contact New Life Promise Customer Service directly. Their contact information is also included in the handout.

Reading for Next Session

Day 3 and pages 47-53

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 4

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

ASK:

What are some things about your health or your body that you have been upset or frustrated about? Is it something about your genetics? Something about the way you look?

How can you surrender those areas of your health and life to the Lord?

When you read the phrase, "Control what you can control and let God take over the rest," what does that mean to you? In the past, have you tried to control all aspects of your health on your own?

READ:

Let's review this verse of scripture together:

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. - 1 Peter 5:6-7

ASK:

How may you have to humble yourself as it relates to your health and weight loss journey?

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

How did reading the Fats Chapter change your perspective on eating fat? For example, have you been afraid to eat fat in the past? If, yes, do you feel better now about including healthy fats into your eating plan?

What steps will you take to increase your Omega-3 intake?

What steps will you take to help decrease your Omega-6 intake?

An important thing to remember is that eating healthy foods high in Omega-6 fats is not bad. Those fats are still essential. What we want to do is maintain a good ratio of Omega-3 to Omega-6. The meal plans we've created for you will help you do just that.

What are some fats you will do your best to avoid?

Answer: Hydrogenated fats and soybean oil.

Did your perspective on salt change after reading the Salt Chapter?

Which brand of salt have you found and are now using as part of your healthy eating plan?

Troubleshoot Challenges from the Past Week

READ:

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ASK:

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ASK:

Who would like to share a non-scale victory from this past week?

Reading for Next Session

Day 4 and pages 54-58

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 5

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

ASK:

In the past, have you spoken (either mentally or out loud) harsh words towards yourself in regard to your weight and your health?

READ:

Let's review this verse of scripture together:

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

- Ephesians 4:22-24

ASK:

How can you put on your "new self" as described in Ephesians 4:24 as it relates to your weight and your health?

Have you forgiven yourself and offered yourself grace for any prior decisions you may have made regarding your health and weight in the past? If you haven't, I highly encourage you to spend your prayer time asking our great God to help you with this forgiveness.

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

What fact about milk was the most surprising to you?

Have you experienced digestive issues in the past when consuming milk products? What alternatives (as suggested in the Dairy Chapter) will you try, or have you tried so far?

Since reading the Soy Chapter, have you discovered any products you were using in the past that contained hidden soy in them?

Troubleshoot Challenges from the Past Week

READ:

This is a time for sharing challenges that may have come up since our last meeting. As a group, we can propose potential solutions. If no solution is needed, it may be more of a prayer need for that time.

ASK:

Would someone like to start us off?

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READ:

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ASK:

Who would like to share a non-scale victory from this past week?

Reading for Next Session

Day 5 and pages 59-63

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 6

Handout:

☐ The Dirty Dozen Plus and The Clean Fifteen

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

ASK:

In what ways do you see food being used as an “idol” in our society today?

READ:

Let's review this verse of scripture together:

You shall have no other gods before me. – Exodus 20:3

ASK:

Have you found that there were times in your life when you placed food as an idol before the Lord?

In times of stress, how do you typically respond? Do you turn to food, alcohol, or something else in these difficult times?

Have you experienced changes in how you see food since starting the program? Has your relationship with food changed?

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

What stores or supermarkets have you been able to find good quality organic food at reasonable prices?

Distribute and review The Dirty Dozen Plus and The Clean Fifteen handout.

Which items on the list of The Dirty Dozen have been the easiest to find? Which have been the most difficult?

Which supplements have you included as part of your program? What has been your experience using those supplements?

Note to leader: Since making the decision to use a supplement can be very personalized, if any member of your group has a specific question about their health condition and

whether or not a particular supplement would be a good fit for them, please direct these questions to the Facebook group where a coach can respond.

Troubleshoot Challenges from the Past Week

READ:

This is a time for sharing challenges that may have come up since our last meeting. As a group, we can propose potential solutions. If no solution is needed, it may be more of a prayer need for that time.

ASK:

Would someone like to start us off?

Share Non-Scale Victories from the Past Week

READ:

Although the number on the scale does help to gauge how well some are doing, non-scale victories sometimes tell an even better story. Things like decreased blood sugar, decreased blood pressure or blood lipids, more energy, less bloating, and growing closer to the Lord are all wonderful examples of non-scale victories.

ASK:

Who would like to share a non-scale victory from this past week?

Reading for Next Session

Day 6 and pages 64-65

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 7

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

God's Word

ASK:

How has prayer been a part of your journey on this program so far?

Now that you have been following the program for several weeks, have you experienced any changes in your prayer time?

READ:

Let's review this verse of scripture together:

"Have faith in God," Jesus answered. "Truly, I tell you, if anyone says to this mountain, 'Go throw yourself into the sea', and does not doubt in their heart but believes that what they say will happen, it will be done for them. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. – Mark 11:22-24

ASK:

Does this verse prompt you to want to make any changes in your current prayer life?

Nutrition Wisdom Review

READ:

Let's review the chapters we read in preparation for this session. We will go over a few of the most important concepts from each chapter.

ASK:

How has your relationship with alcohol changed since starting this program?

If group members respond they have been drinking less...

Has drinking less or eliminating alcohol revealed anything to you about your relationship with alcohol?

How will you incorporate drinking into your healthy eating plan moving forward?

Note to leader: Remember, we want to create a safe place and a judgment-free environment for all members, so if, as the leader, you feel these questions may prompt division within your group, feel free to skip them and move on to challenges and non-scale victories.

Troubleshoot Challenges from the Past Week

READ:

This is a time for sharing challenges that may have come up since our last meeting. As a group, we can propose potential solutions. If no solution is needed, it may be more of a prayer need for that time.

ASK:

Would someone like to start us off?

Share Non-Scale Victories from the Past Week

READ:

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ASK:

Who would like to share a non-scale victory from this past week?

Announce Potluck Celebration

Note to leader: The Potluck Celebration handout is a guide for you, the leader, to help you organize a potluck celebration for session 8, which will be the last meeting for your group. Of course, this is optional, but it's a wonderful way for your group members to celebrate their success and share some delicious healthy recipes.

READ:

The next session is our last one, so we will be celebrating with a potluck! I am asking you each to bring one healthy, NLP-friendly dish to share with the group. There are a number of great recipes in the New Life Promise meal plans and the Church Potluck Recipes bonus. Please let me know what dish (or type of dish) you would like to bring to our next session. Signing up in advance will ensure we have a variety of food to share and enjoy!

Reading for Next Session

Day 7

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

SESSION 8

Open in Prayer

As a group or individually, say a short prayer giving thanks to the Lord for this shared time together and ask for His guidance and blessings for the group.

Potluck Celebration

Enjoy the delicious food that has been prepared!

After everyone has eaten, gather together for discussion time.

Reading Review

READ:

Let's review what we read in preparation for this session.

ASK:

What has been your perspective on resting up to this point? Do you see the value in it after reading the Day 7 reading?

What are some strategies you plan to implement so you are able to have some quality rest time each week?

Troubleshoot Challenges from the Past Week

READ:

This is a time for sharing challenges that may have come up since our last meeting. As a group, we can propose potential solutions. If no solution is needed, it may be more of a prayer need for that time.

ASK:

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Share Non-Scale Victories from the Past Week

READ:

Although the number on the scale does help to gauge how well some are doing, non-scale victories sometimes tell an even better story. Things like decreased blood sugar, decreased blood pressure or blood lipids, more energy, less bloating, and growing closer to the Lord are all wonderful examples of non-scale victories.

ASK:

Who would like to share a non-scale victory from this past week?

What has been your greatest victory from these past eight weeks?

Close in Prayer

Remember, it may be best to keep prayer requests to needs as they relate to following the program, but please do what you feel is best within your group.

Handouts

These handouts are optional, but you may find them to be helpful during the group instruction. Print them out and share within your group as you see fit.

New Life Promise Reading Plan

	What to Read	Date
Session 2	Day 1 - page 8 Calories - page 26 Sugar and Sweeteners - page 29 Coffee and Caffeine - page 33 Drinks - page 36	
Session 3	Day 2 - page 11 Carbohydrates - page 39 Protein - page 44	
Session 4	Day 3 - page 13 Fat - page 47 Salt - page 52	
Session 5	Day 4 - page 15 Dairy - page 54 Soy - page 57	
Session 6	Day 5 - page 17 Organic Food - page 59 Supplements - page 62	
Session 7	Day 6 - page 20 Alcohol - page 64	
Session 8	Day 7 - page 22	

My Commitment to Myself

I, _____, am hereby committing to the New Life Promise plan for the next 7 days, from _____ (start date) to _____ (end date).

This commitment is important to me because

When I am tempted to give up on this commitment, I will

My wonderful support system includes Isabel, my New Life Promise Family Community, and _____ (your prayer partner).

I will pray this short prayer each morning and lean on God's strength to help me through this health journey.

Heavenly Father. You know what my current and past struggles with my weight and my health have been. You know my past failures and my past successes. You know everything in my heart and everything I need and don't need. Today I am declaring that you will be my strength, my healer, and my comfort during this new journey I'm embarking on to a healthier me. I know there will be obstacles that will get in the way, but You are more powerful than any of them. When temptations come that do not support my health, I ask that you give me the strength to turn away and stay on my healthy path.

Lord, I know with You all things are possible and that includes my good health. Thank you for giving me the courage to take these first steps. You are my rock and my redeemer. In Jesus name, Amen.

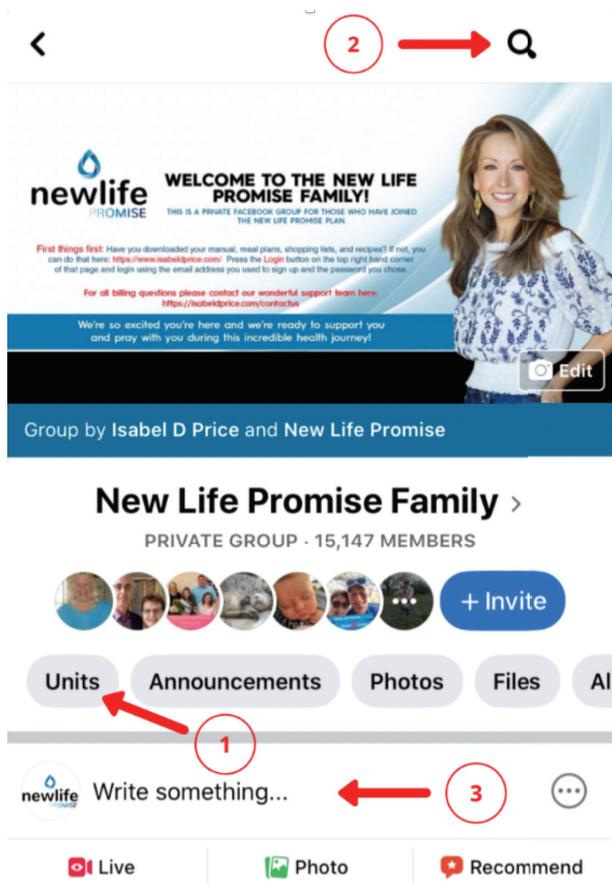
Keep this commitment somewhere you can see it and reference it often.

New Life Promise Family Facebook Group Guide

The New Life Promise Family Facebook Group is where you can reach out to Isabel and New Life Promise coaches directly, talk with other NLP followers, share your successes and struggles, and let the NLP team know exactly how they can continue to support you through every step of the program. This group is private – only other New Life Promise members will see what you post inside the group.

Join the Facebook group here: <https://go.isabeldprice.com/NewLifePromiseFacebookGroup>

- 1 Units Section** – An excellent resource as you get started (and throughout your NLP journey) is the Units section of the Facebook group. Here, you will find videos from Isabel, answers to the most frequently asked questions, and helpful tips for the first 4 weeks of the program and beyond. Look for “Units” in the menu on the group page to access all of this wonderful information.
- 2 Search** – If you have a question you don’t see answered in the Units section, search for it in the group to see if someone else has asked it before. There is so much valuable information shared by other NLP members every day, and the search tool is a great way to find and use it.
- 3 Post in the Group** – When you are ready to post in the group (introduce yourself, ask a question, share a success, etc.), look for “Write something...” near the top of the page to create a new post inside the group.



How to Use

liveSMART

By signing up for the New Life Promise program, you've made an incredible first step to grow closer to God and honor Him with your health, body, and choices. And you may have noticed that we don't use the word "diet" around here - that's because this plan is not about losing weight in the short term. It's a lifestyle choice, not a fad diet.

That's why I want you to have the tools you need to make healthy, faith-focused changes that will last.

Because I'm with you for the long haul and want to help you end the exhaustive dieting cycle to achieve a healthy, radiant, and vibrant body.



So I created the LiveSmart series, which provides monthly support on your journey, including:

- #1 Next-level nutrition wisdom so you can build a long-term foundation for change.
- #2 The total trifecta of weight loss with meal plans, recipes, and shopping lists!
- #3 My miraculous dessert makeover to take care of your sweet tooth, the right way.
- #4 Life like Isabel, which is where I explain exactly what I do to succeed so you get all my secrets!
- #5 Clever in the kitchen videos to show you terrific ways to make cooking fast and fun!
- #6 God focus, which has your monthly devotion to remind you that, with God by your side, you can accomplish anything.

It's the complete support you need to stay on track and love your new lifestyle, so you can focus on what is important: God and your family.

If you have any questions at all, our Customer Service team would be happy to help. You can contact them by email at info@isabeldprice.com or by phone at 1-800-941-1507.

Dirty Dozen & Clean Fifteen

Dirty Dozen Plus

-  Apples
-  Strawberries
-  Grapes
-  Celery
-  Peaches
-  Spinach
-  Sweet bell peppers
-  Nectarines (imported)
-  Cucumbers
-  Tomatoes
-  Snap peas (imported)
-  Potatoes
-  Cherries
-  Pears

Clean Fifteen

-  Avocados
-  Sweet corn
-  Pineapples
-  Cabbage
-  Sweet peas (frozen)
-  Onions
-  Asparagus
-  Mangoes
-  Papayas
-  Kiwi
-  Eggplant
-  Grapefruit
-  Cantaloupe (domestic)
-  Cauliflower
-  Broccoli

Potluck Celebration

Sign-Up Sheet

Main Dish

Name	Dish
1.	
2.	
3.	

Salad/Side

Name	Dish
1.	
2.	
3.	

Dessert

Name	Dish
1.	
2.	

Suggestions for Dishes (and Where to Find Them)

Main Dish

- Turkey Chili – Week 1 of Total Trifecta meal plans
- Spaghetti Squash & Turkey Casserole – Church Potluck Recipes bonus
- Pulled Pork – Church Potluck Recipes bonus
- Spinach Chicken Parmesan Meatballs – Week 1 of Total Trifecta meal plans

Salad/Side

- Cucumber, Tomato, and Avocado Salad – Week 1 of Total Trifecta meal plans
- Homemade Hummus – Week 2 of Total Trifecta meal plans
- Deviled Eggs – Church Potluck Recipes bonus
- Mini Crab Cakes – Church Potluck Recipes bonus

Desserts

- The Best Chocolate Chip Cookies – Heavenly Desserts bonus
- The Most Wonderful Carrot Cake – Heavenly Desserts bonus
- Almond Butter Zucchini Brownies – Heavenly Desserts bonus