

## Faith-Fueled Fat Loss – Week 5 • Hormone-Supportive Fat Loss

***Psalm 139:14 — “I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.”***

### **Focus of the Week:**

This week is all about honoring your body as God created it—intentionally designed, hormonally complex, and completely worthy of care. Instead of punishing your body or ignoring its signals, you'll learn how to work with your hormones, not against them.

You'll discover how real food, restful habits, and smart movement can support your metabolism and fat loss in a way that doesn't require hustle, burnout, or shame. You'll be reminded that your cycle, cravings, and energy shifts are not signs of failure—they are opportunities to steward your health with wisdom and grace.

### **Weekly Habits:**

- Daily Bible Reading (see Week 5 plan)
- Protein with every meal
- Smart carbs + hormone-friendly whole foods
- Strength training + gentle movement (3 workouts this week)
- Hydration + sleep (honor your body's design)

### **What You'll Gain This Week:**

- ✓ A deeper understanding of how hormones impact fat loss
- ✓ Practical tools to fuel metabolism and reduce cravings
- ✓ Confidence to train wisely—without overdoing it
- ✓ A renewed view of your body as purposeful, valuable, and capable
- ✓ Peace in knowing you are not broken—you are beautifully designed by God

Before you begin...

- ● Where am I trying to force results instead of honoring my body's design?
- ● What would it look like to fuel and train in a way that honors my hormones this week?

## Week 5 Bible Reading Plan – Designed with Purpose: Hormone-Supportive Health

This week, root your health journey in God's intentional design.

Each passage reminds you that your body is fearfully and wonderfully made, and that God cares about how you nourish, strengthen, and steward it.

Read one passage per day and take time to journal or pray through what God is showing you.

**Day 1: Psalm 139:13–14 — You are fearfully and wonderfully made**

**Day 2: Genesis 1:27–31 — God designed your body with goodness and purpose**

**Day 3: Proverbs 3:7–8 — Honor God with your body and find refreshment**

**Day 4: Isaiah 40:29–31 — God gives strength to the weary**

**Day 5: 1 Corinthians 10:31 — Do all to the glory of God**

**Day 6: 1 Thessalonians 5:23–24 — God cares about your whole being**

**Day 7: 1 Corinthians 6:19–20 — Your body is a temple of the Holy Spirit**

### Reflection Notes

- What verse stood out most to me this week?
- How is God inviting me to care for my body with grace, not guilt?
- Where do I need to shift from frustration with my body to faith in how God designed it?

## Week 5 Habit Tracker – Hormone-Supportive Fat Loss

Use this tracker to stay in sync with how God designed your body—on purpose, with purpose. These daily habits will support your hormones, energy, and metabolism while helping you stay grounded in grace. They are small, meaningful steps of stewardship, not perfection.

### **Habits to Track Each Day:**

1.  Bible Reading — Complete today's verse from your Bible reading plan
2.  Protein Every Meal — Fuel your metabolism with steady protein
3.  Smart Carbs — Choose fiber-rich whole foods (fruit, veggies, oats, etc.)
4.  Workout or Walk — Do 2–3 strength workouts this week + daily movement
5.  Water First — Begin your day with hydration



Bible Reading	<input type="checkbox"/>						
Protein Every Meal	<input type="checkbox"/>						
Workout or Walk	<input type="checkbox"/>						
Water First	<input type="checkbox"/>						
Smart Carbs	<input type="checkbox"/>						

## *Weekly Reflection:*

- What food choice or habit made me feel my best this week?
- Where did I feel God strengthening me to make a better choice?
- What's one small shift I want to keep practicing next week?

# Smart Carbs Cheat Sheet

Support your hormones. Fuel your fat loss.  
Nourish your body in freedom.

## ✓ What Are Smart Carbs?

Smart carbs are God-created, whole-food carbohydrates that support your energy, hormones, and metabolism without causing crashes or chaos.

They are:

- ✓ Nutrient-dense
- ✓ Fiber-rich
- ✓ Blood-sugar stabilizing
- ✓ Designed to work with your body's natural rhythms

## 🛒 Smart Carb Food List

### ROOTS & STARCHES

- Sweet potatoes
- Potatoes (gold, red, purple)
- Butternut squash
- Acorn squash
- Beets
- Carrots
- Parsnips
- Corn

### GRAINS & SEEDS

- Oats (steel-cut, rolled)
- Brown rice
- Quinoa
- Farro
- Barley
- Millet
- Sprouted grain bread
- Ezekiel or whole grain tortillas

### FRUITS

- Berries (blueberry, strawberry, raspberry)
- Apples
- Bananas
- Grapes
- Oranges or mandarins
- Pears
- Kiwi
- Mango (in moderation)

### LEGUMES

- Lentils
- Black beans
- Chickpeas
- Pinto beans
- Kidney beans
- Edamame

### SNACKS & EXTRAS

- Popcorn (air-popped + fat/protein added)
- Whole grain crackers (seeded or sprouted)
- Hummus with veggies or grain chips
- Roasted chickpeas

## **Real-Life Meal Ideas**

### **Breakfasts:**

- Oats + chia + berries + almond butter
- Eggs + roasted sweet potato + avocado
- Greek yogurt + banana + hemp seeds
- Smoothie with banana + spinach + protein powder + flax

### **Lunches:**

- Rice bowl with grilled chicken, black beans, salsa, and avocado
- Turkey sandwich on sprouted bread + apple
- Quinoa salad with roasted veggies + chickpeas + tahini
- Lentil soup + seeded crackers

### **Dinners:**

- Baked salmon + roasted carrots + brown rice
- Ground turkey taco bowls with sweet potato and corn
- Grilled chicken + quinoa + sautéed greens
- Stir fry with tofu, broccoli, peppers, and brown rice

### **Snacks:**

- Popcorn + string cheese
- Apple slices + peanut butter
- Hard-boiled egg + seeded crackers
- Berries + cottage cheese
- Rice cake + almond butter + banana



### **Faith Connection: Food is a Gift, Not a God**

You are not “bad” because you ate potatoes.

You are not “failing” because you like bread.

You are free to eat with wisdom, not restriction.

“Whether you eat or drink, do it all for the glory of God.”

— 1 Corinthians 10:31

Let every meal be an opportunity to fuel your body with peace and purpose.

# Weekly Strength Focus — Hormone-Supportive Training

## Why This Week Matters:

This week is all about training in alignment with your hormones. That means honoring your body's natural rhythms—its energy highs and lows, its need for recovery, and the way it was designed to build strength and burn fat without burnout.

You are not here to hustle harder—you are here to move with wisdom and worship. Hormone-supportive fat loss happens when you stop trying to force results and start training in a way that works with the body God gave you.

## Focus Areas:

- Strength training to build lean muscle → improves insulin sensitivity, metabolism, and fat burning
- Support your cycle (or season) → adjust workouts to match energy levels
- Rest and recovery are just as important as movement
- Breathe with intention → exhale stress, inhale strength
- Anchor movement in truth → reject punishment, embrace purpose

**Use this guide to track your workouts, note progress, and record how you feel each session.**

## 👉 Form Reminder

- Move with grace, not guilt
- Brace your core and keep spine long
- Exhale during effort (push/lift), inhale as you release
- Don't rush the reps—quality over quantity

## Reflection Prompt

- What was my energy like this week, and how did I honor it?
- Where did I notice signs of burnout or stress?
- What does honoring my hormones look like in this season?
- How did strength training support my health and mindset?

## Ὑ Faith Connection

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made."

— Psalm 139:13–14

God didn't design your body by accident. He created it with care, detail, and intention—including your hormones. When you train with grace and purpose, you're not just supporting your metabolism—you're honoring the masterpiece He made.

# Strength Training Log

Week of: \_\_\_\_\_

Exercise	Muscle Group	Weight	Reps	Notes
EX. Squat	Lower Body	10	12	<i>Felt strong, go heavier next week</i>

- What did I notice about my motivation this week?
- Was I listening to my body or pushing through?
- How did God meet me in movement this week?