



A NOTE FROM DR. POWELL, MD

New Videos Coming Soon!

I'm excited to announce in collaboration with my oldest daughter Gabby Powell, the development of weight loss tip videos and Sneal® product review videos. These are in production now! So keep a look out on social media and our website for all these new videos!

FEATURED PRODUCTS



*Kay's Naturals
Protein Cereal*

With the combination of delicious flavors in low-calorie, low-carb, high protein recipes that contain plenty of fiber and absolutely zero grams of cholesterol. Leading the way to a better balanced diet, which is the key to a healthy lifestyle. Get the protein your body needs with the 100% gluten-free Protein Cereal.



*Click
Protein Coffee*

Click contains a double-shot of real, gourmet espresso coffee; not coffee flavoring or added caffeine! CLICK uses a premium grade protein, calcium caseinate. Calcium caseinate is known as the weight loss protein as it is a slower digesting than other proteins which is important while ingesting caffeine as well. Plus, calcium caseinate will keep you full longer and along with the caffeine found in our espresso coffee will help curb your cravings.

**10%
OFF**

Use code **APRILNEWS20** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

**Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 4/30/20*



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Why Lose Weight?

The Main Reason To Lose Weight Is For Health, Not Appearance

The risk of death rises with increasing weight. Even moderate weight gain (10 to 20 lbs) increases the risk of death, particularly among adults ages 30 to 64. People who are obese have a higher risk of death from all causes, compared to people at a healthy weight. Some reasons for this higher risk are known, but others are not. The incidence of heart disease is higher in persons who are overweight or obese (a waist circumference of 40 inches or more in men, and 35 inches or more in women). High blood pressure is more common in adults who are obese than in those who are at a healthy weight. Obesity is associated with elevated triglycerides (blood fat) and decreased HDL cholesterol ("good") cholesterol. Even when there are no adverse effects on the known risk factors, obesity by itself increases the risk of heart disease. The consequences of weight gain are serious for other health issues as well. A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of people who have not gained weight. Over 80 percent of people with diabetes are overweight or obese. Overweight and obesity are associated with an increased risk for some types of cancer including endometrial (cancer of the lining of the uterus), colon, gall bladder, prostate, kidney and postmenopausal breast cancer. Women gaining more than 20 pounds from age 18 to midlife double their risk of postmenopausal breast cancer, compared to women whose weight remain stable. Sleep apnea (interrupted breathing while sleeping) is more common in obese persons. Obesity is associated with a higher prevalence of asthma. For every 2-pound increase in weight, the risk of developing arthritis increases by 9 to 13 percent. Symptoms of arthritis can improve with weight loss.

**SPRING
SNEAL® SAVINGS**

Kickstart Your Weight Loss Goals

Spring is the perfect time to kickstart your weight loss goals. After all that winter comfort food and hibernating indoors, our bodies could use a post-winter boost. If you want to put fitness first as the weather warms up, we're here to help. Enjoy **15% OFF** online at carbessentials.net, **Monday, April 13th** on your purchase of \$75 or more! Shop online with coupon code **SPRINGSALE20** + enjoy free shipping (excluding liquids)!

Spring Sale!
April 13th

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6 Simple Tips to FIGHT the "QUARANTINE 15" WEIGHT GAIN

HAVE A PLAN

Failing to plan is planning to fail! Try writing down meals/sneals® for the day the night before or the morning of. Having a blueprint of your day can help you have some direction. This also goes for those limited grocery store trips. Make sure you write down a list for what you need. It may be helpful for you to look up some simple, healthy recipes. Write down the healthy ingredients you will need. And, avoid going to the grocery store hungry!

AVOID MINDLESS SNACKING

This is likely a tough one right now being stuck inside. Remember your goals. Before you stand in front of the fridge, ask yourself "Am I hungry or just bored or tired (or whatever else you might be feeling)?" If you are NOT hungry, step away from the fridge. If you ARE hungry, here are some guidelines to remember while reading a label:

- Keep the sneal® less than or equal to 150 calories.
- Try to keep protein equal to carbs.

Some other things to keep in mind:

- Avoid eating in front of a screen/computer/TV. Sit down at the table to avoid distractions while eating.
- Avoid eating from the bag (chips/popcorn/nuts). It is hard to monitor portion control when doing this. Portion out your serving and put the bag away.

PRACTICE THE PLATE METHOD DURING EATING MEALS

Be sure you are getting 3-4 oz lean protein at each meal, practicing portion control with carbohydrates, and filling half your plate with non-starchy vegetables. This combo of protein and fiber is more filling than a plateful of pasta, and can help control blood sugars.

AVOID LIQUID CALORIES

Aim to drink only 0-10 calorie beverages. Avoid liquid calories like pop, juice and energy drinks. Substitute with water, diet drinks and sugar-free options.

FOOD LOG DAILY

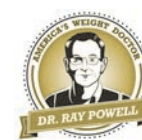
Now is a better time than ever to start food logging. It is the gold standard of weight loss, helping you to stay accountable every day, every meal, every snack. You can write it down in a journal or use an app to log your daily calorie intake, plus protein, fiber, etc. There are plenty of free apps available. Find the one that works best for you.

GET CREATIVE AT HOME

This may be the hardest goal of all, as we understand access to foods can be limited. Some ideas: canned chicken or tuna, low sodium beans, canned or frozen fruits/vegetables, Greek or light yogurt, light string cheese, eggs, turkey/chicken lunchmeat (follow the sneal® guideline for calories, protein, carbs and fat) Checkout our website physiciansplan.net/recipes/ for more recipes to try at home!

MOVE, MOVE, MOVE!

Any way, any time, any how! Get creative. Look at videos online; download an exercise app, or simply put on some music and dance. If it's safe for you, take a walk or run outside. If you have exercise equipment in your home, put it to use. Make a daily plan for how many minutes per day you can be active. Remember, most of us have a little more time on our hands than normal. Make the most of it!



EASY AT HOME RECIPES THAT WON'T BREAK THE BANK

With shelter at home in full effect due to COVID-19, we need to rely on staples to make a budget-friendly, easy meals for our families. You'd be surprised how just a few simple ingredients can be transformed into delicious, healthy food without breaking the bank. **SEE THE REST OF OUR RECIPES AT physiciansplan.net/recipes/**

TUNA & EGG SALAD



Ingredients:

1/2 tbsp light Mayo
1 tsp Dijon mustard
1 5-oz. can Tuna (drained)
1 tbsp sweet Pickles (finely chopped)
1 large Hard boiled eggs (diced)
dash of parsley, paprika salt & pepper

Lets Cook :

Mix light mayo, mustard, parsley, and paprika, until smooth. Add tuna, diced and sweet pickles. Mix everything together and if you notice any large pieces of tuna, break them up. Top with diced egg.

Serves 1: Calories: 310 | Protein: 47g | Carbs: 2.5g | Fat: 11g | Fiber 0g

QUICK CHICKEN LOADED TACO SALAD



Ingredients:

2oz Rotisserie chicken breast
1/4 Roma tomato, chopped
1 1/2 cups lettuce
1/2 bag Quest loaded taco chips*
1/8 cup corn, drained
1/4 cup black beans, drained
1 tbsp mexican cheese
Walden Farms Thousand Island Dressing *

Lets Cook :

Combine all ingredients into a bowl, mix and top with Walden Farms Thousand Island Dressing.

Calories: 250 | Protein: 27g | Carbs: 20g | Fat: 6.5g | Fiber: 5.5g

CHEF SALAD WRAPS



Ingredients:

2 slice ham
2 slice turkey
2 slice cheddar (low fat, 1oz)
2 slice swiss (low fat, 1oz)
4 tablespoons baby lettuce greens
1/2 bell pepper, thinly sliced
1/4 slice red onion, thinly sliced
2 teaspoon Walden Farms ranch dressing*

Lets Cook :

Lay down larger piece of lunch meat on the bottom. Add the two slices of cheese on top of the meat, along with a piece of bacon. Add the thin slices of pepper and onion and top with baby greens. Spoon 1 teaspoon dressing and then carefully roll up into a wrap. Repeat

2 wraps: Calories: 330 | Protein: 44g | Carbs: 13g | Fat: 10g

BLENDED CHIKE FRAPPE



Ingredients:

1/2 cups ice cubes
8oz Fat Free Fairlife Milk
2 scoops Chike coffee*

Lets Cook :

Combine all ingredients and blend on high. If your looking for a lighter version, cut ingredients in half and now it's only 105 calories and 16.5g of protein. Enjoy!

Calories: 210 | Protein: 33g | Carbs: 11g | Fat: 2.5g

FIND MORE RECIPES ON OUR SITE!

Visit physiciansplan.net/recipes/ to check out more delicious Sneal® recipes OR you can purchase our Sneal® Recipe Book today!