



A NOTE FROM DR. POWELL, MD

B Vitamins For A Healthy Lifestyle

The B vitamins are essential in many body functions, including; metabolism of fats and carbohydrates, synthesis of proteins, the transport and storage of Folate (another B vitamin) in cells and conversion of Folate to its active form. They are very important for the rapidly dividing cells in the body (skin, hair and bone marrow). Maintaining immune system at optimal disease fighting capacity and the development of red blood cells. The B vitamins are used in every cell in the body that has the energy machinery called mitochondria. These are the power units in every cell in the body that create energy. The energy cycle in these power units is called **THE KREB CYCLE** and the B vitamins are required in every step of the cycle as cofactors in the **ENGINE** can't work up to it's full power.

FEATURED PRODUCTS



Lily Seed Pops

Premium grade Makhana Lily Seed Pops gently oven roasted with organic ingredients. 100% vegan and contains zero sugar, gluten, dairy, soy, or grains.



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, it will keep you full longer and along with the caffeine found in our espresso coffee will help curb your cravings.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Hormones

Hormones are often a hidden reason why people have difficulty losing weight. There is more to losing weight than just exercising and sticking to a healthy diet. For optimum weight loss we have to activate certain hormones in the body which are the T3 and T4 hormones released from your thyroid. These help get your metabolism moving and when they are out of sync it is difficult for your body to break down food properly. Couple that with estrogen and testosterone not working properly and often, especially in females, iron deficiency and the weight loss process slows significantly. Overeating is a big problem for many people and can often be handled better by sticking to a diet which involves eating more protein. Leptin is a hormone that tells your brain you are full, this helps avoid over eating. Eating protein helps your brain become more sensitive to leptin. Fatty processed foods can cause inflammation in the brain thus causing leptin to be less effective which can cause you to eat more, even when you are not really hungry. Leptin is produced while you are sleeping and anything less than 6 hours may mean that there isn't enough of this hormone being produced. This will make it less effective in communication with your brain. Your body will do this on purpose so you will eat more in order to make up for the lack of sleep and energy. This is not what you want when you are trying to lose weight. Ironically when trying to lose weight it is important to eat regular, proper-portioned meals as these will help activate your hormones. Skipping meals will have the opposite effect and slow your metabolism down.

EASTER 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, **Sunday, April 4th** on your purchase of \$75 or more! Shop online with coupon code **EASTERSALE21** + enjoy free shipping (excluding liquids)!



Monthly Sneal® Savings

10% OFF

Use code **APRILNEWS21** 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 (Wed, Sat) & Chico (Mon, Tues, Thurs, Fri) ONLY. Coupon Expires 4/30/21*



JUMPSTART YOUR SPRING WEIGHTLOSS!

DON'T SKIP MEALS

To jump-start weight loss (and maintain it!), get your hunger in check by choosing high quality meals and sneals® every two to three hours. For optimal hunger control, aim to have meals and sneals® that contain both protein and fiber—two nutrients that have serious staying power.

SNEAL® WITH PURPOSE

Don't eat because you're bored or because others around you are eating. Reframe your approach to eating altogether. By making sure you're adding as many sneals® in your diet as possible, you're naturally pulling out a lot of high-calorie foods.

DRINK MORE WATER

Our bodies need lots of water to keep our energy levels up, undergo regular digestion, etc. Drinking water before meals may also help to curb hunger and keep you satisfied before, after or during a meal.

WEEKLY WEIGH-INS

Once you start making changes, you are probably agitated to see the numbers go down quick, but obsessing with the scale on a daily basis won't help. Instead, it's better to give it a week—the rule of thumb is to weigh yourself every week. Utilize our two office locations! Being accountable to others can help you stay on track and has been shown to increase success!

POWER UP BREAKFAST

Make sure to enjoy a balanced breakfast packed with protein. It will help to keep your energy levels up all morning and will also help your hunger cravings later in the day.

MEASURE PROGRESS IN MORE THAN JUST POUNDS

You've got to track your progress beyond just logging the numbers on the scale. Developing healthier habits and pursuing a leaner physique is much more complex than pounds lost or gained. Take into account other measures of fitness like body fat, waist circumference, and even sleeping patterns and stress management.



SPRING RECIPES

What better way to celebrate Spring than with a fresh, home cooked meal? Look no further for the best recipe ideas of this season! These easy, healthy and delicious recipes are sure to give you a spring in your step!

CHICKEN ENCHILADA

SWEET POTATOES

Ingredients :

- 4 medium sweet potatoes, w/skin
- 1 lb boneless chicken breasts
- 1 teaspoon kosher salt
- 3/4 teaspoon garlic powder
- 1 cup enchilada sauce, I recommend my homemade
- chopped scallions, for serving
- 1/4 cup non-fat Greek yogurt
- 1/2 cup shredded cheddar cheese
- 1 tablespoon chopped scallions and/or cilantro, for garnish



Lets Cook : Wash and dry the sweet potatoes. Wrap the potatoes individually in foil. Season the chicken with salt and garlic powder and place on one end of the slow cooker, cover with 1/4 cup enchilada sauce. Place the potatoes on the other end, stacking 2 on top of 2. Cover and cook on low for 6 to 8 hours, or until potatoes are tender. When done, remove the potatoes and chicken. Transfer chicken to a small bowl and roughly shred with 2 forks and add the remaining enchilada sauce. Split open the sweet potatoes, then top with 2/3 cup of the enchilada chicken. Drizzle each half with 1 tbsp cheese and place under the broiler 2 to 3 minutes, or until melted. Garnish each potato with 1 tbsp non-fat Greek Yogurt and scallions or cilantro.

Serves 4: Per Serving : Cal: 400 | Protein: 35g | Carbs: 46g | Fat: 9g | Fiber: 6g

CHICKEN PARMESAN ROLLS

Ingredients:

For the dough:

- 1 cup all purpose flour, plus more for dusting (5 oz)
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 cup Stonyfield non-fat Greek yogurt, not regular, drained if there's any liquid

For the filling:

- 8 ounces organic grilled chicken breast, sliced
- 1/2 cup marinara sauce
- 3/4 cup shredded part-skim mozzarella cheese

For the egg wash:

- 1 large egg
- sesame seeds



Lets Cook: In a medium bowl combine flour, baking powder and salt, whisk well. Add yogurt and mix with a fork until well combined, it will look like small crumbles. Lightly dust flour on a work surface and remove dough from the bowl, knead the dough a few times until smooth, no lumps. The dough will be tacky, but not sticky, about 20 turns (it should not leave dough on your hand when you pull away). Preheat the oven 425F. Line a sheet pan with a silicone mat. **Assemble the rolls:** Divide into 4 equal balls. Sprinkle a work surface and rolling pin with flour and roll the dough out into thin rounds, 7in in diameter. Spread 1 tbsp of marinara down the center of the circle in a strip, top with 1/2 cup of the chicken (2 oz) 1

tbsp more marinara sauce and 3 tbsp of cheese. Fold the right side of the dough over the top of the chicken then repeat with the left side. Brush the top with egg wash and sprinkle with sesame seeds. Bake until golden, 20 minutes.

Serves 4 Per Serving: Cal: 259 | Protein: 27g | Carbs: 28g | Fat: 4.5g | Fiber: 1.5g

CAPRESE CHICKEN SKILLET

Ingredients :

- 1/2 cup plus 1 tablespoon balsamic vinegar, divided
- 1 tbsp plus 1 tsp honey, divided
- 4 boneless chicken breasts
- 1 tbsp extra virgin olive oil
- 1 small red onion, diced
- 4 cloves garlic, minced
- 4 cups sliced cherry tomatoes
- 3/4 tsp dried thyme
- 4 ounces part- skim mozzarella pearls
- 3/4 cup fresh basil leaves
- salt & pepper to taste



stretch a large sheet of plastic wrap over the top. Lightly pound the chicken breasts into an even 1/2- inch thickness. Sprinkle the chicken with salt & pepper, seasoning both sides. In a large, heavy bottomed skillet, heat 1/2 tsp of oil over medium- high heat. Once the oil is hot add the chicken breasts. Let cook for 4 minutes, or until lightly browned. Flip and cook an additional 3 minutes. Check for doneness. If it needs additional time, flip again and continue cooking for a few minutes on each side. Remove to a plate and cover to keep warm. Without wiping out the pan, reduce skillet heat to medium. Add 1/2 tsp of oil, add the red onion and let cook until slightly softened, about 3 minutes. Add garlic and let cook 30 seconds. Add tomatoes, thyme, and 1 tbsp balsamic vinegar, 1 tsp honey, salt & pepper. Increase the heat to medium high, cook until the tomatoes begin to soften, about 2 minutes. Return the chicken to the pan and scatter the mozzarella throughout. Cover pan and remove from the heat. Let stand for 1 to 2 minutes to allow the mozzarella to become soft and melty. Uncover, drizzle the balsamic over the top, and sprinkle with the fresh basil.

Serves 4 Per Serving: Cal: 389 | Protein: 47g | Carbs: 21g | Fat: 11g | Fiber: 2g