



A NOTE FROM DR. POWELL, MD

This whole COVID-19 Pandemic has elevated all of our stress levels through the ROOF!!

It has been affecting every single person in so many ways and this is on top of our normal stressors in life; family, jobs, traveling, shopping, school, summer plans, graduations, etc. You have to make sure you are taking care of yourself; it does not give you permission to eat and drink excessively. Your activity (exercise) level might have also been affected with gym closures. You need to find alternative ways to move your body. You can tell by now that this Pandemic and all the stressors involved are not going to go away tomorrow, we all have to adapt and adjust! We cannot let these stressors overwhelm you. You and only you are in control of your destiny! Eat Right. Live Right. Feel Right.

FEATURED PRODUCTS



SmartCakes

Smartcakes™ are the "good for you cake" that helps to keep you feeling satisfied and supports your healthy lifestyle. They are not only gluten free, but free of sugar and starch. Baked with the finest ingredients, Smartcakes™ are non-GMO, packed with fiber and protein while being low in fat and only 38 calories per cake. They bring you a healthy and satisfying experience that goes way beyond gluten free. A sneal® that will keep your blood sugar in check, the Smartcake is a delicious addition to your healthy lifestyle.



Walden Farms Dressings

Walden Farms Calorie Free Salad Dressings. No calories, fat, carbs, gluten or sugars of any! Made with delicious ingredients ingredients and natural flavors such as organic soy sauce, ginger, mild Chipotle, lemon juice, cracked black pepper & white pepper, crushed garlic, minced onion, natural blue cheese, sour cream, Dijon mustard, Worcestershire Sauce, dozens of freshly ground herbs and spices, the finest imported and domestic aged vinegars and more...Switch and save hundreds of calories every time.

WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!

DATE: _____

WEEK: 1 2 3 4

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WHY WATER IS THE SECRET TO WEIGHT LOSS

Drink More Water

Our body is 50% to 75% water. Every cellular biochemical process in the body requires it, including the process of breaking down fat and using it for fuel. Therefore, if we want our body to burn the fat, water is key. Our bodies were designed for survival, if we don't have enough water, the body compensates by slowing metabolism. Even 1% dehydration can cause a significant drop in metabolism. By the time our thirst signal kicks in, we are already 10% dehydrated. Water suppresses the appetite naturally. Studies show that those who drink water before a meal eat 75 fewer calories a day. That adds up to an extra 27,375 fewer eaten calories a year, or 8lbs you prevented in weight gain. Sometimes the body will send signals of hunger, when it is actually thirsty and in need of water. Drink a glass of water, wait 20 minutes, then re-evaluate to see if you are still hungry.



BACK TO SCHOOL SNEAL® SAVINGS



The kids are going back to school. Kickstart your school year with our back to school sale on all your favorite sneals®! Enjoy **15% OFF** online at carbessentials.net, **Sunday, August 16th** on your purchase of \$75 or more! Shop online with coupon code **B2S20** + enjoy free shipping (excluding liquids)!

Sunday, August 16, 2020

Need a little motivation to drink more water?? Try our 36oz water bottles that keep you on track and motivated! Each water bottle has times and motivational phrases to keep you on track throughout the entire day!





10 WAYS TO DRINK MORE WATER



Drink one cup before every meal.

Set an alarm every hour.



Everytime you use the restroom, drink 1 cup.



For every non water beverage drink 2 cups of water.



Drink 2 cups right before bed.



Spice it up with fruit.



Buy a 64oz bottle & finish it everyday.



Compete with a friend.



Buy a pretty water bottle.



COLORFUL BBQ GRILLIN'!

The BBQ is the perfect solution to every summertime meal. Whether you're looking for colorful and delicious dinner ideas for hosting friends in the backyard, or you need a healthy meal to bring to the cookout that everyone is sure to enjoy...the BBQ is the answer. These 3 delicious recipes can all be grilled on the BBQ – what are you waiting for? Turn up the heat!

MANGO SHRIMP SALAD



Ingredients:
 6oz shrimp, peeled, deveined
 1/2 tsp extra virgin olive oil
 Salt & pepper, to taste
 2 tbsp fresh lime juice
 1/2 ripe mango, peeled, cubed
 1/2 cup halved grape tomatoes
 1/2 small red onion, chopped
 1.5 garlic cloves, minced
 1 tbsp chopped cilantro
 2 cups chopped lettuce leaves

Lets Cook: In a mixing bowl, combine shrimp, olive oil, salt and pepper; toss to combine. Preheat a grill to medium high heat. Grill for 1 to 2 minutes per side, until bright pink and cooked through. Remove shrimp from the grill and toss with lime juice; set aside. In a mixing bowl, combine cubed mangoes, grape tomatoes, onion, garlic, cilantro, salt, pepper and lime juice; toss to combine and let stand 20 minutes. Layer chopped lettuce leaves on a large serving plate or in a salad bowl; add mango mixture over the lettuce. Top with grilled shrimp. Squeeze lime juice over the entire salad and serve.

Serves 2: Per Serving: Cal: 150 | Protein: 19g | Carbs: 13g | Fat: 2.5g | Fiber: 2g

BRUSCHETTA GRILLED SALMON



Ingredients:
 2 6 oz skin-on salmon fillets
 2 TBSP (divided) canola or vegetable oil
 Kosher salt and ground black pepper to taste
Bruschetta Mix
 1 large tomato diced
 1/4 red onion diced
 1 clove of garlic minced
 2 tbsp extra virgin olive oil
 2 tbsp Walden Farms Balsamic Vinaigrette* (CabrEssentials.net)
 2 tbsp chopped fresh basil plus extra for garnish
 Salt and blackpepper to taste

Lets Cook: Heat the grill to medium heat. Combine all of the bruschetta mix ingredients into a bowl, mix, and set aside. Lightly grease the aluminum foil squares with 1/2 TBSP of cooking oil each; brush the remaining cooking oil over the skin-sides and top-sides of your cooking oil over the skin-sides and top-sides of your fillets. Use a bit more if needed. Place the foil onto the grill, and transfer the fish onto the tin foil, flesh side down to start. Grill for 5 mins. Flip the fish over, and spoon the bruschetta mixture onto the fillets (you can save a little extra to top the fillets off once they're cooked, if you wish). Cover the grill, and grill for another 5-7 minutes or until the fish reaches an internal temperature of 145 degrees F and is opaque in the center.

Serves 2: Per Serving: Cal: 175 | Protein: 18g | Carbs: 4.5g | Fat: 10g | Fiber: 1g

YUMMY HONEY CHICKEN KABOBS

Ingredients:
 1/4 cup vegetable oil
 1/3 cup honey
 1/3 cup soy sauce
 1/4 teaspoon ground black pepper
 8 skinless, boneless chicken breast halves - cut into 1 inch cubes
 2 cloves garlic
 5 small onions, cut into 2 inch pieces
 2 red bell peppers, cut into 2 inch pieces
 12 eaches skewers

Lets Cook: In a large bowl, whisk together oil, honey, soy sauce, and pepper. Before adding chicken, reserve a small amount of marinade to brush onto kabobs while cooking. Place the chicken, garlic, onions and peppers in the bowl, and marinate in the refrigerator at least 2 hours (the longer the better). Preheat the grill for high heat. Drain marinade from the chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers. Lightly oil the grill grate. Place the skewers on the grill. Cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with reserved marinade frequently.



Makes 12 Kabobes: Per Serving (1 Kabob): Cal: 178.5 | Protein: 17.5g | Carbs: 12.5g | Fat: 6.5g | Fiber: 1g