



Set an alarm every hour.



Drink one cup before every meal.



Use a straw.



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.



# 10 WAYS TO DRINK MORE WATER



# EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



## NARROW YOUR WORLD OF FOOD

### 'Stimuli Narrowing'

I have found that in order to affect a successful weight loss that is medically safe, aggressive, do-able and long-lived, you need to narrow your World of Food. It is called 'stimuli narrowing' we have to take your world and narrow it: either remove you from it by saying 'do this' or dramatically limit what you are doing with food. When we do this, people are very successful and

burn energy (lose weight) very rapidly. When you have less exposure to large variety of foods, what they found is that people have fewer desires, less hunger, and they are very successful in losing weight. The million dollar questions are how narrow we can go with your World of Food and for how long we can do that before you want to eat someone's arm off. The answers to those questions are totally dependent on your psyche. Based on my personal and professional experience, I limit my patients to no more than ten weeks of a low calorie/very narrow world in any one option. This is necessary even if they love what they are doing and it is working wonderfully for them. No ifs, ands, or buts; they need to change to a different options in their World of Food. This will keep you from getting dieter's fatigue, and you will be able to use each World of Food option again and again as a tool. In this way you will avoid falling back into what you have been doing that wasn't working.

**HOT SUMMER SLIM DOWN SALE** 5 DAY IN-STORE EVENT!

Summer is coming to an end, the kids are headed back to school. Take some time to work on a new slimmer you! Starting Monday, August 2nd we will have a 5 day in-store sales event with a new special each day. Savings like these only come twice a year! \*Some restrictions apply.

## 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: \_\_\_\_\_

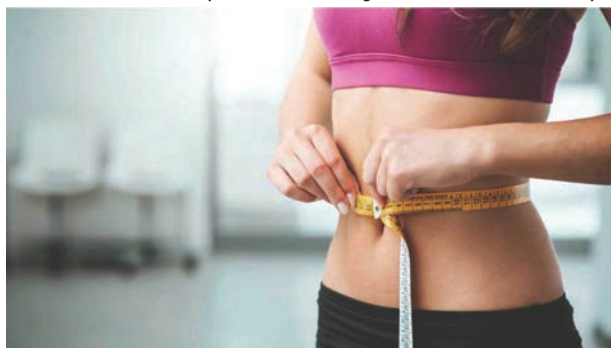
WEEK: 1 2 3 4



# KEEP YOUR SUMMER BODY ALL WINTER LONG

Warm weather, skimpier clothing, and the prospect of wearing a bathing suit are often motivation enough to help get you into shape for the summer. But what happens when frolicking at the beach is only a memory? You can maintain your summer-svelte figure all winter long if you know what it takes to stay the course of weight maintenance. It's so easy to

fall back into bad habits – you eat a little more, exercise a little less, and before you know it, the weight creeps on. By the time you notice those extra pounds it's nearly holiday season, so you decide to wait until after Jan. 1 to try to lose weight. Sound familiar? If you're tired of the annual weight-gain cycle, let this be the year you maintain your summer figure all year long.



## EXAMINE YOUR HABITS

Successful maintainers don't make arbitrary distinctions between seasons or times of year. It is not about the time of year, but instead a way of thinking and a way of life that keeps the weight off. You can not go back to your old ways, when you get to a point where you no longer want to look or feel the way you did, this mindset is critical to establish a new healthier behaviors for life.

## CELEBRATE THE BENEFITS

Another secret to keeping weight off, is never to forget why you lost it in the first place. A great way to stay motivated is to keep a journal of the pros and cons of how you felt in mind, body, and spirit before the weight loss, and how you feel now at a healthier weight. This technique keeps the focus on the benefits of weight loss -- from improved health to more energy, from better sleep to a smaller clothing size.

## KEEP MOVING

Don't underestimate the role of exercise in weight maintenance. To keep the weight off, you need to do something physical every day -- such as brisk walking -- for 60 minutes. And don't be intimidated by the 60-minute recommendation. It works just as well to exercise in shorter increments throughout the day. Regular physical activity reduces stress, strengthens muscles and bones, energizes, reduces the risk of chronic disease, and makes you feel good.

## FOCUS ON PORTION CONTROL

When you start gaining weight, go back and look at your portion sizes. Just reducing portion sizes alone is usually all you need to do to get back on track. Also, eating breakfast every day, to help manage calories and hunger throughout the day.

## WEIGH IN REGULARLY

Weight can fluctuate on a daily basis. But if you are committed to weighing yourself regularly, you will know when you're gaining. It's important to weigh in at least once a week, weighing regularly can be an excellent motivator.

## ETERNAL VIGILANCE

It's important to expect slip-ups, and not to be too hard on yourself when they happen. If you have a bad day, just get back on track as soon as you can, and do your best to learn from your mistakes. You must always be mindful of what you put into your mouth and stay vigilant in your commitment to healthy behaviors, so when you slip, you can rely on all these tools to help get you back on track.

# Summer Grillin'!

Summer is the most exciting season for eating! With fresh seasonal produce and outdoor cooking on the grill, there are endless possibilities. To us, summer recipes utilize the best fresh produce, leverage the grill, and no-cook or minimal cook if at all possible. The recipes below highlight the best summer recipes.

## GEORGIA PEACH TURKEY BURGER



- Ingredients:**
- 2 tbsp olive oil
  - 2 shallots, minced
  - 1 stalk celery, diced
  - 1 medium peach, pitted
  - 4 slices tomato
  - 4 oz low fat mozzarella
  - 1/2 tsp pepper
  - 1 lb ground turkey breast
  - 4 leaves of green lettuce

**Lets Cook:** Heat oil in a pan over medium-high heat. Add shallots and celery; sweat 30 seconds. Add peach; saute' for 1 minute until slightly brown but firm. Remove from heat; stir in pepper. Add mixture to a small bowl and let cool in refrigerator. When mixture has cooled, combine with turkey; form 4 patties. Heat grill to medium high. Cook burgers for 5 minutes before flipping. Close lid and cook 5 to 8 minutes more or until internal temperature of burgers reaches 165 degrees. Sprinkle burger with mozzarella cheese, top with tomato and wrap in lettuce, securing with skewer.

*Serves 4: Per Serving: Cal: 229 | Protein: 31g | Carbs: 6g | Fat: 2.5g | Fiber: 1.5g*

## GRILLED SHRIMP SKEWERS W/ CILANTRO LIME CREMA

- Ingredients:**
- 1 lb large shrimp, tail on and deveined
  - 1 tbsp extra-virgin olive oil
  - 1/2 tsp each: smoked paprika, garlic powder, onion powder, celery seed, salt
  - 4 lemon wedges
  - Fresh parsley, for garnish

### Cilantro Lime Crema Dip

- 1 1/4 cup sour cream
- 2 tbsp lime juice plus the zest of 1/2 lime (1/2 tsp)
- 1/4 cup cilantro
- 1/4 tsp each: garlic powder, sugar, salt



**Cilantro Lime Crema Dip:** By hand method: Finely mince the cilantro. Mix it together with the remaining ingredients. OR Blender method: In a regular blender, blend all ingredients starting with 3/4 of the sour cream until combined. Stir in the remaining 1/4 cup sour cream.

*Per Serving (2 skewers + 1 tbsp dip): Cal: 156 | Protein: 23g | Carbs: 1g | Fat: 6g | Fiber: 0g*

## TUNA TACOS WITH ONIONS



### Ingredients:

- 2 tablespoons olive oil
- 2 red onions, thinly sliced
- Salt
- 1 tsp chipotle powder
- 1 tsp dried oregano
- 1 tbsp red wine vinegar
- 1 ripe mango—peeled, pitted and cut into 1/4-inch dice
- 1 medium cucumber—peeled, seeded and cut into 1/4-inch dice
- 1 jalapeño chile, seeded, chopped
- 2 tbsp fresh lime juice
- 1 tbsp chopped cilantro
- One 1-pound tuna steak
- 8 corn tortillas, Mission, 25 calories

**Lets Cook:** Light up grill. In a large skillet, heat 1 tablespoons of olive oil. Add the onions, season with salt and cook over moderately high heat until softened and browned, about 8 minutes. Add the chipotle powder and cook for 30 seconds. Add the oregano and the vinegar and cook for 1 minute. Transfer to a plate. Meanwhile, in a bowl, combine the mango, cucumber, serrano, lime juice and cilantro and season the salsa with salt. Rub the tuna with the remaining 1 tablespoon of olive oil and season with salt. Grill over high heat until lightly charred and pink within, about 3 minutes per side. Transfer to a plate. Grill the tortillas until hot and soft, about 10 seconds. Stack the tortillas and wrap them in foil to keep warm. Thinly slice the tuna and transfer to a platter. Serve with the onions, salsa and tortillas. Let everyone make their own tacos.

*Serves 4: Per Serving: Cal: 399 | Protein: 56g | Carbs: 29.5g | Fat: 8.5g | Fiber: 4g*

**Lets Cook :** Thaw the shrimp, if frozen. Preheat a grill to medium-high heat (375 to 450 degrees). Soak the wooden skewers (at least 20 minutes). Pat the shrimp dry with a paper towel or clean towel. Place it in a bowl and add the olive oil, smoked paprika, garlic powder, onion powder, celery salt and kosher salt. Mix with your hands to combine. Thread the shrimp onto the skewers, alternating direction of the tails and making the shrimp just touch each other (so they don't spin when flipping the skewers). Place skewers directly on the grill and grill 1 to 2 minutes per side, until bright pink and cooked through. Remove from the grill and squeeze on fresh lemon juice from the lemon wedges. Top with finely chopped parsley if desired.