

How Does Acai Ditex Work?

Acai Ditex is an appetite suppressant supplement that uniquely combines Acai extract, Chromium, Vitamin D3, Carboxymethylcellulose and a blend of several B vitamins. This powerful combination helps remove harmful toxins, boost metabolism, promote insulin production, improve mood and encourage weight loss. Extra Chromium eases cravings for carbohydrates and helps stabilize blood sugar levels. 1,000 IU of Vitamin D3 helps curbe the Vitamin D deficiency that has recently been discovered to occur in most Americans. Carboxymethylcellulose expands in your stomach to create a full feeling and helps prevent over eating. Additional vitamins aid in replenishing those lost due to dieting.

FEATURED PRODUCT



Wilde ProteinChips

Our new Wilde Protein Chips have the thin & crispy texture of a traditional potato chip - without the potatoes. Made from 100% all natural chicken breast (and zero sugar!), so you can get all the protein and delicious flavors in a gluten-free, guilt- free package.

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**

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



How Portion Control Helps to Lose Weight

Portion control directly helps you to lose weight by tipping the scales in favor of the output of caloric energy. When you carefully monitor your portion sizes, you decrease the amount of food that you eat. This decrease in food intake also represents an overall decrease in the number of calories that you eat, provided that you eat the same foods that you did previously. This makes it easier for you to burn off those calories through less activity. Therefore, you will begin to gain weight more slowly or, ideally, maintain or even lose weight. Proper and healthy portion control is characterized by moderation. While it's important to not eat too much of any particular type of food, it's also equally important to avoid eating too little. Learn about the recommended serving sizes of various types of food, and do your best to adhere to them. This will ensure that you are eating a proper amount and that your body is fully nourished. Other benefits of portion control, conditioning your body to become full after consuming a smaller quantity of food. This means that controlling your portions should become easier over time. Additionally, many people find that they generally feel better and have more energy when they've eaten moderate portions than they did when they ate overly large portions. Finally, monitoring your portions appropriately can help to improve your digestion process and your regularity as well.

SNEAL® SAVINGS

Sunday, August 14, 2022

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, Sunday, August 14th on your purchase of \$75 or more plus enjoy free shipping (excluding liquids)! Don't forget to use the coupon code **B2S22** at checkout when shopping online at carbessentials.net.



No B-Vitamin injection Dates

In our Redding office, the following dates will not be available for B-Vitamin injections; every Wednesday, Friday, August 19th and Monday, August 22nd.



PORTION DISTORTION

590 Calories

333 Calories

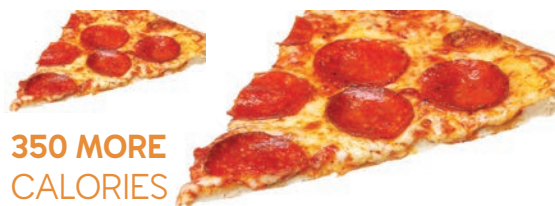


257 MORE CALORIES

Lifting weights for **1.5 hours** burns approximately 257 calories.
*Based on 130lb person.

285 Calories

635 Calories



350 MORE CALORIES

Playing golf (while walking & carrying your clubs) for **1 hour** burns approximately 350 calories.
*Based on 160lb person.

305 MORE CALORIES

45 Calories

350 Calories



Coffee 8oz (with whole milk & sugar)

Mocha Coffee, 16oz (with steamed whole milk and mocha syrup)

Walking **1 hour & 20 minutes** burns approximately 305 calories.
*Based on 130lb person.

45 Calories

350 Calories



1.5 oz

4 oz

290 MORE CALORIES

Vacuuming for **1 hour & 30 minutes** burns approximately 290 calories.
*Based on 130lb person.

45 Calories

350 Calories



1.5 diameter

3.5 diameter

220 MORE CALORIES

Washing a car for **1 hour & 15 minutes** burns approximately 220 calories.
*Based on 130lb person.



Hot Summer Recipes!

Summer is the most exciting season for eating! With fresh seasonal produce and outdoor cooking on the grill, there are endless possibilities.

BRUSCHETTA GRILLED CHICKEN



Lets Cook: In a small bowl, combine oil, half the lemon juice, salt, pepper, and Italian seasoning and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes. Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 155°-160°, about 5 to 7 minutes per side. Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes. Top chicken with tomato mixture. Garnish with Parmesan and serve.

Ingredients:
1 tbsp. extra-virgin olive oil
Juice of 1 lemon, divided
Salt & Pepper
1 tsp. Italian seasoning
4 boneless skinless chicken breasts
3 slicing tomatoes, chopped
2 cloves garlic, minced
1 tbsp. freshly chopped basil
4 slices mozzarella
Freshly grated Parmesan

Serves 4: Per Serving: Cal: 312 | Protein: 45g | Carbs: 1g | Fat: 11g | Fiber: 0g

PINEAPPLE BUN BURGER

Ingredients:
1 lb. lean ground turkey
1 tbsp. Worcestershire sauce
salt & pepper
8 pineapple rings
1 large red onion, sliced into rings
4 slices pepper jack
4 pieces romaine
8 slices turkey bacon



Lets Cook : Heat grill to medium-high. In a large bowl, combine ground turkey and Worcestershire and season with salt and pepper. Form into 4 patties. Grill patties, pineapple, and red onion until charred, 3 minutes per side. Top burger patties with pepper jack and cover grill to let melt, 1 minute. Top bottom pineapple buns with lettuce, burger patties, bacon, and grilled onions, then top with pineapple bun.

Serves 4: Per Serving: Cal: 355 | Protein: 36g | Carbs: 24g | Fat: 12g | Fiber: 2.5g

BALSAMIC GRILLED STEAK SALAD



Ingredients:
12 oz. skirt steak, fat trimmed
1/4 c. balsamic vinegar
1 clove garlic, minced
1 tbsp. packed light brown sugar
1/2 tsp. vegetable oil
salt
black pepper
6 c. baby arugula
2 ripe peaches, thinly sliced
1/3 c. crumbled feta cheese
Walden Farms Balsamic Vinaigrette

Lets Cook: In a large resealable plastic bag or baking dish, combine steak, vinegar, garlic and brown sugar. Marinate 20 minutes at room temperature. Heat a grill or grill pan over high heat. Remove steak from marinade, coat with vegetable oil, and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium-rare. Let rest 5 to 10 minutes, then slice against the grain. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss.

Serves 4: Per Serving: Cal: 322 | Protein: 26.5g | Carbs: 16g | Fat: 12g | Fiber: 1g

TACO TOMATOES

Ingredients:
1/2 tbsp. extra virgin olive oil
3/4 lb. ground turkey
1 medium onion, chopped
1 (1-oz.) packet taco seasoning
4 large, ripe beefsteak tomatoes
1/2 c. shredded Mexican cheese blend
1/2 c. shredded iceberg lettuce



Lets Cook : Heat olive oil in large skillet over medium heat. Add onion and cook, stirring, until soft, 5 minutes. Add ground turkey and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat. Flip over tomatoes so they're stem-side down and slice to make 6 wedges, being careful not to cut all the way through. Carefully spread open wedges. Divide taco meat among tomatoes, then top each with cheese, lettuce, and sour cream before serving.

Serves 4: Per Serving: Cal: 116 | Protein: 9g | Carbs: 6g | Fat: 6.5g | Fiber: 2g