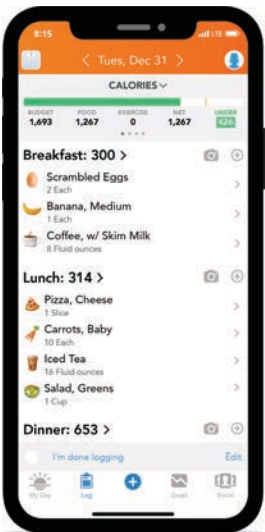


Keep Track of Your Nutritional Intake

We hear it time and time again—there’s an app for that. Dr. Powell teaches his patients to use tools to burn off their stored energy. After all, that is all fat is—but the body does NOT want to give it up but, with the proper tools, you can convince your body that it is safe and can let go of its precious fat stores. By logging your food you will help to avoid the sabotage of food amnesia. You will know, not just think you know, exactly what your nutrition is. A great option for logging your food is the Lose It! Calorie Counter App. With this app, you can locate calorie information from a food database or photo uploads of scanned food labels, which allow you to log and track your daily nutritional consumption.



FEATURED PRODUCT

Simply Snackin' SIGNATURE TURKEY

High protein, low calorie Simply Snackin' gourmet dried meats are the preferred choice of on-the-go people leading healthy lifestyles. Bite after bite of moist, lean, turkey with a hint of maple syrup & sage. Naturally fermented. Leisurely roasted. Lightly smoked. Lean & tasty with no MSG or trans fat.

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.



A Comprehensive Guide to Making Healthy Choices

AVOIDING BAD FATS IN YOUR DIET

Maintaining a healthy diet is crucial for overall well-being, and one aspect that requires attention is the types of fats we consume. While fats are an essential part of our diet, not all fats are created equal. We will explore the different types of fats and provide practical tips on how to avoid the bad fats in your diet. Understanding the Types of Fats:

- 1. Saturated Fats:** These fats are commonly found in animal products like fatty meats, whole milk, butter, and cheese. They are solid at room temperature and can raise your cholesterol levels, increasing the risk of heart disease. Limit your intake of saturated fats to maintain a healthy heart.
- 2. Trans Fats:** Trans fats are artificially created through a process called hydrogenation, which converts liquid oils into solid fats. These fats are commonly found in processed snacks, fried foods and baked goods. Trans fats not only raise your LDL (bad) cholesterol levels but also lower your HDL (good) cholesterol, making them a double threat to heart health. Avoid trans fats whenever possible.
- 3. Unsaturated Fats:** Unlike saturated and trans fats, unsaturated fats are beneficial for your health when consumed in moderation. There are two types of unsaturated fats: monounsaturated fats (found in olive oil, avocados, and nuts) and polyunsaturated fats (found in fatty fish, flaxseeds, and walnuts). These fats can help lower bad cholesterol levels and reduce the risk of heart disease to.

SNEAL® SAVINGS

Sunday, August 13, 2023

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 13th on your purchase of \$75 or more! Don't forget to use the coupon code **B2S23** at checkout when shopping online at carbessentials.net.





FIVE TIPS TO AVOID BAD FATS IN YOUR DIET

READ FOOD LABELS



Educate yourself on how to read food labels to identify the presence of bad fats. Look for keywords like "partially hydrogenated oils" or "saturated fats" and choose products with lower amounts of these fats.

OPT FOR LEAN PROTEINS



When consuming meat, choose lean protein sources like skinless poultry, fish, or plant-based proteins instead of fatty cuts of meat. Trim visible fat and remove the skin to reduce saturated fat intake.

SUBSTITUTE W/HEALTHY FATS



Replace saturated and trans fats with healthier alternatives. For instance, use olive oil or avocado oil instead of butter or vegetable shortening. Incorporate nuts, seeds, and avocados into your diet to increase your intake of unsaturated fats.

CHOOSE HEALTHY COOKING METHODS



Avoid deep-frying, which can increase the trans fat content in your food. Instead, opt for healthier cooking methods like baking, grilling, steaming, or sautéing with minimal oil.

LIMIT PROCESSED FOODS



Processed foods are often high in unhealthy fats. Opt for whole, unprocessed foods like fruits, vegetables, whole grains, and lean proteins to minimize your intake of bad fats.

Being mindful of the types of fats you consume is essential for maintaining a healthy diet and reducing the risk of heart disease. By avoiding saturated and trans fats while incorporating healthier fats into your meals, you can make positive changes to your overall well-being. Remember, small adjustments in your food choices can lead to significant improvements in your health in the long run.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.

Recipes with Healthy Fats

LOW CARB EGG SALAD LETTUCE WRAPS



Ingredients:
 12 hardboiled eggs
 1/2 cup Walden Farms Amazin' Mayo*
 1/2 cup yellow mustard
 salt & pepper
 bib or romaine lettuce

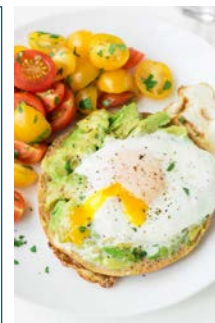
Lets Cook: Cook your hardboiled eggs and let them cool. Shell the hardboiled eggs.

Once they are shelled, cut each egg in half in one small bowl put all of the yolks. In a large bowl put all of the egg whites. Next cut all of the egg whites into small pieces and put the chopped egg whites back into the large bowl. With a fork smash the yolks until they are all fully crumbled into tiny crumb pieces. Add the mayo and the mustard to the bowl with the mashed egg yolks. Mix everything well so it is nice and creamy. Add the yolk mixture to the diced egg whites and mix well. Add salt and pepper to taste. Serve right away with lettuce or store in the fridge in an airtight container.

Serves 6: Per Serving: Cal: 130 | Protein: 12g | Carbs: 1g | Fat: 9.5g | Fiber: 1g

AVOCADO & EGG BAGEL

Ingredients:
 1 Everything Perfect 10 Bagel*
 1 tablespoon I Can't Believe It's Not Butter, Light
 2 large eggs
 1/2 ripe avocado
 salt & pepper
 1/4 teaspoon red pepper flakes optional



Lets Cook : Slice bagel in half. If the hole is very small, tear out some of the center to make it larger. Lightly spread the cut sides of the bagel with butter. In a small bowl, mash the avocado with the salt, black pepper, and red pepper flakes (if using). Taste and add additional seasoning if desired. For each bagel half: Heat a non-stick skillet over medium. Place the bagel in the skillet butter-side down. Let toast a few minutes until golden, then flip and place on a plate, toasted side up. Spread the cut side with mashed avocado. Return the bagel to the skillet, avocado-side up. Crack an egg in the center of the hole (for easier transfer, you can also crack the egg in a small bowl, then gently pour it into the hole), then cover the skillet and let cook until the egg is set, about 3 min for a medium-soft yolks.

Serves 2: Per Serving: Cal: 217 | Protein: 16g | Carbs: 13g | Fat: 12g | Fiber: 6g

For more recipes visit our website at www.physiciansplan.net/recipes. *Products can be found at www.carbessentials.net.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.

AVOCADO CHICKEN SALAD



Ingredients:
 2 medium cooked chicken breasts shredded
 2 ripe avocados pitted and diced
 1/2 cup corn roasted, canned, or frozen
 1/4 cup red or green onion minced
 2 tablespoons cilantro minced (or parsley or dill)
 Walden Farms Lime Crema Street Taco Sauce*
 salt and pepper to taste

Lets Cook: In a large bowl, add the shredded chicken, avocado, onion, corn, and cilantro. Drizzle with the Walden Farms Lime Crema Street Taco Sauce and season with salt and pepper. Toss gently until all the ingredients are combined.

Serves 6: Per Serving: Cal: 219 | Protein: 20g | Carbs: 9g | Fat: 12g | Fiber: 5g

BAKED PESTO SALMON

Ingredients:
 4 (12 oz) salmon fillets
 salt and ground pepper to taste
 1/3 cup homemade pesto sauce divided
 1 pint cherry tomatoes



Lets Cook : Preheat the oven to 425F. Season the salmon fillets with some salt and pepper. Lay the fish, skin-side-down, in a baking dish, large enough to fit the salmon and tomatoes. Add 2-3 tablespoons of the pesto sauce over the fish. Spread evenly to cover the fillets. Add cherry tomatoes to the sides of the fish. Bake uncovered in the preheated oven for 12-15 minutes until the fish is opaque and begins to flake with a fork. Careful not to overcook. Salmon is moist and flaky when not overbaked. Cook the salmon to 140-145°F (it will continue cooking slightly in the hot pan). Transfer the fish to a serving platter and serve with remaining pesto sauce on top. Serve immediately!

Serves 4: Per Serving: Cal: 222 | Protein: 19g | Carbs: 6g | Fat: 13g | Fiber: 1g