



A NOTE FROM DR. POWELL, MD

There are multiple factors that can contribute to being less active during this time of year, such as: cold weather, time change (gets darker earlier), visitors, vacations, events, colds, flu and the "I HATE EXERCISE!!". This is an uphill battle (pardon the pun). The more active you are the less weight you'll gain.

Important Points That Help Avoid Weight Gain.

FEATURED PRODUCTS



Real Good Personal PIZZA!

Finally a real pizza that you can feel good about eating! The secret to the low carbs is the all natural parmesan chicken crust. With antibiotic free, hormone free chicken, and all natural parmesan cheese—creating a taste experience you'll have to try to believe. By using clean, natural ingredients, instead of refined sugars and empty carbs, you can finally feel good after eating delicious pizza! Available at our CarbEssentials Store on Market Street and our Chico office location.



ProteinFirst Coffee Creamer

Now you can skip the crazy mixers, do-dads, gadgets and gear (along with all the mess of the blender bunch), thanks to ProteinFirst protein coffee creamer. As the only protein creamer that instantly dissolves with just a spoon, ProteinFirst is specially formulated so it won't clump, lump or stick when stirred into hot beverages like coffee, tea and hot chocolate. It delivers a rich, creamy vanilla taste with every cup. With 4g of protein, 0g of sugar, 2g of carbs and only 25 calories, now you can enjoy your coffee and protein every single morning. Get your morning started right with ProteinFirst.

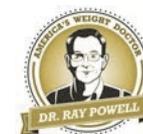
Monthly Sneal® Savings

10% OFF

Use code **DECNEWS17** online at CarbEssentials.net or present this coupon at our CarbEssentials Store location for 10% off your next purchase.

**Must present coupon to redeem 10% off. Not redeemable at Physician's Plan locations. Cannot be combined with any other offers. Can only be used once per customer. Coupon Expires 12/31/17*

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



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TOYS FOR TOTS BOTOX DRIVE

Tis' The Season For Giving! **TOYS FOR TOTS**

Toys for Tots was established to help the less fortunate children throughout the United States experience the joy of Christmas. To help contribute we will have a Botox, Toys for Tots Drive. Starting December 1st through the 18th, donate \$10 (all proceeds go to Toys for Tots) and take a guess at how many Botox vials are on display at our Redding Physician's Plan location. The person to guess the correct amount (or closest) will **WIN 25 UNITS OF BOTOX** (\$300 value)!

LOOK PARTY PERFECT THIS SEASON!



Be the envy of all your friends this Holiday season! Take advantage of our Aesthetics Day Saturday, December 2nd. You don't want to miss out on these amazing aesthetic deals, Botox at just \$11 per unit, with a minimum of 25 units purchased. \$75 off your first full syringe of Juvederm, and \$100 off your second full syringe! Space is limited, schedule today at our Redding office 530-223-0216!

Sneal® Deals

ANNUAL STOCKING DRAWING

Our gift to you...Win a stocking stuffed with delicious CarbEssentials Sneals® (a \$250 value)! Starting December 1st through the 23rd, get one drawing entry for every \$100 spent at CarbEssentials retail or online stores. We will announce the winner on Christmas Eve!





12 DAYS OF GIFTMAS!

Starting December, 12th Physician's Plan & CarbEssentials will have a new special each day for 12 days. These savings will make it easy to shop for the holidays. Savings like these come only this time of year!

*Some Restrictions Apply

December 12th
HEALTHYWEIGHT
RTS FRUIT DRINKS
BUY 4,
GET 1 FREE
ONLINE CODE: [RTS](#)

December 13th
BOTOX
5 UNITS FREE
W/ PURCHASE
OF 25 UNITS.

December 14th
KAY'S SINGLE
SERVINGS
BUY 6,
GET 3 FREE
ONLINE CODE: [KAYS](#)

December 15th
JUVEDERM
1 FULL SYRINGE,
\$475

December 16th
SNEAL REWARDS
EVERY \$100 SPENT,
GET 100 EXTRA
SNEAL REWARD
POINTS

December 17th
\$25 GIFT CARD
PURCHASE \$100 IN
GIFT CARDS,
GET A \$25 GIFT
CARD FREE

December 18th
LATISSE
\$20 OFF,
5ML BOX

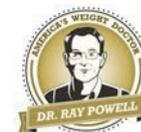
December 19th
CARBESSENTIALS
PROTEIN BARS
BUY 1, GET
1 AT 50% OFF
ONLINE CODE: [CEBARS](#)

December 20th
WEIGHT APPT.
BUY 3 MONTHS,
GET THE 4TH
50% OFF

December 21st
HEALTHYWEIGHT
ENTREES
BUY 6, GET 1 FREE
ONLINE CODE: [ENTREE](#)

December 22nd
B VITAMIN
INJECTIONS
BUY 12 SHOTS
FOR \$144

December 23rd
SIMPLY SNACKIN'
BUY 10,
GET 2 FREE
ONLINE CODE: [SIMPLY](#)



HEALTHY HOLIDAY HORS D'OEUVRES

Get the party started with these four must have healthy holiday party hors d'oeuvres! Your friends and family will be forever grateful if you serve or bring healthy appetizers at your next holiday party. Sure, we all like the usual eggnog and spinach artichoke dips, but the holidays are indulgent enough without the extra contribution. Offering healthy appetizer recipes will be a breath of fresh air during the holiday season. Protein on protein on protein! Meatballs are easy to forget about, but always a welcomed addition. Whip up a batch of these sweet and tangy meatballs, serve on toothpicks for the perfect fun appetizer!

TURKEY CRANBERRY MEATBALLS

- Ingredients:**
- 1 cup of barbecue sauce
 - 1 egg white
 - 1 (20 ounce) package extra lean ground turkey
 - 3 green onions, chopped small
 - 1 Tablespoon of reduced sodium soy sauce
 - 1/2 cup of dried cranberries (craisins)
 - salt and pepper to taste
 - nonstick cooking spray



Lets Cook :

- In a medium bowl place the egg white and beat lightly. Add uncooked ground turkey, green onion, craisins, soy sauce, salt and pepper.
- Mix well with a large spoon or your hands until well blended. Shape into 28 balls. Spray large nonstick skillet with nonstick cooking spray. Add your meatballs to the skillet; cook over medium high heat for 10 to 12 minutes or until meatballs are no longer pink in center, carefully turning occasionally to brown evenly.
- Pour your BBQ sauce over your meatballs and stir them around until they are all completely covered. Place the lid on and let them simmer on low heat for about 3 minutes.
- Serve with toothpicks.

Serves 7 (serving size 4 meatballs): Calories: 214 | Protein: 16g | Carbs: 20g | Fat: 6g | Fiber: 1g

MORE PROTEIN-PACKED RECIPES ON OUR BLOG!

Visit carbessentials.net or physiciansplan.net to check out our blogs for more fun holiday recipes!



Mediterranean Deviled Eggs
Calories: 84 | Protein: 6g | Carbs: 1g | Fat: 5.5g



Chicken Rumaki w/ Chili BBQ Sauce
Calories: 150 | Protein: 26g | Carbs: 3g | Fat: 3g



Jalapeno Poppers
Calories: 60 | Protein: 7g | Net Carbs: 3g | Fat: 2g