



A NOTE FROM DR. POWELL, MD

Important Points That Help Avoid Weight Gain.

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

Eating Amnesia Comes In Two Forms.

Eating amnesia is not conscious and can really be a cause of major frustration for a lot of people who are trying to lose weight, especially during the Holiday season.

Eating something and forgetting that you ate it.

Classic examples:

- A handful of jelly beans (or any candy) out of the candy jar.
- Three french fries off your child's plate.
- A bite of hot fudge sundae from your spouse's dish.
- Forgetting you had a piece of bread from the bread basket.
- Not thinking the creamer in your coffee needs to be recorded.

Forgetting how big the portion was you ate.

Classic examples:

- Estimating 1 tbsp of mayo on your sub, but really squirted on 4 tbsps.
- Writing down a small cookie for 80 calories and it was really 250 calories.
- Thinking your bagel was 250 calories, but it is really 340 calories.
- Estimating that you ate 1/2 cup of mashed potatoes but it was really 1 cup.
- Thinking you only used 1 tbsp of oil to dip your bread, but really soaked up 3 tbsps.

Monthly Sneal® Savings

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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Sneal® Reward Points

Your time is running out, don't miss out on using your Sneal® reward points this year! The last day to use the points you have earned all year, is December 31st. Because on January 1st all points reset to 0. You can redeem your points both in store at our Redding location on Monday, Wednesday, or Saturdays or at our online store carbessentials.net any day of the week! Please ask one of our staff members if you have any questions or concerns on how to use your points. We don't want you to miss out on these great deals that you have earned by shopping with us, so start shopping before they're gone!



Holiday Weight: How to Maintain, not gain

When you're trying to lose weight, the holiday season — and the tasty treats that come with it — may seem to pose a threat to your weight-loss goals. But there's a way to navigate the holidays without sacrificing your hard-earned progress. It's called weight maintenance. Some evidence suggests that people gain an average of 1-2 pounds during the holidays, and slightly more for those who are already overweight or obese. But weight maintenance can refocus your energy on balancing the calories you eat with the ones you burn through exercise. And with the right formula for your body and lifestyle, you can avoid the holiday gain while enjoying the fun of the season — a few tasty treats included. Focus on portions, Incorporate movement, Celebrate the HoliDAY, not HoliWEEK or HoliMONTH, Don't let setbacks deter you.

UPCOMING HOLIDAY SCHEDULE

The following information will apply to both our Redding and Chico office locations. Our offices and CarbEssentials stores will be closed the following dates; Friday, December 24th, Saturday, December 25th, Friday, January 31st and Saturday January 1st.



Dieting can be tough when celebrations and treats abound. You may find it's more manageable to shift your focus from weight loss to weight management during the holidays. Use this mantra: "Maintain, don't gain." When you focus on maintaining, not gaining, you can enjoy the season and avoid the post-holiday regret that comes from having overindulged.



12/26/21 through 1/1/22

2022

COUNTDOWN

SALES EVENT!

Sunday, December 26th

JERKY

BUY 10 GET 2 FREE!

Monday, December 27th

ENTREES

BUY 6 GET 1 FREE!

Tuesday, December 28th

WEIGHT

Appointment

Buy 3 mo., Get 4th mo. 50% OFF!

Wednesday, December 29th

B-VITAMIN

Injections

BUY 9, Get 3 FREE!

Thursday, December 30th

BOX BARS

BUY 1 GET 1 50% OFF!

Friday, December 31st

CHIPS

BUY 6 GET 2 FREE!

Saturday, January 1st

15% OFF

Sitewide!

(\$75 minimum order)

Starting December 26th Physician's Plan & CarbEssentials will have a new special each day, counting down to the new year. Savings like these only come this time of year! Sign up today for the daily online codes. *Some restrictions apply.

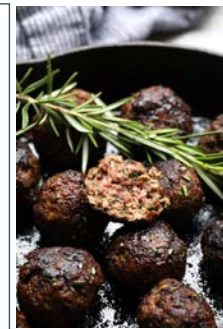
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HEALTHY HOLIDAY APPETIZERS

The holidays are jam packed with parties, drinks, and celebrating. These top Christmas appetizers will help you avoid unwanted weight gain this season, whether you're hosting a Holiday Party or attending an office potluck.

ROSEMARY THYME BALSAMIC MEATBALLS

- Ingredients:**
- 1 lb. lean ground beef
 - 2 tablespoons olive oil
 - 1 large egg
 - 1/2 cup whole wheat breadcrumbs
 - 1/4 cup fresh thyme, minced
 - 1/4 cup fresh rosemary, minced
 - 2 teaspoon garlic powder
 - 1/8 teaspoon salt
 - 2 tablespoons olive oil
 - 1/2 cup balsamic vinegar



Lets Cook: Heat a castiron skillet over medium/high

heat and add olive oil. Then, place beef, egg, breadcrumbs, thyme, rosemary, garlic powder, and salt in a large bowl. Use your hands to mix together so that everything is fully combined. Use a tablespoon scoop to form meatballs in your palms. Then, place on heated cast iron skillet and repeat until meat mixture is gone. Use tongs to turn meatballs until all sides have browned. Add balsamic vinegar and turn heat down to medium. Let meatballs cook in the balsamic vinegar for 6-9 minutes, rotating meatballs every couple minutes. Remove from heat and serve as an appetizer or for dinner! *TIP: Make sure you don't overcook your meatballs or they will become tough.

Serves 10: Per Serving: Cal: 201 | Protein: 16g | Carbs: 20g | Fat: 8g | Fiber: 2g

HONEY-GINGER CHICKEN BITES

- Ingredients:**
- 2/3 cup honey
 - 2 tbsp minced peeled fresh ginger
 - 2 tbsp fresh lemon juice
 - 2 tbsp cider vinegar
 - 2 tbsp low-sodium soy sauce
 - 2 tsp dark sesame oil
 - 1 tsp grated orange rind
 - 1 tsp Worcestershire sauce
 - 4 garlic cloves, minced
 - Cooking spray



16 skinless, boneless chicken thighs (cut into bite-sized pieces)

salt & pepper

2 tsp cornstarch

2 tsp water

2 tsp sesame seeds, toasted

PROTEIN-PACKED CHARCUTERIE BOARD

- Ingredients:**
- 4 hard-boiled eggs
 - 1 package deli-style smoked turkey
 - 1 package deli-style salami
 - 1 package smoked cheddar cheese
 - 1 package brie
 - 1 container mini bocconcini cheese balls
 - 1 package fresh basil
 - 1 container Cherry tomatoes
 - 1 cup mixed olives
 - 1 jar pickles (cornichons)
 - 1 persimmon, sliced
 - 1 bunch grapes
 - 1 pomegranate, cut open
 - 2 celery stalks, julienned
 - 1/2 each red and yellow pepper, julienned
 - 1 zucchini, sliced on a diagonal
 - 2 packages hummus
 - 1 jar antipasto



Lets Cook : Assemble all ingredients on a large wood board with small bowls for the ingredients like olives, pickles and dips. Include cutlery for cheeses and arrange in a manner so that guests can pick and choose different snacks from the board. To make caprese bites, add cherry tomatoes, basil and bocconcini cheese on toothpicks and add to board. Serve and enjoy!

Serves 12: Per Serving: Cal: 280 | Protein: 15g | Carbs: 13g | Fat: 12g | Fiber: 4g

Lets Cook: Combine first 9 ingredients in a large zip-top plastic bag; seal and shake well. Add chicken; seal and toss to coat. Refrigerate at least 2 hours or overnight, turning occasionally. Preheat oven to 425°. Remove chicken from bag, reserving marinade. Arrange chicken in a single layer on the rack of a broiler pan coated with cooking spray. Sprinkle chicken with salt and pepper. Bake at 425° for 20 minutes, stirring once. While chicken is cooking, strain marinade through a sieve into a bowl; discard solids. Place marinade in a saucepan; bring to a boil. Cook 3 minutes; skim solids from surface. Combine cornstarch and water in a small bowl; stir with a whisk. Add cornstarch mixture to pan, stirring with a whisk; cook 1 minute. Remove from heat; pour glaze into a large bowl. Preheat broiler. Add chicken to glaze; toss well to coat. Place chicken mixture on a jelly roll pan; broil 5 minutes or until browned, stirring twice. Sprinkle with sesame seeds, if desired.

Serves 12: Per Serving: Cal: 179 | Protein: 18g | Carbs: 17g | Fat: 4.5g | Fiber: 0g

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