



HOLIDAY EATING GUIDE

1 Don't skip meals. This backfires because you come to the next meal over hungry and eat more

2 Fill up on lower calorie, nutrient dense foods such as veggies, and lean cold cuts.

3 Make just one trip to the party buffet.

4 Eat only when you are hungry & not because food is near.

5 Don't buy candy or goodies too far ahead of an event. Once purchased keep it out of sight.

6 Beware of liquid calories; eggnog, beer, soda, wine. They go down so easily and often do not add much nutrition to your intake, but add a lot of calories.

7 Don't hang out near the food-socialize a distance away. This will prevent unconscious nibbling.

8 Take a walk after dinner, or partake in an activity.

9 Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor.

UPCOMING HOLIDAY SCHEDULE

Our Redding office and CarbEssentials store will be closed the following dates:

- Monday, December 25th
- Tuesday, December 26th
- Monday, January 1st



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**

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



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. 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.

BOTOX RAFFLE FOR ANGEL TREE!

Every child deserves to experience the joy of Christmas morning. The Salvation Army Angel Tree program helps provide Christmas gifts for hundreds of thousands of children.. To help contribute we will have a Botox raffle. Starting December 1st–18th, donate \$5 (all proceeds go to gifts for the adopted children) 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** (\$375 value)!



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 at both Redding and Chico locations or online at 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!





<p>12/26/23 through 1/1/24</p> <p>2024 COUNTDOWN SALES EVENT!</p>	<p>Tuesday, December 26th</p> <p>JERKY BUY 10 GET 2 FREE!</p>
<p>Wednesday, December 27th</p> <p>POINTS Every 100 Earned Receive 100 FREE!</p>	<p>Thursday, December 28th</p> <p>WEIGHT Appointment Buy 3 mo., get \$100 gift card!</p>
<p>Friday, December 29th</p> <p>B-VITAMIN Injections BUY 9, Get 3 FREE!</p>	<p>Saturday, December 30th</p> <p>BOX BARS BUY 1 GET 1 50% OFF!</p>
<p>Sunday, December 31st</p> <p>CHIPS BUY 6 GET 2 FREE!</p>	<p>Monday, January 1st</p> <p>15% OFF Sitewide! (\$75 minimum order)</p>

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 and more information. *Some restrictions apply for each day.

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THE CURE FOR HUNGER IS FOOD

"The cure for hunger is food." Those who reported being more hungry had the greatest holiday weight gain. So, how do you keep from being hungry? An important tip is to eat before you plan on eating. If you know your going to be exposed to a "Food Event": remember the '20 minute, 60 calorie protein rule'. Also eating Sneals® every 2 to 3 hours stimulates the gut to release CCK. Cholecystokinin (CCK) is made by the first part of the small intestine and stomach in response to protein. This increases satisfaction by delaying the emptying of the stomach. It stimulates the satisfaction center of the Ventromedial Hypothalamus of the brain. The general rule is 60 to 80 calories of lean protein and 20 minutes before you eat, get home, go to a restaurant, or attend an event.

TURKEY CRANBERRY MEATBALLS



Ingredients:

Meatballs

- 2 pounds lean ground turkey
- 22 saltine crackers, crushed
- 1/3 cup dry minced onion
- 2 eggs, beaten
- 1/2 cup milk
- 2 teaspoons ground ginger
- 2 teaspoon garlic powder
- 1 teaspoon salt
- 1/4 teaspoon pepper

Sweet & Spicy Cranberry Sauce

- 1 14 oz. can whole cranberry sauce
- 1/4 cup ketchup
- 1/4 cup quality hoisin sauce (like Kikkoman or Lee Kum Kee)
- 2 tablespoons soy sauce
- 2 tablespoons Franks Buffalo Hot Wings Sauce, or more to taste
- 2 tablespoons red wine vinegar
- 2 tablespoons brown sugar
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger

Lets Cook : Preheat oven to 400F degrees. Line baking sheet with foil or parchment paper. In a large bowl, combine all of the meatball ingredients, mix until well combined. Roll meat mixture into approx. 32 meatballs. Place meatballs onto prepared baking sheet and bake for 8 minutes, or until lightly browned. Meanwhile, whisk all of the Sweet and Spicy Cranberry Sauce ingredients together in a bowl starting with just 1 tablespoon hot wings sauce if you're not sure how spicy you want them. You can add more hot sauce to taste at the end of cooking. Line the bottom of your slow cooker with meatballs, then a layer of Sweet and Spicy Cranberry Sauce, then the remaining meatballs followed by the remaining sauce. Gently stir meatballs an hour after cooking. Cover and cook on low heat for 2-4 hours or until cooked through. Taste and stir in additional hot wings sauce (2 tablespoons is moderately spicy). Keep warm until serving. ENJOY!

Serving size 3 Meatballs: Calories 246, Protein 21g, Total Fat 7g, Carbs 22g, Fiber: 1g

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