



# 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."

## FEATURED PRODUCT



With 18-21 grams of high-quality protein per bag, Quest Protein Tortilla Chips are the ONLY chips you can enjoy as an anytime go-to chip completely guilt-free. Every bold, mouthwatering flavor has only 4-5g total carbs and zero junk ingredients, so eat the whole bag! Available in: Ranch, Nacho Cheese, Chili Lime and Loaded Taco!

## EGGNOG PROTEIN SHAKE

### Ingredients:

- 1 Quest Shake Vanilla
- 1 cup ice
- 1/2 tsp Rum extract
- 1/8 tsp Cinnamon
- 1/8 tsp Nutmeg



### Lets Cook:

1. Combine vanilla protein shake and ice in a blender.
2. Add in rum extract and cinnamon.
3. Blend shake until smooth.
4. Sprinkle nutmeg on the top of your protein shake.
5. Enjoy!

*Serves 1: Per Serving: Cal: 162 | Protein: 30g | Carbs: 3g | Fat: 3g | Fiber: 1g*

## 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 GIFT CARD SPECIAL

Need a stocking stuffer idea??

Have a sports enthusiast or health-conscious friend you need a gift for??

Purchase our **Sports Water Bottle** at **10% OFF** with a minimum purchase of a \$25 gift card.



### 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; Thursday, December 24th, Friday December 25th, Saturday December 26th and Friday, January 1st.



## 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!







9/26/20 through 1/1/21

# 2020

## COUNTDOWN

### SALES EVENT!

Saturday, December 26th

# JERKY

## BUY 10 GET 2

### FREE!

Sunday, December 27th

# ENTREES

## BUY 6 GET 1

### FREE!

Monday, December 28th

# CHIPS

## BUY 6 GET 2

### FREE!

Tuesday, December 29th

# B-VITAMIN

## Injections

### BUY 9, Get 3 FREE!

Wednesday, December 30th

# BOX BARS

## BUY 1 GET 1

### 50% OFF!

Thursday, December 31st

# WEIGHT

## Appointment

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

Friday, 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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## GOOD-FOR-YOU HOLIDAY ENTREE'S

The holidays are here, but that doesn't mean all your goals need to go on vacation. There's a reason many—maybe most—people stop their healthy habits in November and December. All the parties, feasting, and heavy holiday food can all-too-often leave those who'd prefer to stick to lighter fare with very few options. This year, along with the typical indulgent Christmas dinner menu, give yourself (and anyone else who's trying stick to their goals) a little help by including a few of these healthy Christmas recipes.

### BAKED GARLIC-BUTTER SALMON

**Ingredients:**  
 FOR THE SALMON AND VEGETABLES  
 4 (6 ounces each) salmon fillets  
 6 cups broccoli florets  
 FOR THE GARLIC BUTTER SAUCE  
 4 cloves garlic, minced  
 6 tablespoons unsalted butter, melted  
 1 tablespoon light brown sugar  
 1/2 teaspoon dried oregano  
 1/2 teaspoon dried thyme  
 1/2 teaspoon dried rosemary  
 salt and fresh ground pepper  
 1 lemon, halved, divided  
 chopped fresh parsley, for garnish



**Lets Cook:** Preheat oven to 400F. Grease a sheet pan with cooking spray. Arrange broccoli florets and salmon fillets on prepared sheet pan. Rub minced garlic over each fillet. Set aside. In a mixing bowl whisk together melted butter, brown sugar, oregano, thyme, and rosemary. Pour the butter mixture over the salmon and veggies. Take half of a lemon and squeeze lemon juice over everything; then, season with salt and pepper. Place the sheet pan in the oven, cook for 15 minutes, or until the fish flakes easily with a fork and internal temperature is 145F degrees. Remove from oven and garnish with parsley. Serve with lemon slices.

Serves 4 | Per Serving: Cal: 245 | Protein: 21g | Carbs: 10g | Fat: 12g | Fiber: 2g

### SLOW-COOKER TURKEY BREAST WITH GRAVY

**Ingredients:**  
 2 teaspoons dried parsley  
 Salt & pepper  
 1 teaspoon poultry seasoning  
 1/2 teaspoon paprika  
 2 medium onions, chopped  
 3 medium carrots, sliced  
 3 celery ribs, chopped  
 1 bone-in turkey breast (6 pounds), skin removed



1/4 cup all-purpose flour  
 1/2 cup water

Serves 6 | Per Serving: Cal: 201 | Protein: 18.5g | Carbs: 12g | Fat: 8.5g | Fiber: 3g

### BEEF TENDERLOIN

**Ingredients:**  
 FOR BEEF  
 1/2 c. extra-virgin olive oil  
 2 tbsp. balsamic vinegar  
 2 tbsp. whole grain mustard  
 3 sprigs fresh thyme  
 3 sprigs fresh rosemary  
 1 bay leaf  
 2 cloves garlic, smashed  
 2 tsp. honey  
 1 (2-lb.) beef tenderloin  
 1 tsp. salt  
 1 tsp. ground black pepper  
 1 tsp. dried rosemary  
 1 clove garlic, minced  
 FOR YOGURT SAUCE  
 1/2 c. Greek yogurt  
 1/4 c. sour cream  
 1 tsp. prepared horseradish  
 Juice of 1/2 lemon  
 salt



**Lets Cook :** In a large bowl, mix together oil, vinegar, mustard, thyme, rosemary, bay leaf, smashed garlic, and honey. Add meat to bowl, cover with plastic wrap, and marinate in refrigerator for 1 hour or up to one day.

Preheat oven to 450°. Line a rimmed baking sheet with aluminum foil and fit a wire rack inside. Remove tenderloin from marinade and pat dry with paper towels. Season all over with salt, pepper, rosemary, and minced garlic, then place on rack. Roast until cooked to your liking, about 20 minutes for rare. Let rest 5 to 10 minutes before slicing. Meanwhile, make sauce: In a medium bowl, whisk together yogurt, sour cream, horseradish, and lemon juice, and season with salt. Slice tenderloin and serve with sauce on the side.

Serves 4 | Per Serving: Cal: 302 | Protein: 34g | Carbs: 12.5g | Fat: 12g | Fiber: 0g

**Lets Cook:** Mix the first 5 ingredients in a small bowl. Place vegetables in a 6- or 7-qt. slow cooker; top with turkey. Rub turkey with seasoning mixture. Cook, covered, on low 5-6 hours or until a thermometer inserted in turkey reads at least 170°. Remove from slow cooker; let stand, covered, 15 minutes before slicing. Meanwhile, strain cooking juices into a small saucepan. Mix flour and water until smooth; stir into cooking juices. Bring to a boil; cook and stir until thickened, 1-2 minutes. Serve with turkey.

Serves 6 | Per Serving: Cal: 201 | Protein: 18.5g | Carbs: 12g | Fat: 8.5g | Fiber: 3g

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