



SEMAGLUTIDE

New Injectable Prescription Medication

Semaglutide (GLP-1(Glucagon Like Peptide) receptor agonist) works by mimicking a hormone that targets areas of the brain involved in regulating appetite and food intake. This can help you eat less, which can lead to weight loss.

Semaglutide is an injectable prescription medication for adults with obesity (BMI ≥ 30) or overweight (excess weight) (BMI ≥ 27) who also have weight-related medical problems, to help them lose weight and keep it off. Semaglutide should be used with a reduced-calorie meal plan and increased physical activity.

Doctors do know that GLP-1s appear to help curb hunger. These medications also slow the movement of food from the stomach into the small intestine. As a result, you may feel full faster and longer, resulting in you eating less. Ask your provider or call the clinic for more information!

NEW PRODUCT

My Own Meals

Why choose between great taste and saving time? Within minutes, enjoy any of our nine delicious meals — The perfect solution for getting great taste and nutrition. All My Own Meal® shelf stable meals are kosher certified, fully cooked and ready to eat, as-is! And very convenient for times when you're busy or on the go!



MONTHLY SNEAL® SAVINGS

10% OFF

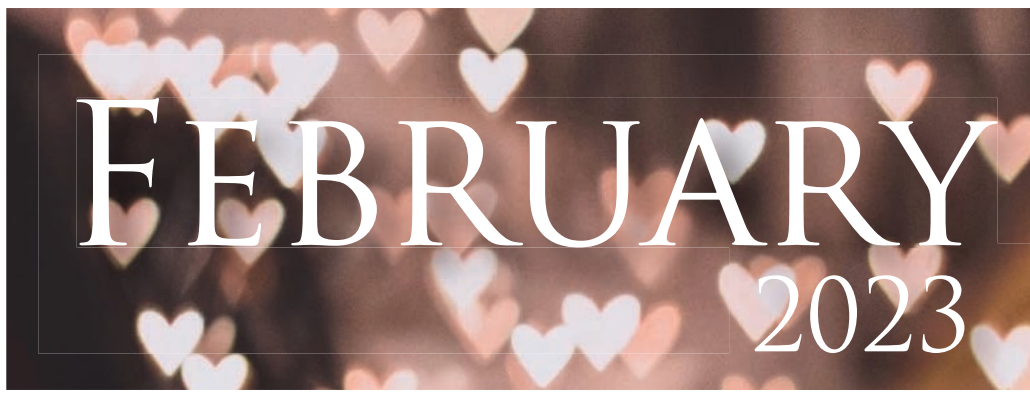
Use code **FEBNEWS23** online at CarbEssentials.net or present this coupon at our CarbEssentials Store locations for 10% off your next CarbEssentials product purchase.

*Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer on product purchases only (excludes bundles and Bariatric Advantage).
Coupon Expires 2/28/23

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



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LOSE YOUR LINES & PLUMP YOUR POUT

Dr. Powell's Aesthetics Day Deals!

Take advantage of our Aesthetics Day **Monday, February 20th**. You don't want to miss out on these amazing aesthetic deals! JUST \$13 per unit of BOTOX with a minimum of 25 units purchased. Purchase a full syringe of JUVEDERM at just \$550! Space is limited, call and schedule today at our Redding office 530-223-0216!



VALENTINE'S DAY SNEAL DEALS

15% OFF sitewide!

Valentine's Day is celebrated with all sorts of decadent foods and loads of chocolate. This year instead SAVE on your favorite SNEALS®! Enjoy **15% OFF** online at carbessentials.net Tuesday, February 14th on your purchase of \$75 or more! Shop online with coupon code **SNEALLOVE23** + enjoy free shipping (excluding liquids)!

AMERICAN HEART MONTH

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

The American Heart Association recommends obese patients participate in a medically supervised weight loss program to reduce the risk of heart disease.

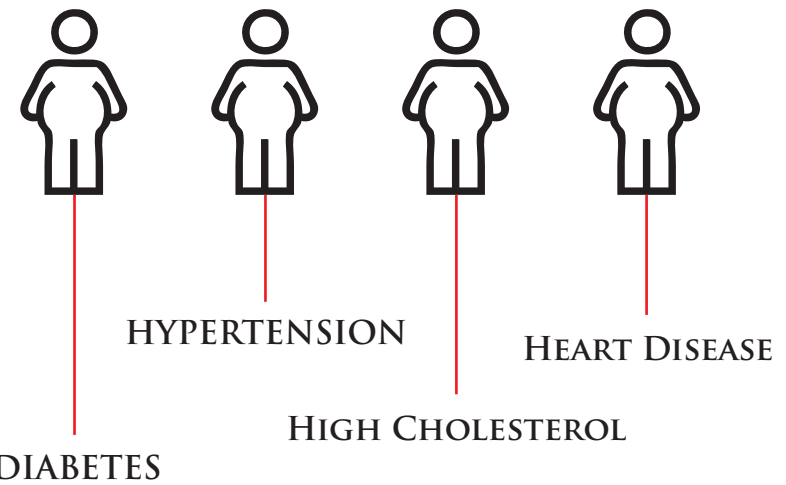




OBESEITY

IT'S AS SERIOUS AS A HEART ATTACK!

OBESEITY IS THE LEADING CAUSE OF:



42% OF U.S. ADULTS ARE OBESE

1 IN 4 DEATHS ARE CAUSED BY HEART DISEASE

KNOW YOUR WAIST CIRCUMFERENCE:

Waist Circumference is far more accurate than the Body Mass Index (BMI). Make sure to measure at your belly button.



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HEART-HEALTHY RECIPES

Believe it or not, eating heart-healthy can be equally as delicious as it is good for your body. And if you could save your heart by improving your diet, wouldn't you at least want to give it a try? Here are three delicious heart-healthy recipes, enjoy!

Ingredients:
 ½ tablespoon olive oil
 1 medium white onion, chopped
 1 can mild green chiles
 1 tablespoon ground cumin
 2 teaspoons chili powder
 ¼ teaspoon coriander
 1/4 teaspoon dried oregano
 3 cups low sodium chicken broth
 1 (15oz) can pinto beans, rinsed and drained
 ¾ teaspoon salt, plus more to taste
 Freshly ground black pepper
 1 1/2 pounds boneless skinless chicken breast
 ½ cup corn
 1 medium lime, juiced
 1/3 cup fresh, chopped cilantro

For garnish:
 Tortilla strips or chips
 Extra cilantro
 Avocado slices

WHITE CHICKEN CHILI



Lets Cook : Add all ingredients except the lime juice, cilantro, pinto beans and corn to your slow cooker. Cook on high for 3-4 hours or low for 6-7 hours. Remove chicken and shred, then add back to the slow cooker and stir in the corn and pinto beans continue cooking for 10 minutes then stir in the lime juice, cilantro . Top with tortilla slices and avocado.

Serves 4: Per Serving: Cal: 392 | Protein: 50g | Carbs: 34g | Fat: 8g | Fiber: 4g

Ingredients:
 1 lb. lean ground turkey
 1 large egg white
 4 scallions, (2 finely chopped & 2 thinly sliced)
 2 tbsp. chopped fresh dill
 1 tsp. cumin, 1/2 tsp. coriander
 1 lemon, halved
 2 peppers (orange & red), sliced
 1 jalapeño, seeded sliced
 1 c. cherry tomatoes, halved
 1 tbsp. extra-virgin olive oil
 1/2 c. low-fat Greek yogurt
 4 thin pitas

TURKEY MEATBALL GYRO



peppers, jalapeño, tomatoes, oil, sliced scallion, and 1/4 teaspoon each salt and pepper and toss to combine. Spread the yogurt on the pitas, top with the burgers and spoon the pepper relish over the top.

Serves 4: Per Serving: Cal: 424 | Protein: 33g | Carbs: 43g | Fat: 12g | Fiber: 4g

SPICED CHICKEN TACOS W/ POMEGRANATE SALSA



Ingredients:
 1/2 tsp. ground cumin
 1/4 tsp. garlic powder
 dash chipotle chili powder
 salt & pepper
 1 tsp. olive oil
 1 large boneless, skinless chicken breast
 2 medium radishes
 1/4 large avocado, diced
 1 scallion
 1/8 cup pomegranate seeds
 1/2 tbsp. fresh lime juice
 1/4 cup fresh cilantro leaves
 4 small 4" flour tortillas

Lets Cook: Heat oven to 425 degrees F. Line a rimmed baking sheet with foil. In a small bowl, combine the cumin, garlic, chili powders, salt. Heat the oil in a medium skillet over medium heat. Season the chicken with the spice mixture and cook until browned, 2 to 3 minutes per side. Transfer the chicken to the baking sheet and roast until cooked through, 8 to 10 minutes. Meanwhile, in a medium bowl, gently toss together the radishes, scallions, avocado, pomegranate seeds, lime juice, salt and pepper; fold in the cilantro. Slice the chicken into 1/4-inch-thick pieces. Fill the tortillas with the chicken and top with the pomegranate salsa.

Serves 2: Per Serving: Cal: 275 | Protein: 18g | Carbs: 17g | Fat: 9g | Fiber: 2.5g

GET MORE RECIPES HERE!

Visit [physiciansplan.net/recipes](https://www.physiciansplan.net/recipes) to check out more delicious recipes.

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