



A NOTE FROM DR. POWELL, MD

Thank you!

As the New Year begins our thoughts turn gratefully to all of you that have shared your journey with us. And in this spirit we say, simply but sincerely..Thank you and Best Wishes for the Holiday Season and Happy New Year!

WE ♥ OUR
Patients
THANK YOU
FOR BEING A PART OF
Our Family



Kay's Naturals Single Servings

Kay's Naturals Chips, Pretzel Sticks, Snack Mix and Cereal are great-tasting, gluten-free products you'll find at CarbEssentials. Big flavor meets big crunch. With 10–12 grams of quality protein per serving, they are a good choice for any healthy diet plan. These single serving bags make snealing® that much easier!



ProCal Pudding/Shake Mixes

Busy? On the go? Grab this quick and easy meal replacement shake. Just add water for a rich and creamy pudding or shake. A nutritious, great tasting and satisfying low-carb meal replacement shake available in three delicious flavors - Chocolate, Vanilla, Strawberry. Lactose Free and only 100 calories!

Monthly Sneal® Savings

10% OFF

Use code **JANNEWS21** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

**Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Wed & Sat) & Chico (Mon, Tues, Thurs, Fri) ONLY. Coupon Expires 1/31/21*

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



'Twas The Month After Christmas'

'Twas the month after Christmas and all through the house Nothing would fit me, not even a blouse!! The cookies I'd nibbled, the eggnog I'd taste All the holiday parties had gone to my waist. When I got on the scale there arose such a number!! When I walked to the store (less a walk than a lumber) I'd remember the marvelous meals I'd prepared: The gravies, sauces and beef nicely rared. The wine and the rum balls, the bread and the cheese, And the way I never said, "No thank you, please." As I dressed myself in my husband's old shirt And prepared once again to battle with dirt, I said to myself, as I only can, "you can't spend a winter Disguised as a man!!! So—away with the last of the sour cream dip. Get rid of the fruit cake, every cracker and chip. Every last bit of food that I like must be banished. I won't have a cookie - not even a lick. I'll want only to chew on a celery stick. I won't have a biscuit, or pie. I'll munch on a carrot and quietly cry!! I'm hungry, I'm lonesome, and life is a bore, But isn't that what January is for? Unable to giggle, no longer a riot, Happy New year to all and to all a good diet!!!

'DRY' JANUARY

Challenge yourself to 31 days no Alcohol

New research shows that taking part in Dry January -- abstaining from booze for a month -- sees people regaining control of their drinking, having more energy, better skin and losing weight. They also report drinking less months later. Many of us know about the health risks of alcohol -- seven forms of cancer, liver disease, mental health problems -- but we are often unaware that drinking less has more immediate benefits too. Sleeping better, feeling more energetic, saving money, better skin, losing weight... The list goes on. Dry January helps millions to experience those benefits and to make a longer-lasting change to drink more healthily. If you can't give up alcohol completely minimize your calorie intake when consuming alcohol with these 8 tips;

1. Eat a sneal before drinking.
2. Have a 2-drink maximum.
3. Take water brakes.
4. Skip the fufu drinks.
5. Sip your drink slowly.
6. Recruit a partner
7. Try a new exercise
8. Think about how many calories you are saving.



31 DAYS OF A BETTER YOU



SNEAL® YOUR WAY THROUGH 2021!

Let's refresh, sneal® is a term created by Dr. Powell. It is not just one food, it is a concept that teaches on how to increase satisfaction, decrease hunger, protect muscle mass, stabilize blood sugars, insulin levels, increase energy level and ultimately lose weight all at the same time through what you are eating. A sneal® ranges from 60 to 250 calories, it has to be: quick, convenient, portable, single-serving, taste great, have an equal protein to carb ratio and has to be as lean as possible. Here are a few sneal® ideas!

TIPS FOR SETTING REALISTIC NEW YEARS GOALS!

The Holidays are a notorious time for weight gain. Many people have started the New Year with resolutions to get fit, eat healthy and lose weight. Unfortunately for most these are easier said than done. Here are 7 tips to help you stick to your goals this year.

1. SET THE RIGHT GOALS

Step one of any weight loss resolution is making the resolution itself. However, the manner in which you create the goal could have you doomed from the get-go. One of the biggest mistakes people make is having a certain weight be their primary goal. Obviously people want to lose weight, but instead of just aiming to drop a few pounds, strive for more energy, increased stamina, and better sleep.

2. GET SUPPORT

Friends and family can all help you! Dr. Powell has two locations open during the week, stop by for your weekly weigh in for this exact reason! Being accountable to others can help you stay on track and has been shown to increase success!

3. SNEAL® WITH PURPOSE

Don't eat because you're bored or because others around you are eating. Reframe your approach to eating altogether. By making sure you're adding as many sneals® in your diet as possible, you're naturally pulling out a lot of high-calorie foods.

4. BE CONSISTENT

One bad meal won't torch your efforts, but habitual poor choices will. Your patterns of eating are the choices you make day in and day out. Choosing healthy sneals® the majority of the time, with a few cheats here and there, is more sustainable than an "all or nothing" mentality.

5. PLAN AHEAD

Try to load your workplace or home up with plenty of sneals® for the whole week, and try to shop in advance. If you've got healthy sneals® on tap, you're more likely to stick to your goals.

6. MEASURE PROGRESS IN MORE THAN JUST POUNDS

You've got to track your progress beyond just logging the numbers on the scale. Developing healthier habits and pursuing a leaner physique is much more complex than pounds lost or gained. Take into account other measures of fitness like body fat, waist circumference, and even sleeping patterns and stress management.

CREAMY CHICKEN PASTA



Ingredients:
1 Packet HealthyWeight Creamy Chicken Pasta*
3oz Rotisserie Chicken Breast
Salt & Pepper to taste

Lets Cook :
Cook pasta packet as directed, top with heated chicken.

Calories: 250 | Protein: 34g | Carbs: 13.5g | Fat: 8.5g | Fiber: 1g

VEGETARIAN CHILI SLOPPY JOE



Ingredients:
1 packet CarbEssentials vegetarian Chili & Beans*
1 Plain SmartBun*

Lets Cook :
Cook chili packet as directed. Heat bun in microwave for 5 seconds and add chili between bun.

Calories: 154 | Protein: 25g | Carbs: 19g | Fat: 4g | Fiber: 12g

LITE TUNA MELT WRAP



Ingredients:
2.5oz chunk light tuna in water (drained)
1/8 cup greek yogurt, non-fat
2 lettuce leaves
1/4 cup cheddar cheese, reduced-fat
1 La Victoria ow carb tortilla

Lets Cook :
Mix together all ingredients for creamy tuna. Spread in a broiler-safe baking dish/pan and sprinkle cheese on top. Place under broiler for one to two minutes, just until cheese melts.
Lay wrap flat and line with lettuce leaves. Scoop tuna with melted cheese over wrap. Tuck under one end and roll wrap. Cut in half and serve.

Calories: 218 | Protein: 27g | Carbs: 19g | Fat: 7.5g | Fiber: 10g

SALTED CARAMEL COLD BREW



Lets Cook :
Pour the cold brew coffee over ice. Add in salted caramel protein shake and top with whipped cream.

Ingredients:
1 cup ice cubes
1/2 Quest Salted Caramel protein shake*
1 cup cold brew, unsweetened
2 tbsp Whipped cream, light

Calories: 103 | Protein: 15 | Carbs: 2g | Fat: 2.5g | Fiber: 0g

MORE SNEAL® RECIPES ON OUR BLOG!

Visit physiciansplan.net/recipes/ to check out more delicious Sneal® recipes OR you can purchase our Sneal® Recipe Book today. *Products that can be purchased at our CarbEssentials store.