



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.

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.

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!



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.

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.

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.

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.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



'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 breaks. 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.



Happy New Year & We 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!

Setting Resolutions That ACTUALLY work...

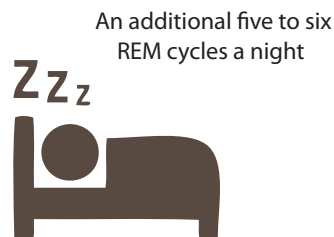
We all know January is diet season and everyone is searching for the secret to fast, easy and healthy weight loss. Well, the truth is it's never that easy. 80% of all New Year's resolutions are broken before February, people tend to fall off the weight-loss wagon so quickly because their goals are unrealistic. When people feel as though they've failed, they tend to throw in the towel for good instead of giving their resolution another shot. This year, instead of giving up on your goals two weeks in, try implementing the tips on the back page to help you get back on track after the Holiday pitfalls.



The Effects of A MONTH OFF ALCOHOL

Sleeping pattern improved

- ➔ Improved learning & problem solving
- ➔ Better eating patterns
- ➔ Better decision making



Better hydrated

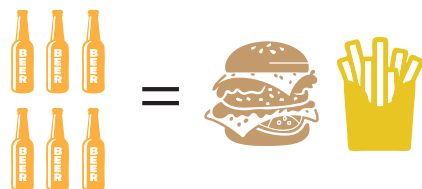
- ➔ Better physical performance
- ➔ More energy
- ➔ Headaches relieved



Drinking six glasses of wine means losing 19-24 glasses of water

Calories saved

- ➔ 960 cals in wine (6 X 175ml glasses)
- ➔ 1080 Cals in lager (6 pints)



Drinking 6 pints of lager in a week is the equivalent to an In-n-Out Double Double and French Fries.

Money saved

- ➔ Average bottle of wine is \$19.99
- ➔ Average six pack of beer is \$8.99



SNEAL® YOUR WAY THROUGH 2022!

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!

PROGRANOLA & YOGURT PARFAIT



Ingredients:
 1 Container Vanilla Greek Yogurt, Nonfat
 1/2 cup ProGranola® Vanilla Cinnamon Cluster*
 12 Raspberries

Lets Cook :
 Layer the following in a cup; 1/4 cup ProGranola, half of the the container of greek yogurt, 6 raspberries, and repeat.

Calories: 199 | Protein: 27g | Carbs: 24g | Fat: 4.5g | Fiber: 13.5g

LOW-CARB TURKEY VEG ROLL-UP'S



Ingredients:
 16 slices deli turkey
 1 red bell pepper, thinly sliced
 1 cucumber, thinly sliced
 1/2 cup microgreens or greens of choice
 1 cup low-fat cream cheese

Lets Cook :
 Place a slice of turkey down and top with one tablespoon of the cream cheese, sliced peppers, cucumber, and microgreens (keep enough for all 16 slices). Roll up and slice in half. Repeat with remaining turkey. Eat immediately, or store the ingredients separately for easy meal-prep. Serve individual rolls as an appetizer, or 4-6 rolls as a main dish.

(3 Roll Ups) Calories: 220 | Protein: 25g | Carbs: 6g | Fat: 9g | Fiber: 1.5g

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.

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: 13g | Fat: 8g | Fiber: 1g

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: 15g | Carbs: 2g | Fat: 2.5g | Fiber: 0g