



PRODUCT BUNDLES!

Get Back on Track in 2023

Are you at a lull and need to get back on track this new year? Well we have just the thing you need, purchase one of our weeks worth of 800,1000 or 1200 calorie product bundles. Take the guessing out of it and try some new products! We have created these 800, 1000 and 1200 Quickstart 1 week (7day) Sweet and Savory Bundles. It has an assortment of our top selling products!

Rules Of Engagement

You can mix these products in any order but keep the assortment through the day as described. Don't just eat all the chips in one day. :)

Drink a glass of water with each Sneal®.

The 800 calorie bundle is the lowest we want you to go in calories, if you need more...EAT! Have an extra one!

Remember this is for 7 days.

Don't forget to reorder before you run out—allow for shipping days if you live out of the area.

Mix up your weeks with both our Sweet and Savory bundles.

Purchase one of our bundles online at CarbEssentials.net (click 'Meal Plans' on the home menu) OR ask one of our employees at either of our locations and they will package it up for you!

Monthly Sneal® Savings

10%
OFF

Use code **JANNEWS23** 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 1/31/23

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.

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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. Get this: 30% 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 next page to help you get back on track after the Holiday pitfalls.

'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!!!



6 TIPS TO GET YOU BACK ON TRACK AFTER THE HOLIDAY PITFALLS



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 6 tips to help you stick to your goals this year.

1. DON'T BE TOO HARD ON YOURSELF

This is the most common reason why people lose motivation. Too often people throw in the towel because they feel they have blown it or it's too hard. The most important thing to remember is not to berate yourself about it but rather spend the energy getting back on track. If you make a mistake or slip up, forget it and concentrate on what your next positive step is!

2. SET YOURSELF SHORT TERM GOALS

One bite, sip and sneal® at a time. This can help you achieve your long-term goals with small steps. Drink more water, then once you have achieved this move onto eating more servings of vegetables and so on.

3. REMIND YOURSELF WHAT YOU WANT

It is important to think about your goals often and visualize your success daily to help motivate yourself. Keeping pictures or affirmations in obvious spots such as the fridge, bedroom or bathroom mirror these can be helpful reminders.

4. UNDERSTAND WHY YOU WENT OFF TRACK IN THE FIRST PLACE

Did you overeat because you felt upset, tired or frustrated? Understand why you are not sticking to your plan and find other solutions and treats that do not involve food.

5. KNOW YOUR WEAKNESSES

Knowing what your weaknesses are can empower you to be prepared for future diet mistakes. If you are likely to snack in the car have the right snacks available, if you pick while preparing meals drink a vegetable juice or eat vegetable sticks, if party food is your weakness then take healthy snacks or eat something filling before you go. Be prepared!

6. GET SUPPORT

Friends, and family can all help you! Dr. Powell has multiple 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® YOUR WAY THROUGH 2023!

Let's refresh, sneal® is a term created by Dr. Ray Powell. It is not just one food. It is a concept that he 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 to be as lean as possible. Here are a few sneal® ideas from Dr. Powell's "The Sneal® Recipe Book".

VANILLA BLUEBERRY PANCAKES



Ingredients:
 1 pkt. CarbEssentials Vanilla Pudding/Shake Mix*
 1 pkt. CarbEssentials Golden Delicious Pancake Mix*
 1/8 tsp. Cinnamon
 1/4 cup Egg Whites International*
 1/3 cup Fresh—or—Frozen Blueberries
 1 cup Water

Lets Cook : Combine pudding & pancake mixes; add egg whites, thawed blueberries, & water; stir until moistened. Coat a pan with non-stick cooking spray & place over medium-high heat. Spoon 1/4 of the batter at a time onto the heated pan, cook until slightly brown & flip to cook opposite side. For thinner pancakes, add 1 tbsp. water to batter until you have reached desired consistency.

Calories: 249 | Protein: 37g | Carbs: 21g | Fat: 3g

CHOCOLATE COVERED PRETZELS



Calories: 220 | Protein: 27g | Carbs: 22g | Fat: 5g

BUFFALO CHICKEN CHOP SALAD WRAP



Ingredients:
 1 La Tortilla Factory Low Carb Tortilla
 1/2 Boneless, Skinless Chicken Breast, cooked & chopped
 1/2 cup Romaine Lettuce, shredded
 2 1/2 tsp. Hot Cayenne Pepper Sauce
 2 tsp. Reduced-Fat Parmesan-Style Grated Topping
 1 1/2 tsp. Fat Free Sour Cream

Lets Cook : Place cooked chicken in a microwave-safe dish, top with parmesan topping & cayenne pepper sauce; toss to coat & cook for 45 seconds on medium-high heat. Microwave the tortilla until slightly warm (approx. 5–10 seconds); lay tortilla flat and spread sour cream down the center, lay the romaine & chicken mixtures on top. Fold tortilla like a burrito around filling.

Calories: 164 | Protein: 21g | Carbs: 15g | Fat: 5g

BAKED COD W/ TOMATOES & OLIVES



Ingredients:
 4 oz. Fresh Cod Fillet
 1/2 can (7oz.) Italian-Style Diced Tomatoes, drained
 1 tbsp. Pitted Black Olives, chopped
 1/2 tsp. Galic Glove, minced
 1 tbsp. Fresh Parsley

Lets Cook : Preheat oven to 400°F; coat a 8x8 inch baking pan with non-stick cooking spray; lay the cod fillet in the pan & season with salt & pepper if desired. Spoon tomatoes, olives, and garlic over the fish. Bake 20 minutes or until fish flakes when tested with a fork; garnish with parsley.

Calories: 197 | Protein: 28g | Carbs: 18g | Fat: 2g

Ingredients:
 1 pkt. CarbEssentials Chocolate Pudding/Shake Mix*
 1 bag Kay'sNaturals Cinnamon Pretzels*
 1/2 cup water

Lets Cook : Prepare pudding according to package directions with 1/2 a cup of water Dip pretzels into pudding & place on a tray covered in parchment or wax paper; freeze for 40 minutes–1 hour. Enjoy!