



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 6 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, 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.



TWAS THE MONTH AFTER CHRISTMAS



'Twas the monthafter 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!!!

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.





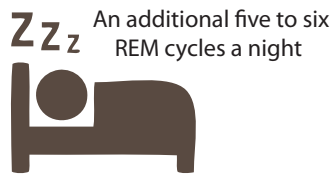
The Effects of A MONTH OFF ALCOHOL



Challenge yourself to 31 days no Alcohol, 'Dry January'. 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 Pattern Improved

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



Better hydrated

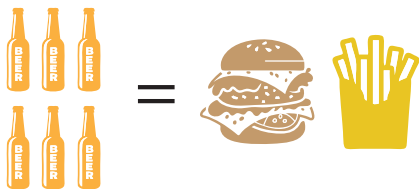
- Better physical performance
- More energy
- Headaches relieved



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



Buying two bottles of wine per week is equal to \$160.00 per month spent on alcohol.

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

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SNEAL® YOUR WAY THROUGH 2024!

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!

TURKEY BREAST SANDWICH



- Ingredients:**
- 3oz Turkey Breast Lunch Meat
 - 2 slices tomato
 - 1 piece of lettuce
 - 1 Smartbun*
 - Walden Farms Honey Mustard Mayo*

Lets Cook : Spread Walden Farms Honey Mustard Mayo on both sides of Smartbun®, as desired top with meat, lettuce and tomato. Enjoy!

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

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

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

VANILLA COLD BREW

- Ingredients:**
- 1 cup ice cubes
 - 1/2 Fairelife Elite Vanilla protein shake*
 - 1 cup cold brew, unsweetened
 - 2 tsp Whipped cream, light

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



Calories: 115 | Protein: 21g | Carbs: 2g | Fat: 1.5g | Fiber: 0g

MORE SNEAL® RECIPES ON OUR BLOG!

Visit physiciansplan.net/recipes to check out more delicious Sneal® recipes.

*Products that can be purchased at our CarbEssentials store.

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