

# The Summer B's & V's



**BEACH**

When a food truck is your only lunch option when lying on the beach, you'll need to choose wisely to avoid the most fattening items. **Go for the protein!**

**BAR**

Skip the fries, burgers, nachos, wings and other "finger foods" at the bar.

**BOOZE**

185,000 margaritas are drank every single hour in the USA, making them the most popular cocktail in the states. the average amount of calories in just one **classic margarita is 250!**

**BURGER**

You would have to **jog 9 miles** to burn off a Double Whopper with cheese from Burger King. Hold the cheese, top the burger with a fresh tomato slice and lettuce instead of a bun. **Nathan's corn dog on a stick, an option sold at Yankee Stadium and many other ballparks, is 380 calories.** And fan favorite **Garlic Fries are 490 calories with 28g of fat!**

**BRISKET**

In the U.S. the beef brisket sales total an average 3.2 billion dollars on the 4th of July. **4oz of brisket has 374 calories and 28g of fat.**

**BARBEQUE**

The average person eats about **3,200 calories** at a barbeque. Consider bringing your own dish, or using a portioned approach.

**BAGEL**

The average number of calories in a full sized, **plain bagel is 240 calories.** And just by adding one of your favorite toppings it will up that caloric number by A LOT!

**BASEBALL**

**VISITORS**

Suggest hiking, walking, or any outdoor activity instead of the usual potluck with relatives.

**BOAT**

Waterskiing and wakeboarding target your entire body. It burns 324 calories based on a 130 lb. person, and swimming the crawl stroke **burns 790 calories in 1 hour.**

**BEER**

On average most beer drinker's consume more beer in the Summer. For every 12oz can of beer you are essentially consuming 2 slices of bread. **A 20oz mug of 5% Beer is 250 calories.**

**BUFFALO WINGS**

The most popular way people eat buffalo wings is with French Fries and BBQ sauce, which ends up adding **an additional 400 calories.**

**BREAD**

Each American consumes, on average, 53 pounds of bread per year. **An average slice of bread is 80 calories.**

**BACARDI**

On average, a piña colada or Long Island iced tea can clock in at **600 to 800 calories.**

**BACON**

Summer is grilling season, more than half of all homes (53%) keep bacon on hand at all times. **2 slices of bacon is 86 calories.**

**BURRITO**

**Save 400 calories by ditching the tortilla** and eat your burrito in a bowl instead. Or ask for yours without rice to save 250 calories. Think about **Burrito Banditos chicken burrito it's a whopping 875 calories and 29g of fat!**

**BIRTHDAY**

The summer has been the top season for births, and you know what that means...cupcakes! A bakery cupcake has approx. **585 calories and 20g of fat!**

**BOLOGNA**

Americans eat 800 million pounds of bologna annually. **3 slices of bologna is 207 calories alone.**

**BUFFET**

**Sit away from the buffet.** Studies show every 40 feet farther away from the buffet that people sat, they made one trip fewer. Go for the protein first!

**Which time of the year is the worst for you when it comes to your weight, exposure to special events, activity level and stress, the Summer Months or the Holiday's?**

The summer months for many are hard, because the summer is longer and there is more exposure to many different events. Weekend sabotage is in full bloom and the heat actually keeps many inside more. The Holiday's are shorter, and many know that the holiday months can be dangerous making them more aware of what they are eating and drinking. **In the SUMMER I call it the B's come out...**

What are your own personal B's? They might start with a different letter, like what about the V's? They can be just as dangerous. Remember, it's not a matter of giving anything up, it's a matter of how much and how often.

Can you think of any more??

**B** \_\_\_\_\_

**B** \_\_\_\_\_

**V** \_\_\_\_\_

**Visit our website for more information and check out our Summer B's video at [physiciansplan.net/videos/](http://physiciansplan.net/videos/)**



# A NOTE FROM DR. POWELL, MD

## It's The Accountability Factor

"Oh, I can weigh myself at home or at the gym, I don't need to come and weigh-in weekly." With the "Accountability Factor," patients doing weekly weigh-ins consistently see an additional 2 to 4 pounds of weight loss per month. When someone else has to weigh you and write it down on a piece of paper (your chart), it means more. You are not waiting a month to weigh-in. "Oh, I don't have to worry about my weight this weekend. I'm not weighing in for another 3 weeks." You might not be thinking it consciously, but your subconscious is a very powerful thing!! Our Redding office is open six days a week, Monday through Saturday, and our Chico office is open Monday through Thursday for weigh-in's for your benefit, use it. You are spending your hard earned money and should get every dime out of the experience; this is one of the benefits. You do not need an appointment to weigh-in, but it might be a good idea to ask any staff member what is the best time to come in.

## FEATURED PRODUCTS



Cookie Bites

There's nothing more satisfying than eating a fresh-baked protein cookie. Enjoy the unforgettable taste of protein cookies while staying healthy too. Each pack of cookies packs a 10g of energizing protein. These protein cookies are also trans-fat free and gluten-free—just a few more reasons to feel good about satisfying your protein needs. There are 2 cookies per package.



Quest Tortilla Chips

With 18-21 grams of high-quality protein per bag, Quest Protein Tortilla Chips are the ONLY chips you can enjoy as an anytime go-to chip completely guilt-free. Every bold, mouthwatering flavor has only 4-5g total carbs and zero junk ingredients, so eat the whole bag! Available in: Ranch, Nacho Cheese, Chili Lime and Loaded Taco!

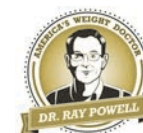
## WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: \_\_\_\_\_

WEEK: 1 2 3 4



# EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



## B Vitamins Injection For A Healthy Lifestyle

The B vitamins are essential in many body functions, including: Metabolism of fats and carbohydrates. Synthesis of proteins. Transport and storage of Folate (another B vitamin) in cells and conversion of Folate to its active form. It's very important for the rapidly dividing cells in the body (skin, hair, and bone marrow). Maintaining the immune system at optimal disease fighting capacity. Red blood cell development. The B vitamins are used in every cell in the body that has the energy machinery called mitochondria. These are the power units in every cell in the body that create energy. The energy cycle in these power units is called THE KREB CYCLE and the B vitamins are required in every step of the cycle as cofactors or the ENGINE can't work up to full power.



HOW DO I GET STARTED? Discuss B vitamin injections with one of our practitioners at your next visit!

## JULY 4TH SNEAL® SPECIAL!

Saturday, July 4, 2020

Food is a large part of holiday celebrations, but while you celebrate 4th of July this year, remember to focus on the family and fun instead of the usual BBQ foods. Try bringing your own food to the BBQ or event this year! Get some great recipe ideas at our website [physiciansplan.net/recipes](http://physiciansplan.net/recipes) that everyone is sure to enjoy! Enjoy **15% OFF** online at [carbessentials.net](http://carbessentials.net), **Saturday, July 4, 2020** on your purchase of \$75 or more! Shop online with coupon code **4JULY20** + enjoy free shipping (excluding liquids)!

