



A NOTE FROM DR. POWELL, MD

Referral Program

Here at Physician's Plan Weight Management Medical Clinics we appreciate the hard work that our patients do to change their lives. Our patients are our best advertisement and we appreciate that greatly. You do it anyway, why not get something for it? I have created a Referral Program for our patients, simply pass out the Physician's Plan Referral Card to your family & friends. Remember to write YOUR name and email address on the referral card.

The Details:

- When your friend brings in the card they will receive 10% OFF of their first follow-up appointment.
- For every card returned with YOUR name and email, you receive 1 point.
- At 2 points (just 2 referrals) your get a \$60 credit towards anything at Physician's Plan or Carbessentials.
- At 5 points (5 referrals) you get a \$150 credit towards anything at Physician's Plan or Carbessentials.
- You can pick up referral cards at any office location.

FEATURED PRODUCTS

Walden Farms Condiments



Add any of our Walden Farms condiments, ketchup, mayo, BBQ sauces and salad dressings, to any of your favorite recipes to give it that great taste your searching for without all the added calories, sugars, carbs and fat! All of our Walden Farms products have no calories, fat, carbs, gluten or sugars of any kind!



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 the newest addition 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.



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Fresh Fruits & Veggies Month

June is Fresh Fruits & Veggies month. Some "diet plans" will tell you that vegetables & fruits are "free" and you can eat all of them and as many as you would like.



NOTHING IS FREE! Knowledge is the key, you have to understand what you are eating and what to pair it with. There are several fruits that the American Diabetes Association tells diabetics to limit or avoid because they continue to ripen and sweeten after they are picked. Of course most of these are summer fruits everyone wants to enjoy. Knowing the nutritional information on a variety of fruits and veggies is key. It's not that you can't eat them, just not by themselves. Pair them with protein, the amount of protein should be equal to the amount of sugar in the fruit you're consuming. By doing so, you avoid the blood sugar spike. So with fruit, match or pair it with same amount of lean protein to create a sneal®.

FATHER'S DAY SNEAL® SPECIAL!

Sunday, June 21, 2020

In honor of Father's Day this year give the gift of good health. Motivate your family this Father's Day with all your favorite sneals® at a price you can't resist! Enjoy **15% OFF** at our CarbEssentials Store online at carbessentials.net, **Sunday, June 21st** on your purchase of \$75 or more! Shop online with coupon code **LOVEDAD20** + enjoy free shipping (excluding liquids)!








Looking for yummy summer recipes to make at home this month? Visit our website at physiciansplan.net/recipes for great ideas!








FRUITS













EAT MORE

	Calories	Fat	Carbs	Fiber	Net Carbs	Sugars	Protein
 LIME	60	0.5g	21g	5.5g	6g	3.5g	1.5g
 RASPBERRY	65	1g	15g	8g	7g	5g	1.5g
 TOMATO	32	0.5g	7g	2g	5g	5g	1.5g
 BLACKBERRY	62	0.5g	14g	8g	6g	7g	2g
 STRAWBERRY	48	0.5g	11g	3g	8g	7g	1g

EAT LESS










 WATERMELON	46	0.5g	11g	0.5g	10.5g	9g	1g
 RED APPLE	57	0.5g	15g	2.5g	12.5g	11g	0.5g
 CANTALOUPE	53	0.5g	13g	1.5g	11.5g	12g	1.5g
 CHERRY	77	0.5g	19g	2.5g	16.5g	13g	1.5g
 PEACH	59	0.5g	14g	2g	11.5g	13g	1.5g

EAT SPARINGLY








 BANANA	112	0.5g	29g	3.5g	25.5g	15g	1.5g
 BLUEBERRY	85	0.5g	21g	3.5g	17.5g	15g	1.5g
 GRAPES	62	0.5g	16g	1g	15g	15g	1g
 PEAR	92	0g	25g	5g	20g	16g	0.5g
 GRAPEFRUIT	97	0.5g	25g	3.5g	21.5g	16g	2g
 PINEAPPLE	82	0g	22g	2.5g	19.5g	16g	1g
 PLUM	76	0.5g	19g	2.5g	16.5g	16g	1g
 KIWI	110	1g	26g	5g	21g	16g	2g
 ORANGE	85	0g	21g	4.5g	16.5g	17g	1.5g
 MANGO	99	0.5g	25g	2.5g	22.5g	23g	1.5g

VEGGIES

EAT MORE

	Calories	Fat	Carbs	Fiber	Net Carbs	Sugars	Protein
 SPINACH	7	0g	1g	0.5g	0.5g	0g	1g
 MUSHROOM	16	0g	2.5g	0.5g	2g	1.5g	2g
 CELERY	16	0.5g	3.5g	1.5g	2g	0g	0.5g
 CUCUMBER	16	0.5g	4g	0g	4g	0g	0g
 ZUCCHINI	21	0.5g	4g	1g	3g	3g	1.5g
 JALAPENO	26	0.5g	6g	2.5g	3.5g	3.5g	1g
 YELLOW BELL PEPPER	27	0g	6g	1g	5g	0g	1g
 CAULIFLOWER	27	0.5g	5g	2g	3g	2g	2g
 ASPARAGUS	27	0.5g	5g	3g	2g	2.5g	3g

EAT LESS

 GREEN BELL PEPPER	30	0.5g	7g	2.5g	4.5g	3.5g	1.5g
 PUMPKIN	30	0g	8g	3g	5g	3g	1g
 BROCCOLI	31	0.5g	6g	2.5g	3.5g	1.5g	2.5g
 GREEN BEANS	31	0g	7g	3.5g	3.5g	0g	2g
 SPAGHETTI SQUASH	31	0.5g	7g	1.5g	5.5g	3g	0.5g
 RED BELL PEPPER	46	0.5g	9g	3g	6g	6g	1.5g
 ONION	46	0g	11g	2g	9g	5g	1.5g
 CARROT	53	0.5g	12g	3.5g	8.5g	6g	1.5g
 BUTTERNUT SQUASH	63	0g	16g	3g	13g	3g	1.5g

EAT SPARINGLY

 CORN	106	2.5g	22g	3g	19g	0g	3g
 SWEET POTATO	114	0g	27g	4g	23g	6g	2g
 WHITE POTATO	116	0g	26g	3.5g	22.5g	1g	3g
 GREEN PEAS	118	0.5g	21g	7g	14g	8g	8g