



# The Summer **B's** & **V's**

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** \_\_\_\_\_

Ask for our extended handout for more summer B's & V's also, check out our Summer B's video at [physiciansplan.net/videos/](http://physiciansplan.net/videos/)

**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!**

**BOAT**



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

**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.


**BASEBALL**



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!

**BURGER**



burns **790 calories in 1 hour.**



# EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



## Alcohol And It's Impact On The Body

Alcohol use as a well established part of human culture—is something that has become almost as acceptable as eating and breathing. As a facilitator and feel good drug of choice for many, alcohol is very popular indeed, with consumption at mass levels. At 7 calories per gram, **alcohol supplies almost twice as many as protein and carbohydrates**. In fact, alcohol has only two fewer calories than fat, which has 9 per gram. It must also be remembered that the calories in alcohol lack the nutrients beneficial for a healthy metabolism and will therefore speed up fat storage. The calories found in the average alcoholic drink are quite concentrated compared to many foods, and this actually causes one to inadvertently take in many more calories than would otherwise be consumed.



## FATHER'S DAY SNEAL® SPECIAL!

Sunday, June 19, 2022

SPECIAL OFFER

**HAPPY**

*Father's day*

**SALE**

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](http://carbessentials.net), **Sunday, June 19th** on your purchase of \$75 or more! Shop online with coupon code **FATHERSDAY22** + enjoy free shipping (excluding liquids)!

Looking for yummy summer recipes to make at home this month? Visit our website at [physiciansplan.net/recipes](http://physiciansplan.net/recipes) for great ideas!



# IS ALCOHOL SABOTAGING YOUR WEIGHT LOSS?

## How many calories are you drinking?

<p><b>Glass of white wine (5 oz)</b> = Piece of bread</p>	<p><b>Pint of beer (16 oz)</b> = Bag of popcorn</p>	<p><b>Pint of cider (16 oz)</b> = Cheese pizza slice</p>
<p><b>Margarita (10 oz)</b> = Plain bagel</p>	<p><b>Piña colada (10 oz)</b> = French fries (4 oz)</p>	<p><b>Mojito (10 oz) =</b> Potato chips (1.75 oz)</p>

## Tips on avoiding weight gain while drinking:

### 1 Don't Skip Meals To "SAVE THOSE CALORIES"

**For Drinking.** It usually backfires. Most cocktails are loaded with simple carbohydrates, so during a night of drinking, you end up with soaring blood sugar followed by a 'crash' that leaves you ravenous. Before you go out, have a meal with protein or grab a sneal®.

### 2 Eat Before You Drink.

Eating a meal with lean protein or grabbing a sneal® will control blood-sugar levels and curb those comfort food cravings.

### 3 Don't Drink Before Bed.

While having a glass or two before bed can definitely relieve the stress of a busy work day and help you fall asleep faster, the quality of sleep is much less. Alcohol also increases blood sugar levels which is why most people wake up hungry a few hours later and raid the fridge.

### 4 Limit Your Alcohol Intake.

Moderation means drink 1-2 alcoholic beverages two times per week. Have a few drinks on Friday and Saturday and let your liver rest during the weekdays.

### 5 Avoid Certain Drinks.

Cut back on cocktails and mixed drinks. The simpler the drink, the better. Sweet drinks pack on more calories and the sugar they contain will make you hungry. Avoid adding sodas like cola to your drink. Instead, go for seltzer water with a slice of orange or lemon.

### 6 Drink Water.

For every alcoholic beverage you consume, drink a glass of water. This will keep you from getting dehydrated and the dilution creates less strain on the liver and kidneys.

# COLORFUL SUMMER RECIPE IDEAS!

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®.

## CHICKEN, ZUCCHINI AND TOMATO BAKE



**Ingredients:**  
 1 lb chicken breast  
 1 lb. zucchini (about 3 medium), chopped  
 1 pt. cherry tomatoes, preferably multi-colored, halved  
 2 cloves garlic, minced  
 Extra-virgin olive oil, for drizzling  
 kosher salt  
 Freshly ground black pepper  
 1/3 c. freshly grated Parmesan  
 2 tbsp. torn basil, for garnish

### Lets Cook:

Cut chicken into bite size pieces and cook on medium high heat. Set aside.

Preheat oven to 350°. In a large bowl, combine chicken, zucchini, tomatoes, garlic and a drizzle of olive oil. Season with salt and pepper and toss to coat. Transfer vegetables to a small baking dish, then sprinkle with Parmesan. Bake until golden, 33 to 35 minutes. Garnish with basil and serve.

Serves 4 : Cal: 245 | Protein: 29g | Carbs: 9g | Fat: 10g | Fiber: 3g

## PROTEIN FRUIT POPSICLES



**Ingredients:**  
 1 banana  
 ½ cup vanilla greek yogurt  
 ¼ cup peanut butter  
 1 cup fairlife milk  
 2 scoops chocolate protein powder\*  
**TOPPINGS**  
 diced strawberries  
 blueberries  
 shredded coconut

### Lets Cook:

Add all ingredients in blender and blend until smooth. Pour into molds and let freeze 30-40 minutes. Remove from freezer add desired toppings and popsicle stick. Return to freezer and allow to freeze until completely solid. Run popsicles bottom under hot water for a few seconds to remove popsicles from mold with ease.

Per 1 Popsicle : Cal: 93 | Protein: 6.5g | Carbs: 6.5g | Fat: 4g | Fiber: 1g

## BALSAMIC CHICKEN & ZUCCHINI SKEWERS



### Lets Cook :

Combine the first nine ingredients for the marinade and mix well. Pour half the marinade over the chicken and the other half over the veggies and let them sit for at least 30 minutes.

Preheat your grill and assemble your skewers, alternating chicken and veggies.

Cook 5-6 minutes on each side. Sprinkle with feta cheese. Enjoy!

Serves 3: Per Serving (2 skewers): Cal: 272 | Protein: 38g | Carbs: 9g | Fat: 9g | Fiber: 2g

### Ingredients:

1 pound chicken breast, cut into chunks  
 1/2 red onion, cut into chunks  
 2 medium sized zucchini, cut into chunks  
 1/3 cup of feta cheese  
 wooden skewers, soaked in water to prevent burning

### Marinade:

¼ cup balsamic vinegar  
 2 tsp minced garlic,  
 2 teaspoons of honey  
 1 teaspoon dijon mustard  
 garlic powder, oregano, onion powder & salt to taste