



A NOTE FROM DR. POWELL, MD

Steer Clear of Fad Diets

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss



products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is. There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.

FEATURED PRODUCTS

FlapJacked Mighty Muffins



FlapJacked Mighty Muffins are a delicious, certified gluten-free, protein-packed and high-fiber muffin developed with scrumptious flavor, balanced nutrition and convenience in mind. Bursting with pockets of flavor in every bite, Mighty Muffins pack 20 grams of protein and approx. 220 calories in each serving (1 container). Plus the benefit of the patented probiotic GanedenBC30 has been added to help you support Immune Health as part of a balanced diet and healthy lifestyle. Simply add water, microwave for about 35 seconds and you have a delicious meal or sneal® on the go.

HealthyWeight Soups



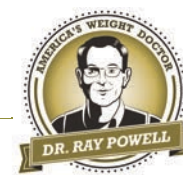
Forget those store bought canned soups that come packed with calories and sodium! These 90 calorie, protein packed soups will keep you on track with your weight loss goals. These soups make a great lunch or dinner addition or a "cup of soup" beverage. Perfect for cold nights or when you're just in the mood for something warm. Add lean protein and/or vegetables for variety. (7/box)

Monthly Sneal® Savings

10% OFF

Use code **MARCHNEWS21** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

**Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Wed, Sat) & Chico (Mon, Tues, Thurs, Fri) ONLY. Coupon Expires 3/31/21*



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



ST. PATRICK'S DAY SNEAL DEALS

Pitchers of green beer, corned beef and cabbage, and festively-decorated shamrock sugar cookies; it's hard to celebrate St. Patrick's Day without the tempting Irish fare and green treats. However, you can still celebrate St. Patrick's Day without gaining those unlucky pounds. Enjoy **17% OFF** online at carbessentials.net, Wed, March 17th on your purchase of \$75 or more! Shop online with the coupon code **STPATTY21** + enjoy free shipping (excluding liquids)!



NATIONAL NUTRITION MONTH

It starts with a single step...

Eating healthier is often best achieved by starting small – not trying to change everything overnight. National Nutrition Month is the time of year to get perspective and focus on issues pertaining to your nutrition and health. Taking charge of your health contributes to overall well-being; as well as losing weight or maintaining your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.

Don't Fall Prey to Portion Distortion

According to the National Institutes of Health, a "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A "serving" size is a specific amount of food or drink such as a cup of yogurt or a slice of bread. Many foods that come as a single portion actually contain multiple servings.

Portion sizes have gotten bigger over the past 20 years, and so have we! Larger portions add up. Just 100 extra calories per day can lead to a weight gain of 10 pounds per year. Maintaining a healthy weight is a balancing act...balance calories in with calories out.

If you downsize your portion size and feel a smaller portion looks too small...serve is on a smaller plate so it looks larger. Using a smaller plate or bowl also can help you eat less. Larger plates can make a serving of food appear smaller.





PORTION DISTORTION

590 Calories

333 Calories



257 MORE CALORIES

Lifting weights for 1.5 hours burns approximately 257 calories. *Based on 130lb person.



285 Calories



350 MORE CALORIES

Playing golf (while walking & carrying your clubs) for 1 hour burns approximately 350 calories. *Based on 160lb person.

635 Calories



305 MORE CALORIES

45 Calories



1.5 oz

290 MORE CALORIES

Vacuuming for 1 hour & 30 minutes burns approximately 290 calories. *Based on 130lb person.

350 Calories



4 oz

45 Calories



Coffee 8oz (with whole milk & sugar)

Walking 1 hour & 20 minutes burns approximately 305 calories. *Based on 130lb person.

350 Calories



Mocha Coffee, 16oz (with steamed whole milk and mocha syrup)

45 Calories



1.5 diameter

350 Calories



3.5 diameter

220 MORE CALORIES

Washing a car for 1 hour & 15 minutes burns approximately 220 calories. *Based on 130lb person.

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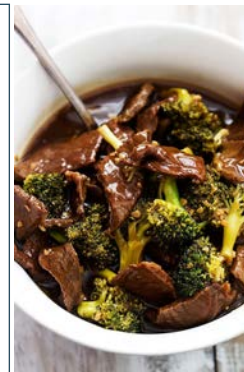
QUICK & EASY CROCKPOT RECIPES

Spent ten minutes assembling these ingredients in the morning, and come home to a ready-to-eat chicken dinner.

CROCKPOT BEEF & BROCCOLI

Ingredients:

- 1 pounds sirloin tip steak, fat trimmed and sliced
- 2 cloves garlic, minced
- 1.5 small yellow onion, diced
- 1.5 tablespoons corn starch
- 1 tablespoons brown sugar
- 1/2 inch fresh ginger root, peeled and grated
- 1/4 cup beef broth
- 1/4 cup soy sauce
- 1/4 teaspoon pepper
- 1/2 pound fresh broccoli florets*



Lets Cook : Add steak and broccoli to crockpot. In a bowl, combine remaining ingredients and pour into crockpot. Cook on low for 6 hours.

Serves 3 : Per Serving: Cal: 263 | Protein: 37g | Carbs: 14.5g | Fat: 5.5g | Fiber: 2g

COOL RANCH SHREDDED CHICKEN TACOS

Ingredients:

- 2 chicken breast about 1 lbs
- 1 packet of taco seasoning
- 1 packet of ranch dressing
- 14 ounces of chicken broth
- 8 low carb mini corn tortillas
- veggie toppings as desired



Lets Cook: Put chicken breasts, taco & ranch mixes and chicken broth in crock pot. Set crock pot on low for 5 hours. After 5 hours, shred chicken with 2 forks. Replace lid and continue cooking on low for 30 more minutes. Fill each corn tortilla with shredded chicken and your favorite veggie toppings (toppings not included in nutritional).

Serves 4: Per Serving: Cal: 280 | Protein: 36g | Carbs: 13g | Fat: 4g | Fiber: 1g

GET MORE RECIPES HERE!

Visit our blog at CarbEssentials.net or our recipes page at Physiciansplan.net for more recipes!

ORANGE GINGER CHICKEN



Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into pieces
- The juice from one orange (about 1/3 cup)
- 1-inch of fresh ginger root, peeled and minced (about 3 tablespoons)
- 2 tablespoons honey
- 2 tablespoons coconut oil
- 1 teaspoon crushed red pepper flakes

Lets Cook: Add chicken to crockpot. In a bowl, combine remaining ingredients and pour into crockpot. Cook on low for 3-6 hours, or until chicken is cooked through and tender.

Serves 4: Per Serving: Cal: 288 | Protein: 35g | Carbs: 11g | Fat: 10g | Fiber: 0g

SLOW-COOKER PULLED BEEF SANDWICHES



Ingredients:

- 1/2 large onion, chopped (1 cup)
- 1/2 cup Walden Farms barbecue sauce*
- 1/4 cup Walden Farms French dressing*
- 1/4 cup condensed beef broth
- 1/2 boneless beef chuck roast (2 lb)
- 6 SmartBuns*

Lets Cook: Spray 3- to 4- quart slow cooker with cooking spray. Mix onion, barbecue sauce, dressing and broth in slow cooker. Add beef; stir to coat. Cover; cook on Low heat setting 8 to 10 hours. Remove beef from slow cooker; skim fat from sauce. Shred beef with 2 forks; stir beef back into sauce. Using slotted spoon, place 1/2 cup beef mixture onto bottom of each bun. Cover with tops of buns.

Serves 6: Per Serving: Cal: 173 | Protein: 16g | Carbs: 16g | Fat: 11g | Fiber: 12g