

NEW PRODUCTS!

YOUtopia MIX

Youtopia's healthy trail mix blends allow you to feel fuller for longer making them the ideal low calorie snacks for weight loss. Designed with you in mind! Youtopia Mix makes it easy to avoid temptations, you can store it your car, purse, or backpack so you always have a healthy low carb option on hand.



CATALINA CRUNCH

Catalina Crunch Cereal has premium, all-natural ingredients, what you put in your body matters. Non-GMO blend of plant proteins and fibers with a blend of seven plant proteins and fibers designed to keep you full longer and promote gut health. Zero artificial ingredients.



PROTEIN PUFFS

Shrewd Food Protein Puffs are the perfect way to keep your carbs low but still satisfy your cravings for that crunchy taste in 4 savory and sweet flavors. With macros like a protein shake with way less carbs than a protein bar, you have found your go-to sneal®. With less than 4g of Carbs and more than 12g of protein, they're both delicious, and convenient. You're welcome!



WILDE CHIPS

Our new Wilde Protein Chips have the thin & crispy texture of a traditional potato chip - without the potatoes. Made from 100% all natural chicken breast (and zero sugar!), so you can get all the protein and delicious flavors in a gluten-free, guilt-free package.



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 only at our online store, carbessentials.net, Thursday, March 17th on your purchase of \$100 or more with the coupon code **STPATY22** + enjoy free shipping (excluding liquids)!



Is Your Motivation Lacking?

Summer season still seems far away, it's still cold enough to stay cozy on the couch, and most of your new year's resolutions have probably been abandoned. But you better get ready to rally! Whether you're looking for a kick in the pants or not, March is roaring in like a healthy-eating lion with its National Nutrition Month status. 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.

Monthly Sneal® Savings

10% OFF

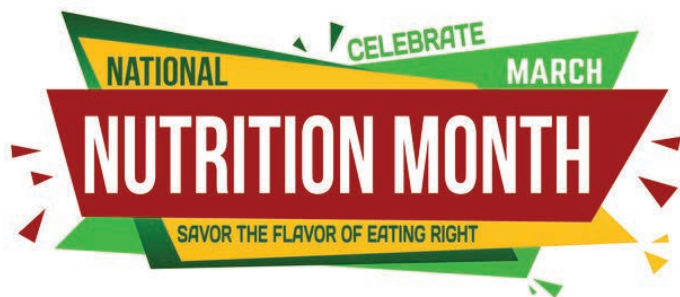
Use code **MARCHNEWS22** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

*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 3/31/22

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.





It starts with a single step, instead of aggressive weight loss goals and dietary overhauls like you may have attempted in January, take a different approach for the month of March—and we think you'll love it. Each week try to implement a new goal. By doing this you are setting small goals each week, this way you will be more likely to keep up with each new goal you have set for yourself.

WEEK 4: BREAKFAST

Don't skip your morning sneal[®]. Breakfast kick starts your metabolism. Eating breakfast helps you consume fewer calories later in the day, thus leading to weight loss.



WEEK 3: SLEEP

Aim for 6-8 hours of sleep each night. Research has shown that losing sleep while dieting can reduce the amount of weight loss and encourage overeating.

03

WEEK 1: WATER

Increase your daily water intake by 16oz (2cups). Water suppresses the appetite naturally. Studies show that those who drink water before a meal eat 75 less calories a day.

01

02

WEEK 2: PHYSICAL ACTIVITY

Aim for at least 30 minutes of physical activity above your baseline level of activity everyday. Do any sort of activity that will get your heart pumping; house chores, going for a walk, etc.

MORNING SNEALS[®] TO GET YOUR DAY STARTED RIGHT

Eating breakfast gives you the energy you need to start your day and adding extra protein will help keep your appetite in check. Eating a high-protein breakfast has a greater decrease in hunger-stimulating hormones compared to a high-carb breakfast. To start your day right, try these three protein-packed breakfast recipes below. Also visit our website at www.physiciansplan.net/recipes for more breakfast sneals[®].

VANILLA FROSTED DOUGHNUTS W/ SPRINKLES



Ingredients (Doughnut):

- 1 cup FlapJacked Buttermilk Protein Pancake & Baking Mix*
- 2 tsp baking powder
- 1 tbsp truvia baking blend
- 1 egg
- 3/4 cup Califia Almond Milk, unsweetened
- 1 tsp vanilla extract

Lets Cook :

Heat oven to 350 degrees. Whisk all ingredients in large mixing bowl until well combined. Pour batter evenly into greased doughnut pan, you will have enough batter to make a few more doughnuts. Bake for 12-15 minutes until golden and beautiful.

Ingredients (Glaze):

- 5.3 oz (one container) Greek vanilla yogurt
- 1 scoop Quest vanilla protein powder*

While doughnuts are baking, make the glaze. Mix together yogurt and protein powder in a small bowl until well combined. Remove from oven and set on cooling rack for a few minutes. Spread glaze on donuts and top with sprinkles. Enjoy!

Serves 8: Per Serving (2 doughnuts): Cal: 184 | Protein: 20g | Carbs: 19g | Fat: 4g

BLUEBERRY LEMON SHAKE



Ingredients:

- 1/2 scoop Quest Vanilla Protein Powder*
- 1/4 cup Walden Farms Blueberry Syrup*
- 1/2 cup ice
- 3 tbsp zero-calorie sweetener
- 1/2 tbsp sugar-free lemon gelatin

Lets Cook : In a blender, combine all ingredients in order listed. Blend until thick and smooth. Pour into a glass. Enjoy!

Serves 1: Per Serving: Cal: 100 | Protein: 16g | Carbs: 4g | Fat: 0g | Fiber: 0g

SPINACH & MUSHROOM EGG WHITE FRITTATA



Ingredients:

- 2-3 brown mushrooms, sliced
- handful of fresh spinach
- 1 cup egg whites international
- kosher salt
- 2 tablespoons grated parmesan cheese
- hot sauce if desired

Lets Cook:

Preheat the oven or toaster oven to broil. Spray a 7-inch non-stick fry pan with cooking spray and heat on medium heat. Add the sliced mushrooms and cook for 2-3 minutes, turning once or twice. Add the fresh spinach and cook for 1-2 minutes or until the spinach has wilted. Whisk the egg whites in a bowl until light and frothy, add a pinch of kosher salt and pour into the mushroom and spinach mixture. Sprinkle with 1 tablespoon of the parmesan. Let the eggs cook undisturbed until the edges of the egg whites start to cook through and turn a more solid white. Gently lift the edges of the egg whites and tilt the pan so the uncooked egg runs under the cooked part and cook for 2-3 minutes or until the eggs have puffed and have cooked through. Remove from the oven and sprinkle with the remaining parmesan cheese. Cut into wedges and serve with hot sauce if desired.

Serves 1: Per Serving: Cal: 147 | Protein: 29g | Carbs: 5g | Fat: 1g | Fiber: 1.5g

IN A HURRY??

Are you the type that's usually running out the door and doesn't have time to whip up breakfast in the morning? This is definitely not an excuse to skip breakfast. CarbEssentials makes it easy with our assortment of on the go morning sneals[®]. Grab one of our ready to drink shakes, all you need to do is just add water. Stock up on protein bars and grab one as your running out the door, or even keep them in your car. Don't make excuses to skip breakfast, it is essential, start your day off right!

*Can be purchased at any of our carbessentials locations and online at carbessentials.net