



REFERRAL PROGRAM

Refer your friends and get rewarded!

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? Our Referral Program is for our patients. Simply pass out the Physician's Plan Referral Card to your family & friends. Remember to write YOUR name and on the card.

The Details:

- When your friend brings in the card they will receive **10% OFF of their first follow-appointment.**
- For every card returned with YOUR name and email on the back, you receive 1 point.
- At 2 points (just 2 referrals) you 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.



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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It starts with a single step...

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.

ST. PATRICKS DAY SNEAL DEALS

Lucky You! Enjoy 17% OFF!

Pitchers of green beer, corned beef and cabbage, top it off with the festively decorated shamrock sugar cookies; and green treats. However, you can still celebrate Saint Patrick's Day without gaining those unlucky pounds. **Enjoy 17% OFF** online at CarbEssentials.net Friday, March 17th on your purchase of \$75 or more! Shop online **ONLY** with coupon code **STPATTY23 + enjoy free shipping** (excluding liquids)!



Redding Saturday Store Hours:

Our Redding store location is open every other Saturday from 9am–2pm for all your product purchases or for a quick weigh-in. We will be open on the following dates in March & April:

- March 4th & 18th
- April 1st, 15th & 29th





6 BITE SIZE TIPS FOR MORE MINDFUL EATING

BE A MINDFUL EATER

How, when, why and where you eat is just as important as what you eat. Being a mindful eater can help reset both body and mind and lead to an overall healthier lifestyle. Think about where you eat the majority of your meals. Many eat lunch at their desks or dinner in front of the television. Take a few minutes out of your busy schedule to find a nice place to mindfully eat instead of multitasking through meals.



We also don't always eat simply to satisfy hunger. Many of us also turn to food for stress relief, comfort, or as a reward. If you're an emotional eater, you may feel powerless over your food cravings. When the urge to eat hits, it's all you can think about, and afterwards, you feel even worse. Not only does the original emotional issue remain, but you also feel guilty for overeating. By practicing mindful eating, you can learn to pause between the trigger and your response, change the emotional habits that have sabotaged your diet in the past, and regain control over both food and your feelings.

DON'T SKIP BREAKFAST

Nearly 10% of people skip breakfast. Breakfast is the most important meal of the day; you need an energy boosting food or drink. Always eat within an hour of waking.

ALWAYS REHYDRATE

Drink at least eight 8-ounce glasses of calorie-free fluids a day. Water is the best source.

BE PHYSICALLY ACTIVE

Find activities that you enjoy and be physically active most days of the week. Take a walk everyday, start with 10 minutes and add 1 minute each day.

KEEP TRACK

Keep track of what you have eaten throughout the day. The easiest way to do this is to have a regular meal pattern. You should be eating every 2-3 hours.

GET MORE SLEEP

Monitor how much sleep you are getting—everyone should aim for at least seven to eight hours a night. Also pay attention to stress management and use different relaxation techniques that suit you. If ongoing daily stress or excessive fatigue is an issue then it's worthwhile getting in to see your doctor for a blood test.

Taking charge of your health contributes to overall wellbeing; as well as losing weight or staying at your ideal weight, which reduces risks of chronic illness such as heart disease and diabetes.



CELEBRATING ST. PATRICK'S DAY WITH 3 GREEN RECIPES!

Celebrating St. Patrick's Day with nutrition may be a new tradition to some, but not for us Physician's Plan & CarbEssentials. Let's show you some of our favorite St. Patrick's Day recipes. There's certainly no shortage of recipes these days – it can sometimes be overwhelming trying to sort through them all to find one that's guaranteed to not only taste good, but also provide valuable nutrition for optimal health. So let us do the work for you and guide you to a few high-protein and approved recipes for the St. Patrick's Day festivities! **Products that can be purchased at Carbesentials*

TURKEY STUFFED GREEN PEPPER

Serving size: 1 Stuffed Bell Pepper
Ingredients:
 4 White Meat Turkey Burgers, 4 oz.
 2 cup Medium Picante Sauce
 4 oz. Fat-Free Cheddar Cheese
 4 Large Bell Pepper



Lets Cook :
 Preheat oven to 375°. Mix the turkey burger, picante sauce, and cheese together & stuff into bell peppers. Bake for 25-35 minutes.

Servings: 4 | Calories: 180 | Protein: 25g | Net Carbs: 9g | Fat: 4g | Fiber 2g

CHOCOLATE MINT SWISS ROLLS

Ingredients:
 1 scoop Quest Vanilla Milkshake Protein Powder*
 3 tablespoons zero-calorie sweetener
 3 1/2 tablespoons unsweetened vanilla almond milk
 1 tablespoon low-fat cream cheese, softened
 1/2 teaspoon peppermint extract
 3 drops green food coloring
 2 Mint Chocolate Chunk Quest Bars*
 1 scoop Quest Chocolate Milkshake Protein Powder*
 3 tablespoons sugar-free chocolate chips
 2 tablespoons zero-calorie sweetener
 1 teaspoon cocoa powder

Lets Cook : Filling - In a small bowl, stir together vanilla Quest Protein Powder, sweetener, 1.5 tbsps almond milk, cream cheese, and peppermint extract. Once smooth, add food coloring, and stir to combine. Refrigerate for 15 minutes.

Swiss Roll Dough - Break Quest Bars® into small pieces. Add to a medium microwave-safe bowl with chocolate chips, 2 tbsps almond milk, and sweetener. Microwave for 1 minute. Stir well. Add chocolate Quest Protein Powder and cocoa powder. Stir until a thick dough is formed. Lightly spray a sheet of wax paper with cooking spray. Place dough onto paper, and spread evenly into one large rectangle, approximately 10-by-5 inches in size.

Assembly - Spread filling over dough. Carefully roll into a long log, using the wax paper to assist. Place Swiss roll in refrigerator for about 1 hour. Trim ends, and slice into twelve equal pieces.

SPINACH CHICKEN SALAD W/ BALSAMIC VINAIGRETTE

Ingredients:
Chicken Marinade:
 1/2 cup pineapple chunks
 1 tsp apple cider vinegar
 1/2 tsp honey
 2 tbsp Sriracha sauce
 1 garlic clove
 juice from 1 lime
 6oz chicken breast, boneless/skinless salt and pepper



For The Salad:
 1/2 avocado, cubed
 1/2 cup diced red onion
 1 cup cherry tomatoes, halved
 1 cup fresh pineapple chunks
 4 cups baby spinach
 Walden Farms Balsamic Vinaigrette*

Lets Cook :
 Place marinade ingredients into a blender or food processor and blend until smooth. Coat chicken in marinade and let sit in fridge for at least 30 minutes. Heat up a grill pan to medium-high heat (or use a BBQ) and cook on each side for 5-7 minutes or until center is no longer pink and juices run cool. Set aside for 5-10 minutes to cool. Once cool, cut chicken into chunks. Combine all salad ingredients in a large bowl. Stir in chopped chicken. Top with desired amount of dressing and serve immediately.

Servings: 2 | Calories: 301 | Protein: 25g | Carbs: 26g | Fat: 10g | Fiber 5g



Calories: 70 | Protein: 7g | Net Carbs: 2g | Fat: 3g | Fiber 3g