



# A NOTE FROM DR. POWELL, MD

## Sneal® Points Have Changed

Our Sneal® Rewards Program has changed. You are now earning points every day of the week at ALL locations, Redding, Chico and online. As long as we have your email address in our system you will be earning 1 point for every dollar spent. With that being said, the amounts to redeem discounts have changed, but you can redeem your points anyday of the week at any location for CarbEssentials products ONLY. If you would like to know how many points you have and what discounts you are eligible for please ask at checkout and our staff will gladly help with any further questions you may have.

## FEATURED PRODUCTS

Collagen Cookies



Soft baked Collagen Cookies are 110 calories, 5g sugar, 4g protein, 2.5g collagen. These chewy goodness sneals® are made with whey protein which boosts metabolism, suppresses appetite and improves muscle growth plus collagen boosts skin, hair, nail+joint support, and made with oat flour loaded with fiber, vitamins, minerals, and antioxidants.

Quest Tortilla Chips



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!

# 10% OFF

Use code **MAYNEWS22** 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 (Tues, Thurs, Fri) ONLY. Coupon Expires 5/31/22*

# EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



## MOTHER'S DAY SNEAL® SPECIAL!

Sunday, May 8, 2022

This Mother's Day, skip the flowers and chocolates and give mom something she really needs—the gift of good health. Spoil mom this Mother's Day with her favorite sneals® at a price you can't resist! Enjoy **15% OFF** at our CarbEssentials store online at carbessentials.net, **Sunday, May 8th** on your purchase of \$75 or more! Shop online with coupon code **LOVEMOM22** plus enjoy free shipping (excluding liquids)!



## High Blood Pressure Education Month

Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can lower your blood pressure—and losing weight has the biggest effect on those



who are overweight and already have hypertension. Overweight and obesity are also risk factors for heart disease. Being overweight or obese increases your chances of developing high cholesterol and diabetes—two more risk factors for heart disease. Waist circumference is the key measurement to determine if someone is overweight or obese. Body fat in the stomach area also increases disease risk. A waist measurement of more than 35 inches in women and more than 40 inches in men is considered high. The healthiest way to lose weight is by setting a goal of losing 10 percent of your current weight. This offers the best chance of long-term success. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms. High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult. Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African Americans. Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet.



# MOTHERS

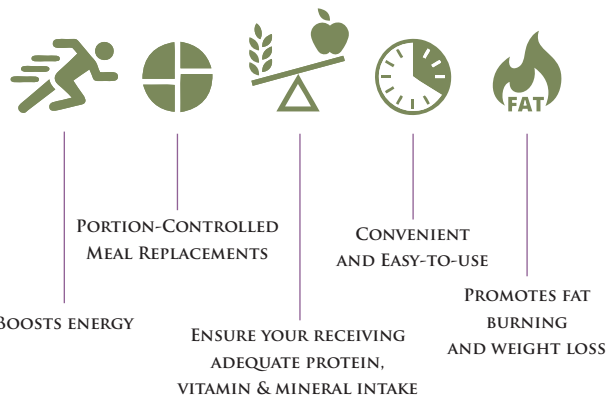
YOU'RE STRONG. YOU'RE MAGNIFICENT. YOU'RE A MOM!

## Are You A New Mother?

For nine months you've nourished and developed your baby through a healthy, balanced diet. Now it's time to reclaim control over your body, lose weight, and revitalize your energy, because healthy families begin with healthy moms.

Remember to make the most of nap time and don't be afraid to ask for help. Everyone here at Physician's Plan is here for you, make **YOU** a priority!

### RECLAIM CONTROL OVER YOUR BODY WHY SHOULD YOU CHOOSE CARBESSENTIALS PRODUCTS?

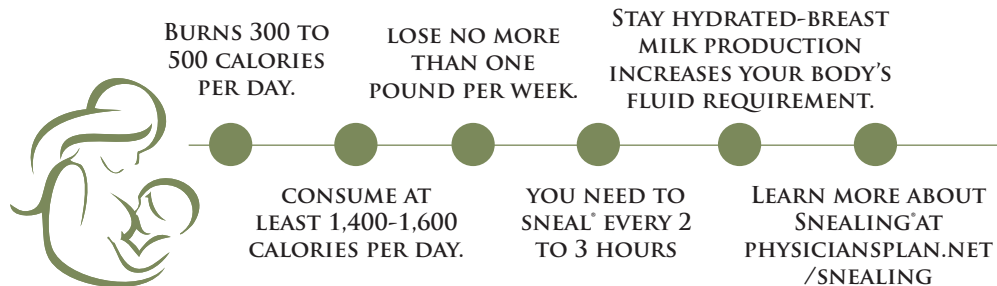


**61%** OF ALL NEW MOMS EXPECTED TO BE BACK DOWN TO THEIR PRE-PREGNANCY WEIGHT BY BABY'S 1ST BIRTHDAY

CHILDREN BORN TO OBESE MOTHERS ARE TWICE AS LIKELY TO BE OBESE AND TO DEVELOP TYPE 2 DIABETES LATER IN LIFE.

## WEIGHT LOSS WHILE BREASTFEEDING:

To ensure milk production won't be compromised make healthy choices ensuring an ample, nutritious milk supply for your baby.



Remember to relax. Weight gain from pregnancy was not put on overnight, trust the process and stay focused. Don't be too hard on yourself, this will only back fire.

Don't go crazy with cardio. About 3-4 sessions lasting 20 minutes a week should be more than plenty after you hit the 3 month mark after giving birth. Focus more on slowly regaining core strength which can take a hit after delivery.

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## GREEK YOGURT CHICKEN SALAD STUFFED PEPPERS

**Ingredients:**

- 2/3 cup Greek yogurt
- 2 tbsp Dijon mustard
- 2 tbsp seasoned rice vinegar
- Salt & pepper
- 1/3 cup chopped fresh parsley
- Breast meat from 1 rotisserie chicken, cubed
- 4 stalks celery, sliced
- 1 bunch scallions, sliced and divided
- 1 pint cherry tomatoes, quartered and divided
- 1/2 English cucumber, diced
- 3 bell peppers, halved and seeds removed



**Lets Cook :** In a medium bowl, whisk together the Greek yogurt, mustard and rice vinegar; season to taste with salt and pepper. Stir in the parsley. Add the chicken, celery and three-quarters each of the scallions, tomatoes and cucumbers. Stir well to combine. Divide the chicken salad among the bell pepper boats; garnish with the

remaining scallions, tomatoes and cucumbers.

Serves 6 | Per Serving: Cal: 360 | Protein: 55g | Carbs: 15g | Fat: 10g

## GRILLED SHRIMP TACOS WITH SRIRACHA SLAW

**Ingredients:**

- 1/8 c. extra-virgin olive oil
- 3 tbsp. freshly chopped cilantro
- Juice of 3 limes, divided
- kosher salt
- Freshly ground black pepper
- 1 lb. large shrimp, peeled and deveined
- 1/4 head red cabbage, shredded
- 1/4 c. Walden Farms Mayo\*
- 1 tbsp. sriracha
- 1/4 cup corn
- 4 medium low carb tortillas



**Lets Cook:** In a small bowl, mix together olive oil, cilantro, and 1/3 of the lime juice. Season with salt and pepper. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes. Meanwhile, make slaw: In a large bowl, toss cabbage with Walden Farms mayo, remaining lime juice and Sriracha. Season with salt. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side. Grill tortillas until charred, 1 minute per side. Serve shrimp in tortillas with slaw and corn.

Serves 4 | Per Serving: Cal: 243 | Protein: 32g | Carbs: 10g | Fat: 10g | Fiber: 4.5g

## 4 EASY RECIPES TO MAKE IN MAY

Incredible, seasonal recipes to make in May! These vibrant, healthy spring recipes celebrate spring produce and are just as delicious as they are colorful.

### MANGO, AVOCADO CHICKEN SALAD



**Ingredients:**

- 1.5 boneless skinless chicken breasts, poached and cut into bite-sized pieces
- 1 avocado, cubed
- 1 small mango, cubed
- 1 c. grape tomatoes, quartered
- 1/2 c. fresh or frozen corn
- 1/4 red onion, thinly sliced
- Walden Farms Honey Dijon

**Lets Cook:** In a large bowl, combine salad ingredients and dressing. Gently toss until salad is coated in dressing, then season to taste with salt and pepper.

Serves 4 | Per Serving: Cal: 348 | Protein: 46g | Carbs: 15g | Fat: 10g | Fiber: 4.5g

### BROCCOLI & TUNA RICE BAKE

**Ingredients:**

- 1 cup cooked rice
- 3 cans (15oz) tuna in water, drained well
- 2 cups broccoli, cut into small florets
- 1/2 cup grated low fat Mozzarella cheese
- 1/4 cup chopped fresh basil leaves
- 2 tbsp finely chopped fresh chives
- 8 eggs
- 1/3 cup milk



**Lets Cook:** Preheat oven to 180C/160C fan-forced. Grease a 6cm-deep, 24cm round (top) pie dish. Place rice, tuna, broccoli, cheese, basil and chives in a bowl. Stir to combine. Spoon mixture into pie dish. Whisk eggs and milk together in a bowl. Season with salt and pepper. Pour over rice mixture. Tap dish on bench to remove air bubbles. Bake for 1 hour 10 minutes or until firm, covering with foil if over browning during cooking. Stand for 5 minutes. Cut into wedges. Serve.

Serves 4 | Cal: 366 | Protein: 35g | Carbs: 20g | Fat: 11g | Fiber: 1.6g

\*Products can be purchases at our CarbEssentials stores or online at CarbEssentials.net.

## GET MORE RECIPES HERE!

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

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