



## A NOTE FROM DR. POWELL, MD

### Card Processing Fee

Following the lead of other Northstate medical providers. Due to the rising cost of credit/debit card processing, Physician's Plan Weight Management Medical Clinic and CarbEssentials will assess a \$5 fee to payments made by credit card over \$100 effective November 1st.

## FOOD/EATING AMNESIA

### Eating Amnesia Comes In Two Forms.

Eating amnesia is not conscious and can really be a cause of major frustration for a lot of people who are trying to lose weight, especially during the Holiday season.

### 1 Eating something and forgetting that you ate it.

Classic examples:

- A handful of jelly beans (or any candy) out of the candy jar.
- Three french fries off your child's plate.
- A bite of hot fudge sundae from your spouse's dish.
- Forgetting you had a piece of bread from the bread basket.
- Not thinking the creamer in your coffee needs to be recorded.

### 2 Forgetting how big the portion was you ate.

Classic examples:

- Estimating 1 tbsp of mayo on your sub, but really squirted on 4 tbsp.
- Writing down a small cookie for 80 calories and it was really 250 calories.
- Thinking your bagel was 250 calories, but it is really 340 calories.
- Estimating that you ate 1/2 cup of mashed potatoes but it was really 1 cup.
- Thinking you only used 1 tbsp of oil to dip your bread, but really soaked up 3 tbsps.

## 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.



## EATING HEALTHY ON THANKSGIVING

### Holiday Eating Guide To Follow

Thanksgiving tends to evoke the "feast" mentality, and it's far too easy to overload on your favorite comfort foods like macaroni and cheese, mashed potatoes and gravy, and pumpkin pie. While we urge you to avoid holiday food guilt, try to balance your plate as much as possible without depriving yourself. So help yourself to your favorites but remember portion control and to fill up on protein first.

In fact, the Academy of Nutrition and Dietetics recommends filling up your plate with protein, salad and vegetables before carb loaded dishes to help you consume less calories during the meal. The organization also notes a common Thanksgiving mistake that even the healthiest eaters make: assuming that nutrient-rich foods are fair game for massive portion sizes. Even though a Thanksgiving meal is inevitably going to be higher in fat, calories, and sodium, you can minimize the damage by mixing in some healthier items.

Turkey may be the centerpiece, but good stuffing is the heart and soul. In our healthy stuffing recipe, we show you how to take one of the most eagerly anticipated dishes at the Thanksgiving table and transform it into a dish you won't feel guilty about indulging in. Fantastic by itself, we guarantee that your guests will be requesting seconds.

### Sneal® Deals

**BLACK FRIDAY** Our Black Friday Sales Event is November 27, 2020. This is our largest in-store sale of the year! Visit our CarbEssentials Stores located in Redding and Chico for deals you don't want to miss! 20% off your purchase of \$200 or more, 15% off your purchase of \$150 or more and 10% off when you spend \$100 or more!

### CYBER



Monday, November 30th is Cyber Monday. Get ready for our best online sale of the year! Cyber Monday is a perfect opportunity to get stocked up on your favorite CarbEssentials products to stay on track through the holiday season!

\*No other discounts can be applied to sales events. While supplies last.



# Tips to Curb Calories AT THANKSGIVING

1. Stay Hydrated
2. Grab a small plate
3. Fill your plate with veggies
4. Eat Breakfast
5. Eat a small spoonful of the starchy side dishes
6. Survey the table before you chose your food
7. Make turkey (or other protein) 1/3 of your plate
8. Take a walk or other activity after dinner



# THANKSGIVING PORTION GUIDE

- TURKEY**  
Size of a deck of cards  
3oz
- MASHED POTATOES**  
Half of a tennis ball  
1/2 cup
- GREENBEANS**  
Size of a baseball  
1 cup
- GRAVY**  
Size of a golfball  
1/2 cup
- STUFFING**  
Size of an ice cream scoop  
1/2 cup
- PUMPKIN PIE**  
Size of a light bulb  
1/8 of a pie

# PROTEIN-PACKED RECIPES TO GET YOU THROUGH THANKSGIVING

Eating healthy shouldn't mean missing out on Thanksgiving. Your Thanksgiving menu can be healthy without sacrificing amazing fall flavor. Whether it's a roasted turkey, a protein-packed side dish or a heart-healthy dessert, these recipes take classic holiday dishes and give them a healthy spin. Try some of these lightened-up versions of your favorite classics instead. This is the year Thanksgiving isn't going to kill your diet.

## HERB STUFFING W/ SAUSAGE

**Ingredients:**  
 6 ounces whole-grain bread, cut into 3/4-in. cubes  
 2 (4-ounce) links sweet turkey Italian sausage  
 1/2 tbsp canola oil  
 1 cup chopped yellow onion  
 1/2 cup chopped celery  
 1/2 cup chopped carrot  
 1/2 tbsp minced garlic  
 1/8 cup chopped fresh flat-leaf parsley  
 1/8 cup chopped fresh sage  
 1 1/4 cups unsalted chicken stock  
 1.5 tbsp unsalted butter, melted  
 1 large egg  
 Salt & Pepper  
 Cooking spray

**Lets Cook:** Preheat oven to 400°F. Arrange bread cubes in a single layer on a rimmed baking sheet. Bake at 400°F for 20 minutes or until golden, stirring after 10 minutes. Place the bread cubes in a large bowl. Reduce the oven temperature to 350°F. Cook sausage in a large nonstick skillet over medium-high heat 10 minutes, browning on all sides. Remove from pan; cut crosswise into 1/4-inch-thick slices. Heat same skillet over medium-high.

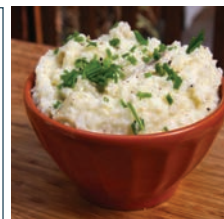


Add oil; swirl to coat. Add onion, celery, carrot, and garlic; sauté 10 minutes or until vegetables are very tender. Remove pan from heat; stir in parsley, sage, salt, and pepper. Add onion mixture to bread; toss to combine. Combine stock, butter, and eggs in a bowl, stirring with a whisk. Drizzle stock mixture over bread mixture; toss. Let stand 10 minutes or until liquid is absorbed, stirring occasionally. Add in sausage, mix well. Spoon stuffing mixture into a 2-quart glass or ceramic baking dish coated with cooking spray. Bake at 350°F for 25 minutes, until browned.

Serves 5: Per Serving (2/3 cup): Cal: 195 | Carbs: 20g | Protein: 10g | Fat: 8.5g | Fiber 4g  
 (COMPARE TO: Calories 382 | Carbs 31g | Protein 14g | Fat21g)

## LOW CARB MASHED POTATOES

**Ingredients:**  
 2 cups red potatoes, diced  
 4 large cloves garlic, peeled and quartered  
 1 large head cauliflower, separated into florets (about 4 cups)  
 1 1/2 tablespoons I Can't Believe It's Not Butter Lite  
 1 pkt or 1 scoop Unjury Protein Powder Chicken Soup Flavor  
 1/3 cup nonfat Greek yogurt  
 Salt and pepper, to taste  
 For the garnish:  
 Fresh chives, chopped



**Lets Cook:**

Add diced potatoes and garlic to a large pot of boiling water cook for about 10 minutes. Then add cauliflower; cook for an additional 7-10 minutes, or until both the potatoes and cauliflower are tender. Remove from heat, drain the contents of the pot, and transfer mixture to a large bowl. Put Unjury Protein Powder into 8oz of warm water, stir. (Don't use very hot water or texture will be affected.) Add butter, Unjury, yogurt, salt, and pepper to the large bowl mixture. Using a hand mixer, whip to desired consistency. Garnish with chives.

**Ingredients:**  
 1 pound fresh green beans  
 2 tablespoons finely minced shallots  
 1 garlic clove, minced  
 1 tablespoon Dijon mustard  
 2 tablespoons champagne vinegar  
 2 tablespoons extra-virgin olive oil  
 1 cup sliced cherry tomatoes  
 1/3 cup chopped, toasted walnuts  
 1/4 cup crumbled feta  
 Salt & Pepper



## GREEN BEAN SALAD

**Lets Cook:** Fill a large pot with salted water. Bring water to a boil; add green beans. Cook green beans in boiling water until crisp-tender, about 3 minutes. Transfer beans to a bowl of ice water to stop cooking, then drain and let cool. Cut beans in half crosswise and set aside. In a small bowl, combine shallots, garlic, Dijon, vinegar, salt, and pepper. Slowly whisk in olive oil. In a large bowl, combine green beans with tomatoes and walnuts. Crumble over cheese and serve at room temperature or slightly warmed.

Serves 6: Per Serving (1 cup): Cal: 98 | Carbs: 15g | Protein: 7.5g | Fat: 1.5g | Fiber: 2.5g (COMPARE TO: Calories 214 | Carbs 35g | Protein 4g | Fat 3.5g)

Serves 5: Per Serving (1 cup): Cal: 160 | Carbs: 10g | Protein: 4g | Fat: 10g | Fiber: 3g (COMPARE TO: Calories 259 | Carbs 20g | Protein 12g | Fat 16g)

## GET MORE RECIPES HERE!

Visit our blog at [CarbEssentials.net](http://CarbEssentials.net) or our recipes page at [Physiciansplan.net](http://Physiciansplan.net) for more holiday recipes!