



A NOTE FROM DR. POWELL, MD

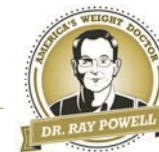
It's The Accountability Factor

Hello, holiday season. November and December seem to creep up on us every year, and all of the sudden the halls are decked and there's an excess of sugary treats on every kitchen counter and office snack table.

While the holidays come with lots of joy, they also come with lots of stress when you're trying to lose or maintain your weight. We get it. Refusing grandma's homemade desserts is a near-impossible task, especially when everyone else at the table is scarfing down chocolate cake like there's no tomorrow.

If you have the right tools in your toolbelt and the right strategies up your sleeve — like the ones we teach our patients — maintaining weight loss through the holidays is a breeze. To start off on the right foot, keep those 16 tips on the previous page in mind at your next holiday gathering.

We are here for you through the Holiday season. Remember the with the "Accountability Factor," patients doing weekly weigh-ins consistently see an additional 2 to 4 pounds of weight loss per month. When someone else has to weigh you and write it down on a piece of paper (your chart), it means more. You are not waiting a month to weigh-in. "Oh, I don't have to worry about my weight this weekend. I'm not weighing in for another 3 weeks." You might not be thinking it consciously, but your subconscious is a very powerful thing!! Our Redding office is open five days a week, plus every other Saturday, and our Chico office is open on Wednesdays for weigh-in's for your benefit, use it. You are spending your hard earned money and should get every dime out of the experience; this is one of the benefits. You do not need an appointment to weigh-in, but it might be a good idea to ask any staff member what is the best time to come in.



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



FOOD/EATING AMNESIA

Eating Amnesia Comes In Two Forms.

1. Eating something and forgetting that you ate it and not writing it in the log at all. 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 when you go back later to log your food. 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.

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.

Look Party Perfect This Season



Mark your Calendars for November 15th!

Get **\$75 OFF** your aesthetics service on December 8th! Buy one \$50 gift card through your Allē and get one \$50 gift card FREE on November 15th. \$50 gift cards can be redeemed for your Botox treatment on December 8th PLUS receive an extra \$25 OFF on us! In addition, receive \$75 OFF one full syringe of Juvederm, all redeemable on Friday, December 8th! Be the envy off all your friends this Holiday season! Space is limited, schedule today at our Redding office 530.222.5459. **Some Restrictions apply.*

Sneal® Deals



BLACK FRIDAY Our Black Friday Sales Event is November 24, 2023. This is our largest in-store sale of the year! Visit our CarbEssentials Store located in Redding 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 Monday, November 27th 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!



HOLIDAY EATING GUIDE



1 Don't skip meals. This backfires because you come to the next meal over hungry and eat more than intended.

Eat only when you are hungry & not because food is near.

2 Don't hang out near the food-socialize a distance away. This will prevent unconscious nibbling.

Use a plate for even the smallest "snack" - you'll eat less.

3 Be realistic. Trying to lose weight during the Holidays may be a self-defeating goal. Instead, strive to maintain your weight.

Contrast the flavors, textures & temperature for more satisfaction in your eating.

4 When you arrive at a party, avoid rushing to the food. Greet people you know - conversation is calorie free! Get a zero-calorie beverage and settle into the festivities before eating. Overall, you may eat less.

2 Fill up on lower calorie, nutrient dense foods such as veggies, and lean cold cuts.

Don't buy candy or goodies too far ahead of an event. Once purchased keep it out of sight.

Beware of liquid calories; eggnog, beer, soda, wine. They go down so easily and often do not add much nutrition to your intake, but add a lot of calories.

Write a list of things to do other than eat (such as taking a walk, calling a friend, or housework), to have available when you feel bored, angry, frustrated, lonely, depressed or any way that leads to cravings.

Choose only the foods you really want & keep the portions small.

3 **Make just one trip to the party buffet.**

Eat slowly and enjoy each mouthful. Hold your glass in the hand that you normally eat with to make finger foods less accessible.

Avoid grazing while you cook. Little nibbles can really add up! When it's time to eat, sit down and savor.

Don't waste calories on foods you don't like or foods you can have anytime.

4 HEALTHY CROCKPOT RECIPES

TURKEY CHILI

Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 red onion, finely chopped
- 1 green Bell Pepper, chopped
- 1 1/2 lb. ground turkey
- 2 cloves garlic, minced
- 2 tbsp. tomato paste
- 1 (28-oz.) can chopped tomatoes
- 1 (15-oz.) can black beans, drained
- 1 (15-oz.) can kidney beans, drained
- 1 1/2 c. low-sodium chicken broth
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- Shredded cheddar, for garnish
- Green onions, for garnish



Lets Cook : In a large skillet over medium-high heat, heat oil. Add onion sheet and pepper and cook until beginning to soften, about 4 minutes. Add ground turkey and cook, stirring occasionally, until turkey is golden (it doesn't have to be completely cooked through at this point). Season with salt and pepper, then stir in garlic and tomato paste and cook about 2 minutes. Transfer mixture to a slow cooker. To the slow cooker, add tomatoes, black beans, kidney beans, chicken broth, chili powder, cumin and oregano. Cook on high for 4 hours, until chili has thickened. Check for seasoning and season with salt and pepper to taste. Garnish with cheese and green onion, if desired.

Serves 8: Per Serving: Cal: 276 | Protein: 25g | Carbs: 16g | Fat: 9g | Fiber: 9g

SALSA CHICKEN

Ingredients:

- 4 boneless skinless chicken breasts
- 2 tsp. taco seasoning mix
- 2 c. chunky red salsa
- Lime wedges, for serving



Lets Cook : Arrange chicken breast in slow cooker. Sprinkle all over with taco seasoning mix. Pour 1 cup of the salsa over seasoned chicken. Cover and cook on high for 3 hours (or low for 6-8 hours). Use two forks to shred the chicken. Add remaining cup of salsa and toss to coat.

Serves 6: Per Serving: Cal: 246 | Protein: 42g | Carbs: 5g | Fat: 5g | Fiber: 2g

BALSAMIC PORK ROAST

Ingredients:

- 2 lbs boneless pork shoulder roast, sirloin roast
- kosher salt, to taste
- 1/2 tsp garlic powder
- 1/2 teaspoon red pepper flakes
- 1/3 cup chicken or vegetable broth
- 1/3 cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey



Lets Cook : Season the pork with salt, garlic powder and red pepper flakes and place it into the slow cooker. Mix together the broth, vinegar and Worcestershire sauce and pour it over the pork. Pour the honey over and set the timer for 4 hours on High or 6-8 hours on low. Once the pork is cooked and tender (it should shred easily with a fork), remove from slow cooker with tongs into a serving dish. Break apart lightly with two forks and put back into the slow cooker. Ladle 1/2 cup sauce over the pork and keep warm until ready to eat.

Serves 8: Per Serving: Cal: 214 | Protein: 27g | Carbs: 4g | Fat: 10g

PUMPKIN CHICKEN CHILI

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1 cup onion finely chopped
- 2.5 cups red peppers chopped in small pieces
- 1 cup pumpkin puree
- 1.5 teaspoon chili powder
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Salt & Pepper
- 1/4 cup chicken broth (no salt)



Lets Cook : Chop onions and and peppers. Lay chicken breasts along bottom of the crockpot. Cover chicken with pumpkin puree, onions/peppers, broth and spices. Cover and cook on low for 6 hours. After 6 hours, shred chicken breasts. You can shred with two forks. The chicken will be tender enough that it falls apart. Stir the chicken in with the other ingredients Allow the chicken to sit for an additional 10-20 minutes after shredding the chicken. The chicken will absorb some of the liquid and thicken the chili.

Serves 4: Per Serving: Cal: 197 | Protein: 26g | Carbs: 15g | Fat: 4g | Fiber: 5g