



A NOTE FROM DR. POWELL, MD

A wealth of knowledge!

Water is the key to weight loss success. Our body is 50% to 75% water. Every cellular biochemical process in the body requires it, including the process of breaking down fat and using it for fuel. So if we want our body to burn the fat, water is key. Water suppresses the appetite naturally. Studies show that those who drink water before a meal eat 75 less calories a day. That adds up to an extra 27,375 less eaten calories a year, or 8lbs you prevented in weight gain.

FEATURED PRODUCTS



Chocolate Mini Crisps

Our Carbessentials Mini Crisps is a delicious sweet Sneal® that will tide you over with 12g of protein and satisfying chocolate covered crisps. These crispy soy protein morsels let you nibble your hunger away. Pick up a box at your nearest CarbEssentials locations or at our online store carbessentials.net!



Click Vanilla Latte

Double Shot Espresso Coffee Click is the first mocha espresso coffee drink fused with protein. With 23 vitamins and minerals and 15 grams of protein, it's the coffee you want with the protein you need! Available in Mocha and Vanilla.



Shortbread Cookie Bar

Quick & convenient protein bar with 15g of protein to keep you feeling full longer. These bars make the perfect sneal®. The crisp and crunch set these bars apart. Soy crisps and a sweet yogurt layer make for a bar that will have you craving more. Available in multiple flavors!

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



BREAST CANCER AWARENESS MONTH

Join us in the fight and donate today!



The National Cancer Institute says that weight gain is a major risk factor for developing breast cancer. Gaining weight in adulthood appears to increase the risk of breast cancer before and after menopause. One large study found that women who gained about 20 pounds after age 18 had a 15 percent higher risk of breast cancer compared to women who gained little or no weight. Women who gained 55 pounds or more had a 45 percent higher risk. It is important for both men and women to keep a healthy weight. Managing weight is a challenge for most people in the US. In fact, according to the Centers for Disease Control and Prevention (CDC), about 69% of American adults are overweight.

Sneal® Deals

THINK PINK

On Thursday, October 20, 2016 wear Pink to any CarbEssentials

location and receive 10% off your purchase of any CarbEssentials nutritional products. Or shop online and use coupon code THINKPINK and receive 10% off your entire purchase of \$75 or more!

TRICK -OR- TREAT

\$3 SNEAL®!



Don't miss our trick-or-treat \$3 dollar sneal® deal at every Physician's Plan Weight Management Medical Clinic and CarbEssentials locations, starting on October 3rd!

Monthly Sneal® Savings

10% OFF

Use code **OCTNEWS** online at CarbEssentials.net or present this coupon at our CarbEssentials Store location for 10% off your next purchase.

**Must present coupon to redeem 10% off. Not redeemable at Physician's Plan locations. Cannot be combined with any other offers. Coupon Expires 10/31/16*

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6 TRICKS TO AVOID TREATS



Halloween can be pretty darn tricky if you're trying to stick to a diet plan. Regular sugary treats that you'd otherwise be able to resist shrink down to delectable, fun-size versions. Having just one certainly can't be so bad, right? Most likely not, but the problem is, we normally don't just have ONE. We tell ourselves 'one wont hurt', then what happens is we have a few more until we look down and there is a pile of tiny wrappers that is now equivalent to a king size candy bar. Not to mention your kids' massive trick-or-treating supply that takes weeks to munch through, adding additional calories and pounds. To help steer the holiday in a healthier way, we would like to share the best tips to control your sweet tooth, indulge without going overboard.

STICK TO YOUR REGULARLY SCHEDULED SNEALS®

Don't be tempted to skip a few Sneals® on Halloween so you can bank your calories for those sweet treats that are sure to head your way. The worst thing you can do is not eat; if you're hungry you will have no willpower to resist. Instead eat your usual Sneals® during the day with a high protein Sneal® right before the Halloween festivities begin. If you feel full you will not be as likely to go overboard on the treats.

TAKE CONTROL

Okay, yes it is Halloween, a holiday dedicated to treats. In order to survive this holiday without derailing your diet, control your binge. Make it exact, 'you'll only have three 'fun-sized' candies the entire night.' Then you can spread them out or have them all at once. If you have a plan you're most likely to stay in control.



BUY YOUR CANDY LAST MINUTE

Buy your candy the day of Halloween, that way you are not tempted to dip into the candy stash on a daily basis. Also don't buy your favorite candy, buy candy you don't particularly like that way you're not lured in, if you are a chocolate fan then go for the gummy or tart candies.

LIMIT MINDLESS EATING

Are you going to a Halloween party where there is sure to be endless treats? Keep your hands busy, your purse in one and a glass of water in the other. If your hands are full they are not going to be grazing the candy bowls or buffet. This will significantly reduce your temptation to nibble.

BE THE 'BORING' HOUSE ON THE BLOCK

If you are the kind of person who will eat whatever is around the house, don't set yourself up for failure by stocking up on candy. Have you considered passing out non-candy goodies? Perhaps from the dollar store, toys, temporary tattoos, sticker, etc. Or healthier options like boxes of raisins or nuts? You might get some kids thinking you're not the coolest house on the block but at least their parents will like you!

FOR THOSE OF YOU WHO DID SPLURGE - BOUNCE BACK

If you are in a sugar coma on November 1st, don't freak out! One day will not hurt you; it is the mind set that triggers the mental game of, 'I blew it' that can lead you to ditch your diet. You just need to recover, make sure to stick to your six healthy Sneals® the next day and drink plenty of water and you will be ok.

YOUR FAVORITE PROTEIN PACKED FALL RECIPES

It's that time of year for cozy sweaters, changing leaves, and Pumpkin everything. Fall has arrived, and how do we know? People are rushing to the nearest Starbucks for their seasonal Pumpkin Spice Latte. Reality check: for all of those who are rushing to wait in line at Starbucks for your favorite drink, the standard Grande (made with 2% milk and topped with whipped cream) has 380 calories and 14g fat! Starbucks isn't the only one on the long list of offenders. There are healthier alternatives for your favorite fall drink and at the convenience of your own home! Try this CLICK Pumpkin Spice Latte recipe with 15g of protein!

- Ingredients:
- 2 Scoops of CLICK Vanilla Latte
 - 4 oz unsweetened Almond Milk Plus 5x
 - 8 oz water
 - 1/2 Teaspoon pumpkin pie spice
 - 1/4 Teaspoon Vanilla
 - Squirt of Sugar Free Whipped Cream

Directions:

- Pour 4 oz. of milk into a shaker cup. Add 1/2 teaspoon of pumpkin pie spice and 1/4 teaspoon of vanilla. Shake to blend.
- Add 8 oz. of water to shaker cup, top with 2 scoops of CLICK, seal and shake.
- To make CLICK hot, pour into large microwave cup. Heat in microwave for one minute. Remove from microwave and stir with spoon.
- Reheat for 30-45 seconds to desired temperature. Top with a squirt of sugar free whipped cream

Calories: 150 | Protein: 15g | Carbs: 10.5g | Fat: 8g | Fiber: 7g



ALL THINGS PUMPKIN!

The smell of apples and pumpkin spice might be in the air, but it's fall recipes we're craving. We have three protein-packed, pumpkin-filled recipes to suppress your sweet tooth and ease you into fall while keeping your nutrition on track. *Find more fall recipes on our Blog at carbessentials.net or physiciansplan.net!*



Mini Pumpkin Cheese Muffins



Pumpkin Pudding Parfait



Pumpkin Pie Pancakes