

IS ALCOHOL SABOTAGING YOUR WEIGHT LOSS?

CROCKPOT RECIPES FOR EASY DINNER IDEAS!

Alcohol Supplies Almost Twice As Many Calories As Protein And Carbs.

At 7 calories per gram, alcohol supplies almost twice as many as protein and carbohydrates. In fact, alcohol has only two fewer calories than fat, which has 9 per gram. It must also be remembered that the calories in alcohol lack the nutrients beneficial for a healthy metabolism and will therefore speed up fat storage. The calories found in the average alcoholic drink are quite concentrated compared to many foods, and this actually causes one to inadvertently take in many more calories than would otherwise be consumed.

DID YOU KNOW?



200 calories



Two light beers has as many calories as one medium sized doughnut.



230 calories



One pina colada has as many calories as one slice of cake.



250 calories



Two glasses of red wine has as many calories as a slice of pizza.



330 calories



One strawberry margarita has as many calories as a medium serving of Burger King fries.

PORK TENDERLOIN W/ HONEY BALSAMIC GLAZE

CHICKEN & BLACK BEAN SALAD

Ingredients:

- 2 16 oz skinless, boneless chicken breasts
- 1 tbsp taco seasoning
- 1/2 tsp cumin
- 1 cup canned black beans, rinsed
- 1 cup chunky salsa
- 6 cups chopped romaine
- 1/4 cup reduced fat Mexican cheese blend
- 4 tbsp avocado & cilantro dressing*



Lets Cook :

Place the chicken in the slow cooker and season with taco seasoning and cumin. Pour the beans over the chicken and top with salsa. Cover and cook on LOW for 4 hours, or until the chicken is tender and easily shreds with 2 forks. Shred the chicken and combine with the beans and sauce, keep warm until ready to eat. To make the salad, place 1 1/2 cups lettuce on each plate, top 3/4 cup chicken and bean mixture, 1 tsp cheese and 4 tsp creamy avocado dressing.

Avocado & Cilantro Dressing:

Scoop 1 avocado into a blender. Add 1/2 cup almond milk, 1/4 cup cilantro leaves, 1/2 tsp. garlic powder, salt, and pepper. Blend/process until smooth. Add additional almond milk, 1 tablespoon at a time, to thin the dressing until it reaches desired consistency. Taste and adjust seasonings.

Serves 4: Per Serving: Cal: 280 | Protein: 32g | Carbs: 18g | Fat: 9g | Fiber: 8g



Ingredients:

- 1 pork tenderloin about 1 lb
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon paprika
- 1/3 cup low sodium chicken broth
- 2 tablespoons honey
- 3 tablespoons balsamic vinegar
- 1 tablespoon ketchup
- 2 teaspoons corn starch

Lets Cook :

If your pork tenderloin is longer than your slow cooker, cut it in half crosswise. In a medium bowl, whisk together the broth, honey, balsamic vinegar, ketchup and corn starch and pour into the slow cooker. In a small bowl, combine garlic, parsley, salt, pepper, onion powder and paprika. Rub over all sides of the pork tenderloin and place in the slow cooker. Cover and cook on high for 1.5-2 hours, or low for 4 hours. Move tenderloin from the slow cooker to a cutting board and let rest for 5 minutes before slicing. If desired, add additional corn starch and water to the juices to thicken further.

Serves 4: Per Serving: Cal: 187 | Protein: 27g | Carbs: 12g | Fat: 2g



Lets Cook : Spoon 1/2 cup pasta sauce into slow cooker sprayed with cooking spray; top with layers of half each of the ravioli, meatballs, mozzarella and remaining sauce. Repeat layers. Cover with lid. Cook on HIGH 2-1/2 to 3 hours (or on LOW 4-1/2 to 5 hours). Sprinkle with Parmesan. Let stand 10 min. Top with basil.

TURKEY MEATBALL & RAVIOLI CASSEROLE

Ingredients:

- 1 jar (12 oz.) BERTOLLI Tomato and Basil Pasta Sauce
- 10 oz. frozen spinach & ricotta ravioli, uncooked
- 12 frozen lean turkey meatballs
- 3/4 cups fat free mozzarella cheese, shredded
- 1/8 cup parmesan cheese, shredded
- 1/8 cup chopped fresh basil
- salt & pepper to taste

Serves 4: Per Serving: Cal: 256 | Protein: 20g | Carbs: 24g | Fat: 6.5g | Fiber: 3g

TIPS ON AVOIDING WEIGHT GAIN WHILE DRINKING:

1 Don't skip meals to "SAVE THOSE CALORIES" for drinking.

It usually backfires. Most cocktails are loaded with simple carbohydrates, so during a night of drinking, you end up with soaring blood sugar followed by a 'crash' that leaves you ravenous. Before you go out, have a meal with protein or grab a sneal®.

2 Eat before you drink.

Eating a meal with lean protein or grabbing a sneal® will control blood-sugar levels and curb those comfort food cravings.

3 Don't drink before bed.

While having a glass or two before bed can definitely relieve the stress of a busy work day and help you fall asleep faster, the quality of sleep is much less. Alcohol also increases blood sugar levels which is why most people wake up hungry a few hours later and raid the fridge.

4 Avoid certain drinks.

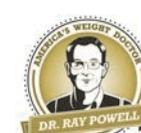
Cut back on cocktails and mixed drinks. The simpler the drink, the better. Sweet drinks pack on more calories and the sugar they contain will make you hungry. Avoid adding sodas like cola to your drink. Instead, go for seltzer water with a slice of orange or lemon.

5 Drink water.

For every alcoholic beverage you consume, drink a glass of water. This will keep you from getting dehydrated and the dilution creates less strain on the liver and kidneys.

6 Limit your alcohol intake.

Moderation means drink 1-2 alcoholic beverages two times per week. Have a few drinks on Friday and Saturday and let your liver rest during the weekdays.



A NOTE FROM DR. POWELL, MD

It's The Accountability Factor

"Oh, I can weigh myself at home or at the gym, I don't need to come and weigh-in weekly." 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 and Chico offices are open five days a week, Monday through Friday, and our Redding office is open for weigh-in's on Saturday'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.

FEATURED PRODUCTS



Carbquik Baking Mix

Carbquik™ Baking Mix is a revolutionary baking mix with 90% less carbs! Carbquik will work in almost any recipe calling for traditional bake mix. Try it today and make pancakes, biscuits, waffles, pizzas and so much more!



Walden Farms Fruit Spreads

Switch from high calorie, sugary jam and jellies and treat yourself to Walden Farms Calorie Free Fruit Spreads. Made with concentrated fruit extracts and natural flavors, but no calorie, fat, carbs, gluten or sugars of any kind. Delicious on toast or muffins, marvelous on cottage cheese, in yogurt and as a topping on baked goods.

WEIGH-IN ACCOUNTABILITY

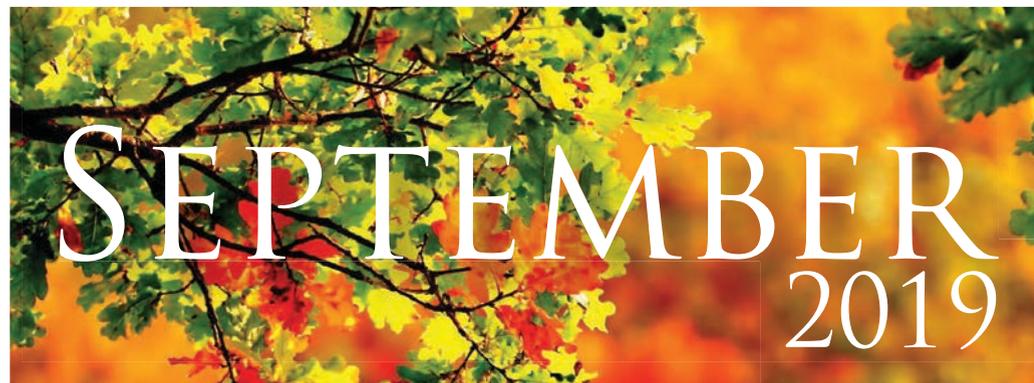
Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!

DATE: _____

WEEK: **1** **2** **3** **4**



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



SNEAL® SAVINGS

Monday, September 2, 2019



Ah, the unofficial last weekend of summer! Here's how to enjoy it without feeling guilty when it's over. If you're heading to a potluck, camping or just out for a lake day you have the option to bring your own healthy foods with you. CarbEssentials has a large variety of sneals® to keep you on track. Stock up and save on your favorite sneals® this Labor Day with our CarbEssentials online sale of **15% off** +Free Shipping (excluding liquids) on purchases of \$75 or more!

Missed our Labor Day Sale?

Septemeber 28th is apparently national Drink Beer Day, so let's avoid the beer and any other alcohol for that matter and grab a healthy Sneal®! Stock up and save on your favorite sneals® on **September 28th** with our CarbEssentials online sale of **15% off** +Free Shipping (excluding liquids) on purchases of \$75 or more!

Alcohol And Its Impact On The Body



Alcohol use as a well established part of human culture—is something that has become almost as acceptable as eating and breathing. As a facilitator and feel good drug of choice for many, alcohol is very popular indeed, with consumption at mass levels. One effect of alcohol, which is not widely discussed, is its impact on body composition. In its purest form, ethyl alcohol, which supplies seven calories per gram, provides energy, bumping up ones total energy balance whenever it is consumed. Unlike macronutrients such as carbohydrates, proteins and fats, alcohol supplies what we often refer to as empty calories: calories without nutrition. To make matters worse, it is the worst fuel to be used when combined with carbohydrates, fats and proteins, postponing the fat-burning process and contributing to greater fat storage.