



A NOTE FROM DR. POWELL, MD

Chris West, MSN-FNP

As most of you are probably aware about a year ago, I asked a friend and colleague to join me in my practice because I knew he could carry on the level of excellence I have established at this practice for over 25 years. Chris West has brought a wealth of knowledge into the practice from his diverse patient care background at the acute care setting, where he had patients all through the lifespan (pediatric patients to patients well into their 90's, and everything in between.) As a home grown Northern California native who has always struggled with his weight, Chris not only talks the talk, but he walks the walk. He has lived by our nutritional concepts as an actual patient and continues to do so today... just ask him about his struggles and use him as a resource! Chris is a Licensed Nurse Practitioner and has been fully trained in Weight Management Medicine and has direct access to me at any time. As most of you know I have been spending more time with my family as our 6 children are spread out between South Carolina, Oregon, and Texas. As a result of me being around less (enjoying life and grandchildren), I have entrusted my practice to Chris when I am not around and feel confident in his decision-making skills. Again, he has direct contact with me at any given time. I have complete trust because he is not only capable, but also practices at the same level of excellence that I have worked so hard over the years to achieve for my patients. If you want to see more about Chris go to: <https://www.physiciansplan.net/chris-west>

FEATURED PRODUCTS

Carbquik Baking Mix



Kay's Protein Cereal



Striving to combine delicious flavors in low-calorie, low-carb, high protein recipes that contain plenty of fiber and absolutely zero grams of cholesterol. Better-balanced food leads to a better balanced diet, which is the key to a healthy lifestyle. Get the protein your body needs with the 100% gluten-free Protein Cereal.

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: _____

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EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



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SEPTEMBER 2020



SNEAL SAVINGS

Monday, September 7, 2020



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?

September 30th is National Women's Health & Fitness Day, So many of us overlook the healthy foods our bodies need to fuel our days. When we take a few moments to learn the best ways to care for ourselves, we often take better care of others, too. Save on your favorite sneals® on September 30th with our CarbEssentials online sale of 15% off +Free Shipping (excluding liquids) on purchases of \$75 or more!

COVID-19 Lockdown Worsens Childhood Obesity



A study, published in April 2020 in *Obesity*, examined forty-one overweight children under confinement throughout March and April. Compared

to behaviors recorded a year prior, the children ate an additional meal per day; slept an extra half hour per day; added nearly five hours per day in front of phone, computer and television screens; and dramatically increased their consumption of red meat, sugary drinks and junk foods. Physical activity, on the other hand, decreased by more than two hours per week, and the amount of vegetables consumed remained unchanged. The COVID-19 pandemic has collateral effects extending beyond direct viral infection. School environments provide structure and routine around mealtimes, physical activity and sleep -- three predominant lifestyle factors implicated in obesity risk.



Ate **1** additional meal per day, which could add anywhere from **300–700** calories per day.

Slept an **extra 1/2 hour** per day.

Dramatically **INCREASED** their consumption of red meat, sugary drinks and junk foods.

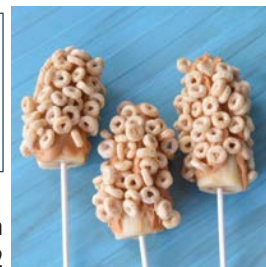
Physical activity **DECREASED** by more than **2 hours** per week.

ADDED nearly **5 hours** per day in front of phone, computer and television screens.

EASY, HEALTHY RECIPES FOR YOUR CHILDREN AT HOME

PEANUT BUTTER & KAY'S BANANA POPS

Ingredients:
 1 medium banana, halved
 4 tbsp PB2 Peanut Butter*
 1 cup Kay's Cereal*



Lets Cook :
 Skewer banana halves on popsicle sticks, make PB2 as as instructed on container. Cover with peanut butter and roll in cereal. Serve immediately or freeze on a parchment-paper-lined baking sheet until firm, about 2 hours.

Serves 2: Per Serving: Cal: 145 | Protein: 11g | Carbs: 25g | Fat: 2g | Fiber: 5g

APPLE CHICKEN QUESADILLA

Ingredients:
 2 Low carb Tortilla
 4oz rotisserie chicken breast
 1/2 cup shredded fat free Mozzarella cheese
 1/2 apple, thinly sliced



Lets Cook : Heat the tortilla until puffy on skillet. Add cheese and then chicken to half the tortilla (chicken on top). Fold the tortilla over like an omelet, and press down on the folded tortilla with the spatula. Lower the heat to medium. Once you see cheese is melted, remove quesadilla to a cutting board. Open it wide and layer on apple slices. Fold tortilla back again and cut into 3 triangles.

Serves 2: Per Serving: Cal: 190 | Protein: 24g | Carbs: 17g | Fat: 7g | Fiber: 10g

GRILLED HAM & CHEESE SANDWICH

Ingredients:
 2 slices whole wheat bread
 6 slices ham, fat free
 2 slices American cheese, fat free
 1 tbsp mustard



Lets Cook :
 Preheat a pan over medium heat. Spread each slice with mustard. Stack with American cheese, and ribbon your meat onto your sandwich. Don't just lay the meat flat — it makes for a flat sandwich. Spread butter on the outside of the bread before it goes into the pan , which ensures it will be perfectly golden brown. Place in the pan; cover with lid to ensure the cheese melts without over-toasting the exterior, 2 to 3 minutes. Flip, cover again and cook until the cheese is melted and the sandwich is golden brown, 2 to 3 minutes. Enjoy!

Serves 1: Per Serving: Cal: 350 | Protein: 46g | Carbs: 36g | Fat: 8g | Fiber: 4.5g

ROTISSERIE, BBQ CHICKEN SLIDERS

Ingredients:
 2 slider buns, wheat
 2oz rotisserie chicken breast
 1/4 cup shredded fat free Mozzarella cheese
 Walden Farms BBQ Sauce*



Lets Cook :
 Place two open buns on oven safe pan. Preheat oven to 350 degrees. Combine shredded chicken and Walden Farms BBQ sauce in a bowl. Place half of the chicken on each slider and top with shredded cheese. Close bun and place in oven, heat for 12min.

Serves 1: Per Serving: Cal: 315 | Protein: 27g | Carbs: 35g | Fat: 5g | Fiber: 1g

For more family friendly recipes visit our website at www.physiciansplan.net/recipes. *Products can be found at www.carbessentials.net.

TIPS ON AVOIDING CHILD OBESITY:

1 Make Screen Time a Privilege: Screen time should be a privilege, not a right. Take away privileges, such as TV time or computer use, as a negative consequence. Once you've set a limit on how much screen time is allowed, don't allow kids to earn extra time as a reward. Instead, offer other free or low-cost rewards.

2 Exercise As A Family: Children will be more motivated to exercise if the entire family participates. Family walks, bike rides, dance parties, living-room yoga sessions, or backyard soccer games are just a few examples of how your family can exercise together.

3 Limit Junk Food Temptations: Reducing the availability of high-fat and high-sugar or salty snacks can help your children develop healthy eating habits. Only allow your children to eat these foods rarely, so that they truly will be treats!

4 Encourage Outdoor Activity: Whenever possible, encourage your child to get outside, even for a quick stroll around the block or a game of catch with a sibling. Several 10-minute outdoor exercise sessions can quickly add up to a full workout.

5 Assign Calorie-Burning Chores: Chores such as mowing the lawn, working in the garden, washing the car, or cleaning out the garage provide excellent opportunities for kids to build muscles and burn calories. Consider assigning your kids age-appropriate jobs that do double-duty by helping you accomplish household tasks.

6 Have A Meal time Schedule: Make a schedule of meals and times, eliminating excess snacking.