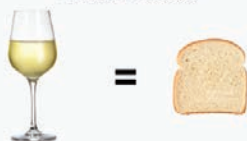


IS ALCOHOL SABOTAGING YOUR WEIGHT LOSS?

How many calories are you drinking?

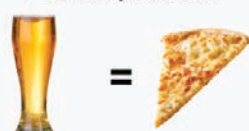
Glass of white wine (5 oz)
= Piece of bread



Pint of beer (16 oz)
= Bag of popcorn



Pint of cider (16 oz)
= Cheese pizza slice



Margarita (10 oz)
= Plain bagel



Piña colada (10 oz)
= French fries (4 oz)



Mojito (10 oz) =
Potato chips (1.75 oz)



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 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.

5 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.

6 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.

20-MINUTE DINNER RECIPES

ZUCCHINI PIZZA BOATS

Ingredients:

6 small zucchini
1 tbsp olive oil
1 garlic clove, minced
Salt & pepper to taste
1 cup marinara sauce
1 cup shredded fat-free mozzarella cheese
4 tbsp grated Parmesan cheese
Turkey Pepperoni (5 slices per boat)
Oregano



Lets Cook :

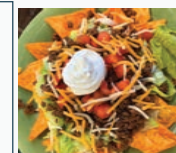
Preheat oven to 400°F. Line a baking sheet with parchment paper. Cut zucchini into half lengthwise and scrape out the pulp with a spoon. Trim a thin portion from the bottom of each zucchini so that they can lie flat. Align zucchini boats on the lined baking sheet and pat the insides with paper towels. In a small bowl combine olive oil and minced garlic and brush the zucchini boats and sprinkle with salt and pepper. Fill each zucchini boat with 1 tablespoon of marinara sauce making sure to leave a small rim near the edges uncoated. Sprinkle evenly with mozzarella cheese and then with Parmesan cheese. Top with pepperoni (place closer to the center of each boat as the mozzarella cheese will melt and spread.) Bake for 15 to 18 minutes (baking time will vary depending how thick your zucchini are) Remove from the oven, sprinkle with oregano, and serve.

Serves 6: Per Serving: Cal: 143 | Protein: 10g | Carbs: 12g | Fat: 5.5g | Fiber: 3g

LOADED TACO SALAD

Ingredients:

1/2 pound lean ground turkey
1/2 pkg taco seasoning
2 bags quest chips
3 cups of lettuce
1/4 cup fat free shredded cheese
1/4 cup tomatoes
3 tbsp salsa
3 tbsp sour cream



Lets Cook :

Brown ground turkey and drain fat. Add in seasoning packet and cook according to directions on package. While meat is cooking, prepare toppings for salad. Once meat is done cooking, combine all ingredients together. Enjoy!

Serves 6: Per Serving: Cal: 220 | Protein: 34g | Carbs: 5.5g | Fat: 6.5g | Fiber: 1g

ROTISSERIE CHICKEN QUESADILLA

Ingredients:

4 8-10 inch low carb flour tortillas
8oz shredded rotisserie chicken
1 cup fat-free cheddar cheese
1/4 cup reduced fat Sour cream
1 teaspoon garlic powder
1/4 cup chopped cilantro
Salt and pepper to taste



Lets Cook : In a large mixing bowl, combine the sour-cream, shredded chicken, cheese, garlic powder, cilantro, salt and pepper. Mix thoroughly until well combined. Heat a large nonstick skillet with cooking spray over medium heat. Carefully place one tortilla on the pan, top with half the mixture and spread out evenly, top with another tortilla. Cook for 2 minutes then flip with a spatula and cook the other side for 2 minutes or until light golden and the cheese is melted. Repeat for 2nd quesadilla. Remove from heat and cut into 8 slices. Serve with salsa.

Serves 4: Per Serving: Cal: 243 | Protein: 35g | Carbs: 11g | Fat: 6g | Fiber: 4g

STIR-FRY CHICKEN & VEGGIES

Ingredients:

2 tbsp olive oil
1 lb chicken breasts, cut into 1/2-inch-slices
2 cups broccoli florets
1 large zucchini, sliced
1 medium bell peppers
1 medium yellow onion
3-4 cloves garlic minced
1 tbsp Italian seasoning salt & pepper



Lets Cook : Heat oil in large skillet to medium, high heat. Add the chicken, veggies, garlic, and spices. Cook for 8-10 minutes, stirring occasionally until veggies soft and tender and the chicken is cooked through.

Serves 4: Per Serving: Cal: 263 | Protein: 36g | Carbs: 3g | Fat: 10g | Fiber: 1g

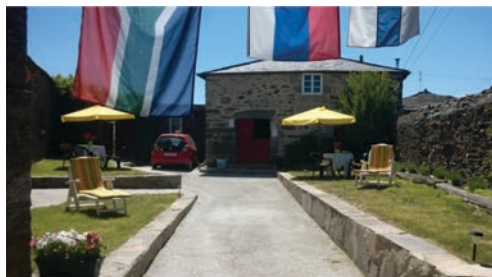
For more family friendly recipes visit our website at www.physiciansplan.net/recipes. *Products can be found at www.carbessentials.net.



A NOTE FROM DR. POWELL, MD

“What? Did I hear Dr. Powell & Dominique are moving to Spain?”

The answer is yes and no. Dominique and I bought a small property in the Northwest region of Spain called Galicia! It is what they call an “Albergue”, basically it is a “Hostel” or “Bed & Breakfast”. It is operated from April to the end of October each year. If you would like to learn more about our newest adventure please visit our website at www.casabanderas.com or on facebook @casabanderascamino. We are not gone forever, just back and forth between Redding and Spain. We will keep you posted!



-Dr. Powell

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!



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: _____

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

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



SNEAL® SAVINGS

Monday, September 6, 2021



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 29th 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 29th with our CarbEssentials online sale of 15% off +Free Shipping (excluding liquids) on purchases of \$75 or more!

Alcohol And It's 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. 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.

