



A NOTE FROM DR. POWELL, MD

Referral Program

Here at Physician's Plan Weight Management Medical Clinics we appreciate the hard work that our patients do to change their lives. Our patients are our best advertisement and we appreciate that greatly. You do it anyway, why not get something for it? I have created a Referral Program for our patients, simply pass out the Physician's Plan Referral Card to your family & friends. Remember to write YOUR name and email address on the referral card.

The Details:

When your friend brings in the card they will receive 10% OFF of their **first FOLLOW-UP appointment**. For every card returned with YOUR name and email, you receive 1 point. At 2 points (just 2 referrals) your get a \$60 credit towards anything at Physician's Plan or Carbessentials. At 5 points (5 referrals) you get a \$150 credit towards anything at Physician's Plan or Carbessentials. You can pick up referral cards at any office location.

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!



CarbEssentials Soups

These soups make a great lunch or dinner addition or a cup-of-soup beverage. With 15 grams of high quality protein, these soups will stand alone, but you can add lean protein and steamed vegetables for variety. Available in Chicken Noodle, Cream of Chicken, and Minestrone. (7/box)

WEIGH-IN ACCOUNTABILITY

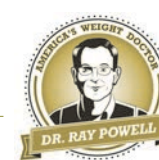
Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: _____

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

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



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SNEAL® SAVINGS

Monday, September 5, 2022



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! Don't forget to use coupon code **LABORDAY22**.

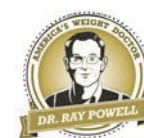
Labor Day Office Closed

In observance of Labor day, both our Redding and Chico locations for our medical office and carbessentials stores will be closed. Don't forget to shop online with the discount code above!

National Better Breakfast Month

Eating a healthy breakfast with lean protein and nutrient-dense whole grains will help you to feel full and comfortable throughout the day. Protein as well as fiber—which helps maintain steady blood sugar levels—takes longer to digest which helps you feel full for a longer period of time. Eating a modest breakfast and small meals throughout the day can help to reinforce portion control. Eating reasonable portions is not only a smart way to lose weight, but it's also the most effective way to maintain your weight once you've reached your goal.





KEEP YOUR SUMMER BODY ALL WINTER LONG

Warm weather, skimpier clothing, and the prospect of wearing a bathing suit are often motivation enough to help get you into shape for the summer. But what happens when frolicking at the beach is only a memory? You can maintain your summer-svelte figure all winter long if you know what it takes to stay the course of weight maintenance. It's so easy to

fall back into bad habits — you eat a little more, exercise a little less, and before you know it, the weight creeps on. By the time you notice those extra pounds it's nearly holiday season, so you decide to wait until after Jan. 1 to try to lose weight. Sound familiar? If you're tired of the annual weight-gain cycle, let this be the year you maintain your summer figure all year long.



EXAMINE YOUR HABITS

Successful maintainers don't make arbitrary distinctions between seasons or times of year. It is not about the time of year, but instead a way of thinking and a way of life that keeps the weight off. You can not go back to your old ways, when you get to a point where you no longer want to look or feel the way you did, this mindset is critical to establish a new healthier behaviors for life.

CELEBRATE THE BENEFITS

Another secret to keeping weight off, is never to forget why you lost it in the first place. A great way to stay motivated is to keep a journal of the pros and cons of how you felt in mind, body, and spirit before the weight loss, and how you feel now at a healthier weight. This technique keeps the focus on the benefits of weight loss -- from improved health to more energy, from better sleep to a smaller clothing size.

KEEP MOVING

Don't underestimate the role of exercise in weight maintenance. To keep the weight off, you need to do something physical every day -- such as brisk walking -- for 60 minutes. And don't be intimidated by the 60-minute recommendation. It works just as well to exercise in shorter increments throughout the day. Regular physical activity reduces stress, strengthens muscles and bones, energizes, reduces the risk of chronic disease, and makes you feel good.

FOCUS ON PORTION CONTROL

When you start gaining weight, go back and look at your portion sizes. Just reducing portion sizes alone is usually all you need to do to get back on track. Also, eating breakfast every day, to help manage calories and hunger throughout the day.

WEIGH IN REGULARLY

Weight can fluctuate on a daily basis. But if you are committed to weighing yourself regularly, you will know when you're gaining. It's important to weigh in at least once a week, weighing regularly can be an excellent motivator.

ETERNAL VIGILANCE

It's important to expect slip-ups, and not to be too hard on yourself when they happen. If you have a bad day, just get back on track as soon as you can, and do your best to learn from your mistakes. You must always be mindful of what you put into your mouth and stay vigilant in your commitment to healthy behaviors, so when you slip, you can rely on all these tools to help get you back on track.

BETTER BREAKFAST RECIPES

EGG STUFFED AVOCADO

Ingredients:

- 3 large Fresh avocados
- 6 large Eggs
- Sea salt and black pepper
- 1/4 cup FAT FREE Cheddar cheese
- 2 tbsp Red bell peppers (diced finely)
- 2 tbsp Chives (sliced thinly)



Lets Cook : Preheat oven to 400°F. Cut the avocados in half and remove the pits. Spoon 1.5-2 tablespoons of avocado flesh out of the center, so that you have a well large enough to fit an egg. (The well needs to fit about 3 tablespoons total.) Place the avocado halves cut side up onto a baking dish. Crack an egg into the center of each, being careful not to break the yolk. Sprinkle with sea salt and black pepper. Bake for 7 minutes. Sprinkle shredded cheese on top. Bake for 5-10 more minutes, until the eggs reach your desired doneness:

* Additional 5-6 min - Soft boiled

* Additional 7-8 min - Medium

* Additional 9-10 min - Hard boiled

Sprinkle with chives and diced bell peppers for serving.

Serves 6: Per Serving: Cal: 200 | Protein: 13g | Carbs: 10g | Fat: 11g | Fiber: 6g

FRESH TOMATO & FETA EGG SCRAMBLE

Ingredients:

- 6 eggs, beaten
- 1 tomatoes, grated
- 1 tsps extra virgin olive oil
- a pinch of sugar
- 5 ounces feta cheese, crumbled
- salt and freshly ground pepper



Lets Cook : In a large pan, add the olive oil and place on high heat. When the olive

oil heats up, add the grated tomatoes, a pinch of sugar, season with salt and pepper and stir. As soon as the tomato sauce comes to the boil, turn the heat down to medium and cook for 10-15 minutes, until most of the juices have evaporated. Pour in the beaten eggs and stir with a wooden spoon, so that the ingredients combine. Cook until the eggs are cooked. Feel free to add any kind of herbs you wish, like oregano, basil, mint or fresh dill. Top with the feta cheese and serve, while still warm.

Serves 3: Per Serving: Cal: 232 | Protein: 23g | Carbs: 8g | Fat: 10g | Fiber: 0g

CARBQUICK BREAKFAST CASSEROLE

Ingredients:

- 12oz Jennie-O Lean Turkey Sausage
- 1 medium bell pepper (chopped)
- 1 medium onion (chopped)
- 3 cups frozen hash brown potatoes
- 2 cups fat free shredded Cheddar cheese
- 1 cup CarbQuick* mix
- 2 cups Fairlife milk
- 1/4 teaspoon pepper
- 4 eggs



Lets Cook : Preheat oven to 400 degrees F. Grease a 13x9-inch baking pan. In a large skillet, cook sausage, bell pepper, and onion over medium heat. Stir occasionally and cook until the sausage is browned. Drain. Add the sausage mixture to the baking dish. Add in the potatoes and 1 1/2 cups of the cheese. Stir together Carbquick mix, milk, pepper, and eggs. Blend well and pour into the baking dish. Bake for 40-45 minutes or until a knife comes out mostly clean. Top with the remaining cheese, and bake another minute or two to melt the cheese. Let cool for 5 minutes, serve, and enjoy!

Per Serving: Cal: 184 | Protein: 20g | Carbs: 18g | Fat: 5g | Fiber: 4.5g

COTTAGE CHEESE BOWL

Ingredients:

- 1/2 cup cottage cheese, low fat, small curd
- 1/4 cup blueberries
- 2 tbsp almonds, sliced



Lets Cook : Scoop the cottage cheese into a bowl. Top with fresh blueberries and almonds. Serve immediately.

Per Serving: Cal: 231 | Protein: 18g | Carbs: 13g | Fat: 11g | Fiber: 3.5g

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