

Low Carb Beefed Up Meatloaf

Ingredients:

1 (8 oz. can) tomato sauce
 1(6 oz. can) tomato paste
 1/4 cup sugar substitute
 2 teaspoons white wine vinegar or water
 2 lbs. lean ground meat
 2 eggs
 1/2 cup grated parmesan
 1/4 cup diced red onion
 1/4 cup roasted or fresh red bell pepper, diced
 2 tablespoons chopped fresh parsley
 2cloves garlic, minced
 1/2 teaspoon dried oregano
 1/2 teaspoon dried basil
 Salt and pepper to taste
 1/4 pound prosciutto
 1/4 pound provolone cheese, sliced

Calories: 309

Total fat: 19 grams

Carbs: 7 grams



1. Preheat oven to 350 degrees F.
2. In a small bowl, mix together the tomato topping ingredients. Set aside. You may add a few drops of water to thin to a ketchup consistency.
3. In a large bowl, mix together the beef, eggs, Parmesan, vegetables, herbs, and seasonings.
4. Working on a waxed paper lined sheet pan or counter, form meatloaf mix into a 10 by 8-inch flat rectangle on the waxed paper. Place a layer of prosciutto slices on top, followed by a layer of provolone slices. Roll up the stuffed meatloaf mix like a burrito and seal the edges all around by pinching the meat.
5. Place the roll, seam side down, into a 5 by 9-inch loaf pan. Spread a heavy coat of the tomato topping to completely cover the top of the meatloaf. Place in oven and bake for about 1 hour and 15 minutes, or until the temperature on a meat thermometer registers 165 degrees F. Drain fat and let rest at least 10 minutes before slicing.



Become the New YOU Before the New YEAR

Let us help you become your healthy size!

Gift Certificate

Gift Certificates Available!

Warm up with our Hot Chocolate

Baby it's cold outside

Low in sugar & carbs, but high in protein! Comes in a variety of flavors. Be sure to ask for yours at the front desk!



*****Many people are making new years resolutions to lose weight. A gift certificate to Healthy Size would also be a great stocking stuffer!***

2 Locations to Better Serve You!

4080 Nelson Rd. Ste. 200
 Lake Charles, LA. 70605
 (337) 429-5060



1307 N. Cutting Ave.
 Jennings, LA. 70546
 (337) 824-5200



The holiday season is challenging for everyone. Staying on track can be tough. You can have fun without throwing away your healthy habits. Here are some tips to get through the holidays and stay on track.

Stay connected to Healthy Size. Many times during the holiday season, patients will tend to start skipping their weekly weigh-ins. Which most of the time leads to more weight gain than anticipated. Weekly weigh-ins are about the accountability and making you aware of what you are doing on a weekly basis.

Work in exercise in the morning. This can help ensure better behavior all day. Research shows people who work out in the morning move more for the rest of the day.

Use smaller plates. Smaller plates mean smaller serving sizes.

Use a smaller spoon and use the two bite rule. During those holiday meals, use a teaspoon to serve yourself instead of a serving spoon and divide it into two bites. Especially if you are serving yourself something that is not necessarily healthy. This will allow you to get a taste of your favorites without adding too many extra calories.

Step away from the nuts. Nuts have heart-healthy fats, but they're also high in calories. If the serving bowl is large, it's harder to portion out 20 nuts and not go back for more. 1 handful (about 1 ounce) of oil roasted mixed nuts has 175 calories but take 3 handfuls, that adds up to over 500 calories.

Don't eat in front of the TV. According to the latest research, eating in front of a TV, phone or computer can have you eating up to 288 more calories because you aren't focusing on if you are full and how much you are actually eating.

Serve and Sit. Having your table set with platters of food invites you to have more than one serving, causing calories to add up quickly. Leaving food in the kitchen is less tempting for seconds, which can reduce calorie consumption.



HOLIDAY Boost?

Super Energy— All Natural Energy Booster!

Super Energy is a unique combination of nutrients that work synergistically to help the body naturally produce energy.

Guarana Extract: Similar to caffeine in its chemical structure. Unlike caffeine, it is released slowly resulting in an energy boost that can last as long as 6 hours without a crash.

Korean Ginseng: Rejuvenates and restores vigor, soothes the intestinal tract and helps to purify the blood. Increases energy, stamina, and circulation of blood.

Bee Pollen: Considered one of nature's most nourishing foods. It contains nearly all nutrients required by humans. Bee pollen is a great source of natural energy. It also contains Lecithin, which helps to eliminate body fat and stimulate the metabolism.

Vitamin B12: An essential vitamin involved in the metabolism of every cell in the body, including metabolizing fats to increase energy levels.

Potassium Gluconate: Potassium is required for the function of all living things. Low potassium can lead to fatigue, muscle weakness, and cramps.

Available at **Healthy Size Clinic 824-5200.**

\$25 (60 tablets)

Suggested Dosage: Take (1) tablet daily , mid-morning for best results, or as directed by a physician.