

# Crockpot Recipe—Balsamic Beef Roast

## Nutrition Facts

Servings	12.0
Amount Per Serving	
calories	247
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 1 g	
Cholesterol 75 mg	25 %
Sodium 169 mg	7 %
Potassium 399 mg	11 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 0 g	0 %
Sugars 3 g	
Protein 22 g	44 %



## INGREDIENTS

- 3 lb. boneless chuck roast
- Black pepper, to taste
- 1 T. kosher salt
- Garlic powder, to taste
- 1 tbsp. extra virgin olive oil
- 1/2 C. balsamic vinegar
- 2 C. low sodium beef broth
- 1/2 C. yellow chopped onion
- 1 tsp. chopped fresh parsley

## Directions:

1. Season entire roast with salt, pepper & garlic powder.
2. Heat oil in a large frying pan over medium/ medium high heat. Add roast & brown, about 2-3 minutes on each side.
3. Place roast in a crockpot; add remaining ingredients in & around roast.
4. Cover & cook on low 8 hours or on high for 6 hours.
5. Plate & serve drizzled with juices.

\*Pair with a vegetable or cauliflower mashed potatoes.

April

2024

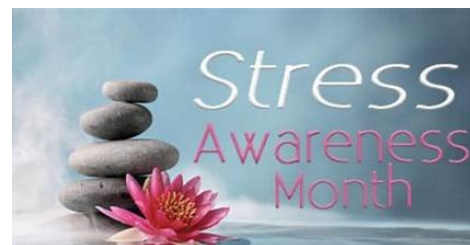
Two locations to better serve you!

1307 N. Cutting Ave

4080 Nelson Rd Ste. 200

Jennings, LA 70546

Lake Charles, LA 70605



WHAT IS  
STRESS??

- Stress is your mind and body's response or reaction to a real or imagined threat, event or change.
- The threat, event or change are commonly called stressors. Stressors can be internal (thoughts, beliefs, attitudes) or external (loss, tragedy, change).
  - ◆ 70% of people are constantly under stress.
  - ◆ Young people are more prone to stress.
  - ◆ Stress is the cause of 80% of diseases.
  - ◆ Women are more stressed than men.

Stress can cause emotional eating, which leads to obesity. Healthy Size can help you with nutrition and to combat stress. Let us help you become and maintain your "Healthy Size."

# The Link Between Stress and Obesity

When people are stressed they tend to overeat. They tend to crave comfort foods that are high in fat, carbs and sugar. Eating these kind of foods raises the body's serotonin level (the body's feel-good chemical). This is an attempt to self medicate because it makes you feel good.

Chronic stress causes the body to release excess cortisol (hormone critical in managing fat storage and energy). Cortisol is known to increase your appetite and encourage cravings for fatty or sugary foods.

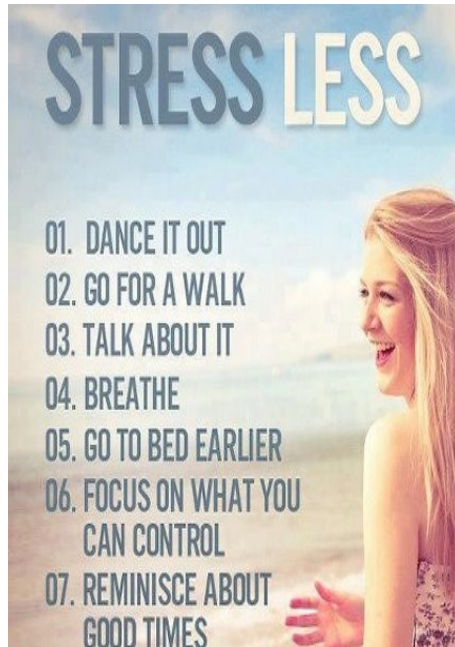
Recent studies also suggest that our bodies process food differently when we're under stress. A diet high in fat and sugar promotes the release of neuropeptide Y (molecule released from nerve cells during stress and encourages fat storage).

Learn to deal with stress in other ways besides poor eating habits. Keep portion size in mind, think about what you are eating, and don't allow yourself to become too hungry. Fueling your body with the right food can actually help your body fight stress.

## How Can You Combat Stress?

**Recognize when you don't have control:** Don't get anxious about situations that you can't change. Take control of your reactions. Instead of focusing on the problem, focus on things that make you feel calm and in control. This may take practice, but it pays off in the end.

**Relax and Recharge:** Take time every day to take care of yourself. Develop a plan for healthy living by setting realistic goals. Eat well and exercise. Read a book, go for a walk or run, spend time with a friend or loved ones, meditate/prayer time or even try yoga.



## Stress Awareness Month

Coping with stress in the workplace: tips



## Healthy Size Product to Help You Manage Stress

### Youth & Well-being Glutathione

The Mother of All Antioxidants. Glutathione has shown promise in many different areas. This GHS injection can help improve quality of sleep, mental clarity, destress, reduces asthma symptoms, promotes athletic performance & recovery & promotes cardiovascular health. Glutathione is a powerful water-soluble antioxidant that is usually found in the liver. It's primary function is to fight against free radicals, which can cause premature aging.

*Ask a Healthy Size Staff Member for More Information*