



Spiced Pork and Cherry Kabobs

***Nutrition facts per serving:**

242 calories, 5g fat
(1.4g satur..)25g carbs,
25g protein, 3g fiber,

Serves: 4

Active Time:

25 minutes

Total Time:

30 minutes

- 2 canned chipotle peppers in adobo sauce.
- 1/3 cup fresh orange juice (freshly squeezed/not canned)
- 3 tablespoons fresh lime juice
- 1 tablespoon balsamic vinegar
- 2 tablespoons tomato paste
- 1 teaspoon ground coriander
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Step 1: Preheat Grill to Medium

Step 2: Place chipotles, adobo sauce, orange juice, lime juice, vinegar, tomato past, coriander, salt, & pepper in a blender or a food processor. Place pork in a medium bowl and toss with 1/4 a cup of the sauce. In another bowl, toss cherries, with remaining sauce.

Step 3: Alternate thread pork & cherries onto skewers. (soak skewers in water for 30 mins before) reserve sauce that remains in the cherry bowl.

HEALTHY SIZE

JULY

2024

SHOTS TO GO!

To better accommodate our patients, we are still offering injections to go! It is a great way to stay on track through vacations, work schedules or distance. If you are interested in our Shots To Go Program please ask an employee for more information and guidance.

4th of July Fun Facts

190M
Pounds of beef are bought in preparation to celebrate

Almost **80%** 
Of Americans attend a barbecue, picnic, or cookout

66% 
Display an American flag

MORE THAN 14,000 4th of July fireworks displays explode across the nation each year

A total of **\$6.77 Billion** Is spent on food just for our nation's birthday!

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National Father Daughter Take a Walk Day

July 7, 2024

It's National Father Daughter Take a Walk Day on July 7! Set a time with your father and head out for a walk. This walk can be taken during any time of the day and can be as short or long as you want. The main purpose? To ensure fathers and daughters get to spend some quality time together while participating in a healthy activity. So stop and simply step out of the house! Trust us, years down the line, it's these annual walks that you will cherish the most. And of course, positive memories are the best gift a parent & child can give to each other!

Healthy Grilling



You eat less fat: When cooking on a grill, the excess fat drips off the grates. When cooking in a pan, the fat has nowhere to go, so it pools and is eventually re-absorbed by the meat.



You use less butter: Because the grill locks in more moisture, you'll be less inclined to reach for the butter or other condiments. Cooking spray should be substituted for butter and oils as much as possible. Not only does that mean you eat fewer calories, but you put less unhealthy stuff in your body.

Meat retains nutrients: Most people don't realize that veggies retain more of their vitamins & minerals when they're grilled. Plus, vegetables that are tossed on the grill are usually fresh and in season, which are a step above the canned or frozen versions. Wrapping in tin foil or just placing on top of your grill, cooking veggies in this manner is nutritionally better than boiling or frying.

Meat retains nutrients: When you toss a slab of meat on the grill, it actually preserves more riboflavin & thiamine. Both of these nutrients play a vital role in a healthy diet, as well as have many health benefits.

Buy lean meats: Try lean cuts of meat like chicken, fish or turkey. When you're craving a burger, pick up the leanest beef you can find or substitute it for ground chicken or turkey. The leaner the meat, the healthier it is for you.



Grill your veggies: Every meal should have veggies, so when you're grilling, add a few peppers or zucchini to the grill. Veggie kabobs make a great side dish.