

Wild Tuna Cucumber Boats

Makes 6 Servings
(as an appetizer, snack or a light meal)



- 2 Large English Cucumbers
- 8– 10 oz. Wild Caught Tuna, Drained Well
- 2 Stalks of Celery, Diced Very Small
- 2-3 Green Onions, Diced
- 1/3 Cup Plain 0% Fat Greek Yogurt
- Sea Salt & Black Pepper, To Taste
- 1/4 Tsp. Smoked Paprika
- 2– 3 Tsp. Fresh Squeezed Lemon Juice
- 4 Tbsp. Fresh Chopped Dill
- A Pinch of Chili Flakes

Directions:

Slice the cucumbers right down the middle length wise.

Then, using a spoon, gently scrape out the insides.

Cut the halves in 4-5 equal pieces depending on the length of your cucumber.

Discard the scooped seeds & set the cucumber “boats” aside on a platter.

In a small bowl add the drained tuna & gently mash with a fork until it’s all flaked. Add in the celery, green onions, yogurt, dill, lemon, smoked paprika, sea salt & pepper.

Mix all of the ingredients together with a fork until everything is nicely combined.

Place the fresh tuna salad mixture into each cucumber boat.

Top with green onions & sprinkle with a pinch of chili flakes.

Enjoy!

Nutrition Facts

Servings	6.0
Amount Per Serving	
calories	63
% Daily Value *	
Total Fat	0 g 1 %
Saturated Fat	0 g 0 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	17 mg 6 %
Sodium	144 mg 6 %
Potassium	32 mg 1 %
Total Carbohydrate	3 g 1 %
Dietary Fiber	1 g 4 %
Sugars	2 g
Protein	11 g 21 %
Vitamin A	2 %
Vitamin C	8 %
Calcium	4 %
Iron	2 %



Social Support is Key!

They're an underrated weight-loss tool, but social support systems or programs may have a bigger effect on your success than you think.

3 Reasons Why Social Support is Helpful to Your Weight Loss Program

1. It keeps you motivated. One of the biggest benefits of having a social support system is motivation. Weight-loss progress isn't always linear. Especially when you feel discouraged, knowing you have friends or a community in your corner can help you keep progressing toward your goal.

2. It encourages accountability. Social support systems can come in many different forms, including friends, family, coworkers and community-based programs. Different systems work for different people, but all of these provide a source of accountability, which can be an encouraging factor. **Join Healthy Size Clinic for weekly weigh-ins and support!**

3. You can learn new tools & ideas. Outside resources can also teach you how to better handle & navigate any of the difficulties you may encounter. Having a community means you get to problem-solve together. Chances are, others have encountered the same issues & may be able to suggest solutions that worked for them.

2 Locations to Better Serve You!

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



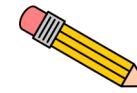
4080 Nelson Rd. Ste. 200
Lake Charles, LA. 70605
(337) 429- 5060

“Increased Muscle Mass Means a better calorie burn throughout the day, which leads to a bigger fat loss when you aren’t working out”

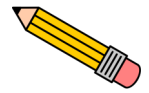


Spell Out Your Name in a Workout:

- A– 50 Jumping Jacks**
- B– 20 Crunches**
- C– 30 Squats**
- D– 15 Push Ups**
- E– 1 Minute wall sits**
- F– 10 Burpees**
- G– 20 Second Arm Circles**
- H– 20 Squats**
- I– 30 Jumping Jacks**
- J– 15 Crunches**
- K– 10 Pushups**
- L– 2 Minute wall sits**
- M– 20 Burpees**
- N– 40 Jumping jacks**
- O-25 Burpees**
- P– 15 Second arm circles**
- Q– 30 Crunches**
- R– 15 Push ups**
- S– 30 Burpees**
- T– 15 Squats**
- U– 30 Second arm circles**
- V– 3 Minute wall sits**
- W– 20 Burpees**
- X– 60 Jumping jacks**
- Y- 10 Crunches**
- Z– 20 Pushups**



Get Prepared for Back to School



Back-to-school time is busy for both kids & parents. It is a time for adjusting schedules, making sure everyone has what they need & getting back into the groove, which requires time & preparation.

During this busy time, be sure to make yourself & your healthy lifestyle a priority. Always have healthy snack options at hand, as well as options for healthy, convenient meal ideas for busy days.

Chopped fresh vegetables	Protein chips
Turkey pepperonis/ Turkey sticks	Protein shakes
P3 portable snacks	Low fat cheese sticks
Sugar free Jell-O	Turkey jerky
Sugar free pudding	Boiled eggs
Dannon Light + Fit Greek Yogurt	100 calorie nut packs

Remember that Healthy Size staff is here to assess you and support you through any troubles and life changes you may have through your journey. Being open with Healthy Size staff members keeps you accountable, knowledgeable and motivated. We are here to help you!

