



## EGG ROLL IN A BOWL

### INGREDIENTS:

- 1 lb. ground turkey or chicken
- 7 cups of coleslaw mix
- 2 tbsp. of low sodium soy sauce
- 1 tbsp. of ginger
- 1 tsp. of garlic powder
- 1/2 cup of green onions
- 1 tbsp. of red pepper flakes

### INSTRUCTIONS:

1. Cook ground meat in a skillet stirring and crumbling until cooked through.
2. Stir the coleslaw mix, garlic, ginger, soy sauce, and stir.
3. Top with green onions and drizzle with more soy sauce or sriracha sauce.
4. ENJOY!

### Nutrition Facts

Servings 6.0	
Amount Per Serving	
calories 141	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 57 mg	19 %
Sodium 295 mg	12 %
Potassium 23 mg	1 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 15 g	30 %
Vitamin A	10 %
Vitamin C	29 %
Calcium	4 %
Iron	9 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

# SEPTEMBER 2024



Fall is just around the corner. Which means the holidays are fast approaching. Let's "fall into good health" with Healthy Size!

What steps can you take to get prepared?

### Get in the right mindset!

The right mindset starts with knowing why you want to lose weight. You may want to look and feel better or you have

specific health issues such as lowering your risk for diabetes or lowering your blood

pressure. Let the rewards of weight loss help motivate you.



### Set realistic goals!

The more realistic you are about your goals, the more likely you are at reaching them. Let your goal be to develop a lifelong strategy. Forget losing 10 pounds in 10 days. A better mindset is to focus on your overall health.

### Goals

- S** Specific
- M** Measurable
- A** Attainable
- R** Relevant
- T** Time limited

### Call Healthy size!



When you have the right mindset and are ready to start your new lifestyle, call us at Healthy Size!

At Healthy size we offer customized and individualized programs to help you achieve your weight loss goals!

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



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

Fall Into Good Health...  
Lose Weight Permanently!

Be prepared by  
planning ahead!

Start keeping a  
food journal.

Eat several small meals  
throughout the day.

Drink your water!  
Drink a minimum of 64 oz  
daily.

Eat your veggies at  
every meal.

Remove all unhealthy  
snacks from your home.

Reward yourself with  
nonfoods.

*Weekly weigh-ins at Healthy Size to keep you on track!*

Following these tips will help you develop life long  
habits which leads to your new healthy lifestyle!

*\*\*Remember its not a diet but a lifestyle\*\**

**Fall into good health with New Products  
from Healthy Size!**

**L-Carnitine Booster**— Enhance Fat  
Burning, Improve Athletic Performance,  
Increase Muscle Mass and Reduce Muscle  
Soreness!

\$40 tax  
included



**Great for:** athletes, people with  
cardiovascular disease, people with Type 2 diabetes.

**Key Ingredients:** **L-Carnitine Tartrate:** L- Carnitine is an  
amino acid that plays a crucial role in energy production by transporting  
fatty acids into the mitochondria where they can be burned for fuel.

**Complete 14 Day Detox**— A powerful combination  
of nutrients that work together to support your body's  
natural detoxification process.

**Who should use?** Individuals with weakened immune  
systems: Vitamin C, Magnesium, and  
Selenium are essential nutrients that  
support the immune system. These nutrients  
help to strengthen the body's natural  
defenses against infections and diseases.

\$30

tax included

