



Bell Pepper Nachos

Ingredients:

2 medium bell peppers (preferably a mix of colors)

Kosher salt

1 tablespoon vegetable oil

1/4 teaspoon chili powder

1/4 teaspoon ground cumin

4 ounces ground beef (80/20)

1 cup low-fat shredded Mexican blend cheese

1/4 cup guacamole

1/4 cup pico de gallo

Directions:

1. Cut the bell peppers through the stem into sixths, remove the stem and seeds. Transfer to a large microwave safe bowl, add a splash of water and a pinch of salt. Cover and microwave until the pepper pieces are pliable, about 4 minutes. Let cool slightly and then arrange close together on a foil-lined baking sheet, cut sides-up.
2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the chili powder and cumin and cook, stirring, until fragrant and toasted, about 30 seconds. Add the ground beef and 1/4 teaspoon salt and cook, stirring and breaking up into bite-size pieces, until browned and cooked through, about 4 minutes. Preheat the broiler. Spoon some beef mixture onto each pepper piece. Sprinkle with cheese and broil until the cheese melts, about 1 minute. Top with dollops of guacamole and pico de gallo. Thin the sour cream out with a little water and drizzle over the nachos.



The Benefits of Food Journaling

Mindful eating is the awareness of what we are eating, how we are eating, and when we are eating. Mindfulness is a behavioral technique that can help us put our habits into perspective. Our habits are a large part of who we are and can determine our success. Changing our habits help us change our lifestyle.

- It can help you remember what you have eaten that day.
- You can improve/ adjust calorie count as needed to reach your goal.
- It will let you see if you are eating too much or not enough.
- It will let you see what time of the day you typically get hungry and help you adjust your eating schedule.
- It can help you realize if you are eating out of boredom rather than hunger.
- Looking at the nutrition facts & having to log it makes you second guess your unhealthy options.
- It can help you realize if you are getting too much or not enough of certain macronutrients.

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

New Year's Resolution Ideas for a Healthier, Happier YOU!

- | | |
|-------------------------------|--------------------------------------|
| 1. Get in Shape | 13. Read More |
| 2. Eat Healthier | 14. Drink Less Alcohol |
| 3. Stop Procrastinating | 15. Volunteer & Give More to Charity |
| 4. Improve Your Concentration | 16. Pick up Useful Skills |
| 5. Be More Active | 17. Get a Productive, Fun Hobby |
| 6. Develop Confidence | 18. Become More Organized |
| 7. Be More Polite | 19. Learn to Cook |
| 8. Meet New People | 20. See Your Doctor More Often |
| 9. Reduce Stress | 21. Stop Being Late |
| 10. Get More Quality Sleep | 22. Learn to Control Your Emotions |
| 11. Watch Less TV | 23. Spend Less Time on Social Media |
| 12. Give up Tobacco | 24. Face Your Fears & Insecurities |

25. STICK TO THE HEALTHY HABITS YOU'VE DEVELOPED

Stay Accountable

Work for it
more than
you hope
for it

-Stay Committed to You Scale: Weigh yourself once a week! This will keep you accountable week to week and keep you mindful.

-Use a Food Journal: This is an excellent tool to help you see exactly what you are eating & keep you more accountable to your portion sizes. One trick is to write down what you eat before you eat it, instead of after. This will help you be more aware & think twice about your choices.

-Keep the Big Picture in Mind: Setting a specific goal is a very effective weight-loss strategy. Be careful not to focus so much on a single transitory milestone, a wedding or reunion, that your plan falls apart afterwards. Set permanent objectives, such as living longer or feeling more comfortable in your clothing.

Weekly visits to Healthy Size Clinic will keep you informed & motivated!

Get Refocused After The Holiday Season

Supplements available to aid with carb cravings & appetite control.



DIUCAPS

Phentermine Enhancer or Replacement. Regular use of Diucaps may assist with: Inhibit appetite, regulate mood, curb cravings, head hunger, control binge & nighttime eating, & enhance mental focus.



CHROMATE

The blood sugar nutrient that promotes normal insulin function. Adding ChromeMate to your diet supports the conversion of food to energy & increased metabolic rate. It's an important part of a complete weight loss program. Promotes reduced cravings, especially sugar, reduced fat rebound, healthy cholesterol levels, lean body mass, healthy weight control, normal energy metabolism.



NutriLean

Promotes Lean Body Mass. NutriLean increases body mass & utilization of body fat. NutriLean can also be taken in place of the LipoBoost Injection to keep you on track when you are unable to make it to the clinic or simply want an extra boost.



L-CARNITINE

Enhances Weight Loss & Amps up Fat Burning.

This drink mix can also aid in increasing endurance & preventing muscle damage while exercising. It also helps to regulate blood sugar & boost brain function.