



Firecracker Shrimp Scramble

Nutrition Facts

Servings 4.0
Amount Per Serving
calories 176
% Daily Value *
Total Fat 11 g 17 %
Saturated Fat 4 g 20 %
Monounsaturated Fat 0 g
Polyunsaturated Fat 0 g
Trans Fat 0 g

INGREDIENTS:

6 large eggs
1 tsp. Real lemon juice
Salt & black pepper, to taste
8 oz. medium raw shrimp (peeled, deveined & tails off)
Cajun seasoning, to taste
1 tsp. light butter
1/4 C. chopped green onion (plus more for garnish)
2 oz. Philadelphia spicy jalapeno cream cheese

Directions:

1. In a medium bowl, whisk together the eggs, lemon juice, salt & pepper; set aside.
2. Pat shrimp dry with a paper towel. Season both sides with Cajun seasoning.
3. In a large frying pan, melt butter over medium/ medium high heat. Add shrimp & stir fry until shrimp is pink, approximately 2 minutes. Add onions & continue to cook 1 minute.
4. Plate and top with additional chopped green onions & black pepper.



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.



Healthy Tips for the 4th of July

- Wear Sunscreen**– Sunburn increases our risk of skin cancer.
- Eat Light**- Salads and sides that go with grilling that won't weigh you down.
- Start an active tradition**– Kickball, a family volleyball game, an active hike around the neighborhood. It gets your blood pumping which improves mood, and you will have stories for years to come.
- Stay hydrated with water**– Stay away from sugary drinks and caffeine that can dehydrate you. Keep fruit around which are packed with vitamins and water.



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National Father Daughter Take a Walk Day

July 7, 2025

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.