### Low Carb Steak Taco bowl





#### **Ingredients:**

- 1 tablespoon olive oil divided
- ②1 teaspoon minced garlic
- green onions
- 28 small portobello mushrooms, sliced
- Ismall poblano pepper, may use bell pepper
- Isalt and pepper
- If tablespoon taco seasoning mix

#### **Nutrition:**

Calories: 167

Total fat: 9g

Total carbohydrate: 3g

Dietary fiber: 1g

Sugars 2g

Protein 18g

<u>Directions:</u> Heat 1 tsp. oil olive to a medium skillet. Add garlic, mushrooms, onions and peppers. Cook until tender about 10 minutes. Sprinkle with salt and pepper, remove from skillet.

Add taco seasoning mix to sliced steak. Add 1 tsp. olive oil to skillet and heat over medium heat. Add steak and stir fry until cooked. About 2 minutes. Add cooked vegetables back to skillet and stir with steak.

Heat queso and poor over steak mixture. Enjoy!

# SEPTEMBER 2025







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.

### Specific Spe



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.

#### Call Healthy Size!

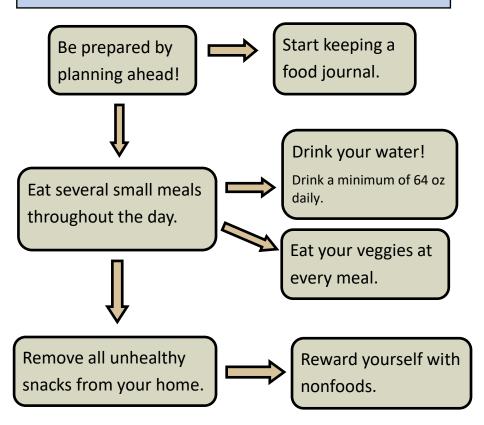
When you have the right mindset and are ready to start your new lifestyle, call us at Healthy Size!

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!



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.



\$35

tax included