

# Low Carb Steak Taco bowl



## Ingredients:

- 1 tablespoon olive oil divided
- 1 teaspoon minced garlic
- 1/2 small onion, sliced thinly or 5-6 green onions
- 8 small portobello mushrooms, sliced
- 1 small poblano pepper, may use bell pepper
- salt and pepper
- 10 oz steak, sliced thinly
- 1 tablespoon taco seasoning mix

## Nutrition:

Calories: 167  
Total fat: 9g  
Total carbohydrate: 3g  
Dietary fiber: 1g  
Sugars 2g  
Protein 18g

**Directions:** 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 pour 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.

## **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.

## **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!

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.



**\$35**

**tax included**