

# CHEESEBURGER SOUP

INGREDIENTS:

- 2 lb. lean ground beef (or turkey)
- 2 T. dried minced onion
- 1 tsp. garlic powder
- 3 C. beef broth
- 4 tsp. Worcestershire sauce
- 1 T. Dijon mustard
- 1– 10 oz. can Rotel
- 1 tsp. sea salt
- 1/2 tsp. black pepper
- 1 C. heavy cream
- 2 C. Shredded Sharp Cheddar, Low Fat cheese

Optional toppings:

8 slices turkey bacon, cooked & chopped

DIRECTIONS:

- To a Dutch oven or Stockpot, add ground beef, minced onion & garlic powder. Brown over a medium/ medium high heat. Drain any excess fat.
- Add remaining ingredients except heavy cream and cheese. Bring to a bubble & turn burner to low heat; cover& simmer for 20 minutes.
- Add cream & cheese. Cover & simmer for 20 minutes, stirring occasionally.
- Uncover & simmer to desired texture — soup will thicken as it cooks.
- Top with pickles & turkey bacon just before serving, if desired.



Nutrition

Servings 8.0	
Amount Per Serving	
calories 307	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 9 g	46 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 136 mg	45 %
Sodium 616 mg	26 %
Potassium 135 mg	4 %
Total Carbohy- drate 8 g	3 %
Dietary Fiber 1 g	3 %
Sugars 3 g	
Protein 30 g	60 %



## Tricks to Avoid Halloween Weight Gain

#1 Give out something other than candy: fangs, stickers, colors, spider rings.

#2 Don't purchase candy until right before you plan to hand it out.

#3 Focus on other parts of Halloween, like dressing up!

#4 Stay accountable! Add an extra workout. Weigh in weekly at Healthy Size!

#5 If you are attending an event, bring a dish you love that is on your eating plan.

#6 If you have candy in the house, put it out of reach and out of sight!

Location

1307 N. Cutting Ave.  
Jennings, La 70546

Call today!

Healthy Size  
(337)-824-5200

## OCTOBER IS

### Breast Cancer Awareness Month

 1 in 8 women will be diagnosed with breast cancer in their lifetime.

There are over 3.5 million breast cancer survivors in the United States.



On average, *every 2 minutes* a woman is *diagnosed with breast cancer* in the US.

Breast cancer is diagnosed in a woman every 2 minutes in the United States.

Every day 6 men are diagnosed.



Every 13 minutes a woman will lose her life to breast cancer in the United States.

Annually about 450 men will lose their lives to breast cancer.

**64%**

Of women diagnosed have NO identifiable risk factors of breast cancer

**8 OUT OF 10**

Cases of breast cancer are diagnosed in women aged 50 and over



Being overweight puts you at a higher risk of being diagnosed with breast cancer.

Call Us Today At Healthy Size and Let Us Help You Get Started With A Plan For A Better You!

## SIGNS & SYMPTOMS

- A **lump or swelling** in the breast, upper chest or armpit. You might feel the lump, but not see it.
- **Changes in the size or shape** of the breast
- **Change in skin texture** i.e. puckering or dimpling of the skin
- **Rash, crusting or changes** to the nipple
- **Change in the color** of the breast—the breast may look red or inflamed

**BEAT THE ODDS!**

Talk to your doctor about a mammogram! Exercise regularly and maintain a healthy diet!

**DID YOU KNOW?**



Excess weight puts added stress on your joints!

*1 Pound Off the Body = 4 Pounds Off the Knees!*

Excess weight puts added stress on joints, particularly knees, causing pain and worsening arthritis damage. *When you walk, the pressure on your knees is 3-6 times more than your body weight.*

“Being just 10 pounds overweight increases the force on your knees by 30 to 40 pounds with every step you take,” says Kevin Fontaine, PhD, assistant professor of rheumatology at Johns Hopkins University.