



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
2 tablespoons sour cream

Directions:

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.

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 nachos.



One of the biggest tools we have to fight health conditions is the power of human connection.

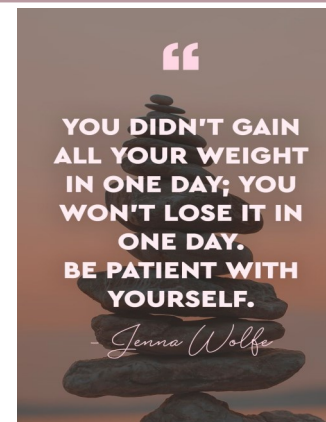
Build your connection with us at Healthy Size Clinic.

Journaling can be a powerful tool for weight loss, helping you track progress, reflect on your habits, and stay motivated throughout your journey.

Track progress: Allows you to document daily food intake, exercise habits, and weight .

Self-reflection: Allows you to be honest with yourself and make the needed changes.

Goal Setting: Making small goals can keep you motivated. It also can give you a sense of accomplishment as you check off completed goals.



Here to Serve You!

1307 N. Cutting Ave.
Jennings, LA. 70546
(337) 824-5200

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

- | | |
|--------------------------------|--------------------------------------|
| 1. Get in Shape | 14. Read More |
| 2. Eat Healthier | 15. Drink Less Alcohol |
| 3. Stop Procrastinating | 16. Volunteer & Give More to Charity |
| 4. Improve Your Concentration | 17. Pick up Useful Skills |
| 5. Be More Active | 18. Get a Productive, Fun Hobby |
| 6. Develop Confidence | 19. Become More Organized |
| 7. Be More Polite | 20. Learn to Cook |
| 8. Meet New People | 21. See Your Doctor More Often |
| 9. Reduce Stress | 22. Stop Being Late |
| 10. Get More Quality Sleep | 23. Learn to Control Your Emotions |
| 11. Watch Less TV | 24. Spend Less Time on Social Media |
| 12. Give up Tobacco | 25. Face Your Fears & Insecurities |
| 13. Celebrate positive choices | 26. Stick to your healthy habits! |

Weight Loss Tracker

12 MONTH PROGRESS



JANUARY



FEBRUARY



MARCH



APRIL



MAY



JUNE



JULY



AUGUST



SEPTEMBER



OCTOBER



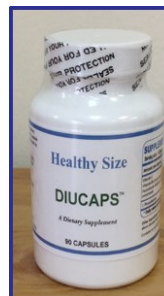
NOVEMBER



DECEMBER

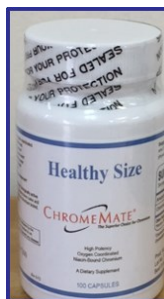
Get Refocused After The Holiday Season

Supplements available to aid with carb cravings & appetite control.



DIUCAPS \$25

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.



CHROMEMATE \$35

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.



L-CARNITINE \$25

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.

Weight loss tip of the day:

Reach for the cell

Next time your mind gets stuck on a certain food, call a friend and redirect your brain by asking how their day is going. Research shows that cravings only last about 5 minutes, so by the time you hang up, the urge to devour junk will have subsided!