

# Taco Chicken Tenders with Lemon Garlic Butter

## INGREDIENTS:

- 2 pounds (32 oz.) Chicken Tenderloins
- 1 bag of fresh Zucchini Spirals
- 2 tbsp. Light I can't Believe It's Not Butter
- 2 tbsp. Taco Seasoning
- 1/4 cup Low-Sodium Chicken Broth
- Juice of 1/2 Lemon
- 1 tbsp. Hot Sauce (Sriracha)
- 1 tbsp. fresh chopped parsley
- Crushed red chili pepper flakes,
- Slices of lemon, for garnish

## Nutritional Facts:

Servings: 4

Calories: 280

Total fat: 4 g

Total carbs: 8g

Protein: 53g



## Directions:

1. Combine chicken strips with taco seasoning.
2. In the meantime, wash the zucchini noodles.
3. Heat 1 tbsp. butter in a large skillet over medium-low heat. Stir-fry the chicken strips on all sides until golden brown. Remove the chicken from the skillet & set aside.
4. In the same skillet over medium-high, add 1 tbsp. butter, lemon juice, hot sauce, & chicken broth. Bring to a simmer & allow to reduce for 1-2 minutes, stirring regularly.
5. Stir in fresh parsley & minced garlic, then add the zucchini noodles & toss for 2-3 minutes to cook. Allow the cooking juices to reduce for one minute if the zucchini noodles render too much water. Add the taco chicken bites back to the pan and stir for another minute to reheat. Garnish with more parsley, crushed chili pepper, and lemon.

# may 2026



National Physical Fitness & Sports Month  
#MoveInMay



ODPHP

Office of Disease Prevention and Health Promotion



**Did you know that regular physical activity increases your chances of living a longer, healthier life?**

## 20th Anniversary Sale on DHEA!

DHEA supplementation has been shown to enhance and improve your natural production of hormones, both male and female levels. DHEA can help target belly fat reduction and can help lower and improve cholesterol levels. Get yours while supplies last.

DHEA \$20 (tax included)

*Here to Serve You!*

1307 N. Cutting Ave.

Jennings, LA 70546

(337) 824-5200





You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active – and start feeling better today.

### How much activity do I need?

#### Moderate-Intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? Start with just 5 minutes. It all adds up!

Or get the same benefits in half the time. If you step it up to vigorous-intensity aerobic activity, aim for at least 75 minutes a week.

## Try Our New Lipotropic and Wellness Injections!

**Trio- \$45** Our 3 in 1 Trio has ( Lipo Boost, Lipo Plus & B12) This includes amino acids and B vitamins that give the metabolism the ultimate BOOST, bringing energy, mental focus, clarity & digestive assistance in a convenient “1 & done” injection.

**NAD+ – \$40** (Nicotinamide Adenine Dinucleotide) An essential enzyme that naturally occurs in the body. **“Anti-aging”**

#### Benefits of NAD+

Boosts energy levels, improves mood, reduces inflammation, improves immune system.

Regulates metabolism, promotes DNA repair and cell regeneration, longevity.

Can slow the aging process, may repair and support brain function.

Can improve mental clarity, alertness, concentration, and memory.

## May is High Blood Pressure Awareness Month

Deciding to change your lifestyle is the best decision you can make for yourself and your family. What can you do to improve your life expectancy? Start making better choices when it comes to nutrition, add exercise, and let Healthy Size help you!

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120