



Nutrition

Serving **0.5lb** |
Calories **839kcal** | Carbohydrates
8.2g | Protein **48.4g** | Fat **70.6g** |
Net Carbs **2.6g**

DIRECTIONS FOR SLOWCOOKER

1. Toss all ingredients in a bowl and mix.

2. Cut the ribs into sections that will fit well in the slow cooker. Turn them over and slice gashes in the membrane of the back of the racks to allow the rib rub to penetrate better.

3. Cover the front, back and edges of the ribs with the Keto Rib Rub, using the entire batch. Place the ribs inside the slow cooker and cook on low for 5-6 hours. To sauce up you can drench the ribs with sauce an hour before they are ready.

KETO RIB RUB

INGREDIENTS

Rib Rub

- 3 lbs pork ribs
- 1.5 tbsp chilli powder
- 1 tbsp paprika
- 1 tbsp garlic powder
- 2 tsp onion powder
- 2 tsp cumin
- 1/4-1 tsp cayenne powder 2 tsp sea salt
- 2 tsp ground black pepper
- 2 tbsp golden monk fruit sweetener

DIRECTIONS FOR OVEN BAKED

1. Toss all ingredients in a bowl and mix.

2. Line a baking sheet with tin foil, spray with cooking oil and heat the oven to 250°. Turn the ribs over and slice gashes in the membrane of the back of the racks to allow the rub to penetrate better.

3. Massage the entire batch of Keto Rib Rub into the ribs, covering the front, backs and edges. Lay on the baking sheet and bake for 4-5 hours. Smother with your favorite sauce and either broil on low until the sauce has caramelized, or barbecue for five minutes.

JULY

2026

Come In we're

OPEN

20 YEARS OF

PASSION~PURPOSE~

PROGRESS

WEIGH IN TO WIN!

THIS MONTH WE ARE CONTINUING OUR WEIGH IN TO WIN CONTEST. STEP ON THE SCALE & GET ENTERED TO WIN!

PAWS FOR A CAUSE!

WE ARE CONTINUING TO ACCEPT DONATIONS FOR LOCAL SHELTERS IN JULY!

Look inside for healthy tips for the 4th of July & healthy grilling tips

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

Healthy hair, skin, nails must!

Available at Healthy Size Clinic!

**HSN
Complex**

Biotin

Thiamine

Horsetail Herb

Vitamin A



Collagen

Vitamin E

**Helps STOP hair loss & promotes
stronger, thicker hair & nail growth,
& keeps skin plump & firm!**

HEALTHY TIPS FOR JULY 4TH

Wear Sunscreen— Sunburn increases our risk of skin cancer.

Eat Light- Salads and sides that go with grilling that won't weigh you down.

Start an active tradition— Kickball, a family volleyball game, an active hike around the neighborhood. It gets your blood pumping which improves mood, and you will have stories for years to come.

Stay hydrated with water— Stay away from sugary drinks and caffeine that can dehydrate you. Keep fruit around which are packed with vitamins and water.

Healthy Grilling



You eat less fat: When cooking on a grill, the excess fat drips off the grates. When cooking in a pan, the fat has nowhere to go, so it pools and is eventually re-absorbed by the meat.



You use less butter: Because the grill locks in more moisture, you'll be less inclined to reach for the butter or other condiments. Cooking spray should be substituted for butter and oils as much as possible. Not only does that mean you eat fewer calories, but you put less unhealthy stuff in your body.

Meat retains nutrients: Most people don't realize that veggies retain more of their vitamins & minerals when they're grilled. Plus, vegetables that are tossed on the grill are usually fresh and in season, which are a step above the canned or frozen versions. Wrapping in tin foil or just placing on top of your grill, cooking veggies in this manner is nutritionally better than boiling or frying.



Meat retains nutrients: When you toss a slab of meat on the grill, it actually preserves more riboflavin & thiamine. Both of these nutrients play a vital role in a healthy diet, as well as have many health benefits.

Buy lean meats: Try lean cuts of meat like chicken, fish or turkey. When you're craving a burger, pick up the leanest beef you can find or substitute it for ground chicken or turkey. The leaner the meat, the healthier it is for you.



Grill your veggies: Every meal should have veggies, so when you're grilling, add a few peppers or zucchini to the grill. Veggie kabobs make a great side dish.