

Easy Baked Chicken and Zucchini Recipe

- 1 pound boneless skinless, chicken breast cut into bite-size pieces
- 1 medium-size onion chopped into large pieces similar to the size as the chicken
- 1 zucchini sliced vertically into four large pieces, then chopped into smaller pieces.
- 2 tbsp extra virgin olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1 tsp cumin
- 1 tsp sea salt or salt to taste
- ¼ tsp freshly milled pepper or pepper to taste

NUTRITION

Serving: 0.5cup
Calories: 238kcal
Carbohydrates: 6g
Protein: 27g
Fat: 12g
Saturated Fat: 2g
Polyunsaturated Fat: 1g
Monounsaturated Fat: 7g
Cholesterol: 71mg
Sodium: 644mg
Potassium: 630mg
Fiber: 1g
Sugar: 2g
Vitamin A: 360IU
Vitamin C: 11mg
Calcium: 35mg
Iron: 2mg

1. Preheat the oven to 425°F
2. Add the spices, salt, and pepper to a large bowl. Then, add the olive oil and mix everything until a marinade forms.
3. When ready, add the cut-up chicken, onion, and zucchini to the marinade. Next, toss to incorporate the ingredients and seasonings fully. For extra flavor, marinate for 15 minutes or up to 24 hours in the refrigerator.
4. Transfer the chicken and veggies to a baking dish and bake it in the oven uncovered at 425°F for 30 minutes.
5. Enjoy while hot and serve with fluffy quinoa or cauliflower rice.



Celebrating 20 Years! September



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The school bells are ringing, the weather is cooling off & the leaves are beginning to change. The fall season is a fresh new start to the year, so don't wait until the New Year to begin making changes. There is no better time than now to set goals, make them a priority & start making progress before the holiday season! If you're looking to fall into good health habits & reach your goals this year, create a S.M.A.R.T. goal, prioritize & incorporate more daily activity into your routine.



Step 1: Create a S.M.A.R.T. goal

What is a S.M.A.R.T. goal? It's a goal that is Specific, Measurable, Attainable, Recorded & Time stamped. In other words, your goal should be as specific as possible. It should also be something that can be measured & is reasonably achievable. It should be time stamped, give yourself a certain period of time to achieve this goal.

Step 2: Planning & Prioritizing

The weather isn't the only thing that changes in the fall, schedules may change with kids returning to school & with changing schedules comes chaos. Planning is essential to follow through with any goal.

Step 3: Incorporate more daily activity into your fall routine

The beautiful fall season is a great opportunity to get outdoors & get active! The leaves are changing, the weather is cool & crisp & simply going for a walk with a friend can help you to de-stress, connect socially, & get some exercise without feeling like it's a chore. Speaking of chores, don't dread your fall chores! Many of them are packed with hidden cardio exercise & calorie burning movements. Think of it as multi-tasking.



Your fall reset: five habits that hold

- **Anchor breakfast in protein**

Aim for 25–30g within an hour of waking. It steadies appetite through the afternoon slump.

- **Walk the cooler hours**

Two 12-minute walks after meals beat one heroic workout you skip by Thursday.

- **Rehydrate on schedule**

Thirst cues fade as temperatures drop. Pair a glass of water with every coffee.

- **Protect the sleep window**

Shorter days help. A consistent light-out time supports the hormones that regulate hunger.

- **Plan for the pivot**

Name one realistic swap for football Sundays and holiday potlucks before they arrive.

Pick one habit. Give it thirty days.

Progress in October is built from the small, boring choices you make in September. You do not need a perfect month — you need a repeatable week. If you want help choosing where to start, that is exactly what our consultations are for.