

Grilled Hawaiian Chicken

Ingredients:

2 large chicken breasts

1/3 cup teriyaki sauce

2 pineapple rings (canned in natural juices)

2 slices deli provolone cheese

Directions:

Place chicken breasts in a large resealable bag. Using a meat mallet, pound chicken evenly to 1/2 "thick. Add teriyaki sauce and marinate in the fridge for 4 hours.

Grill chicken directly over heat approximately 5 minutes on each side.

Grill pineapple rings over direct heat to char each side, approximately 1-2 minutes each side. Set aside.

Move chicken off direct heat and to outer edge of grill. Place one slice of provolone cheese on each breast: top with pineapple ring.

Close grill lid to melt cheese.



NUTRITION

calories	397
fat	14g
protein	56g
carbs	10g
fiber	1g



October



1307 North Cutting
Jennings, LA 70546
337-824-5200



[Follow Healthy Size Clinic on
Social Media](#)

**For any important updates, clinic
news, healthy tips & facts**

Fall Into Fitness!

See Ya Summer! Hello Fall!!!

Welcome back short days, crisp air, and fall leaves. Stow away the swimsuit and get out the sweaters. Think of this as a fresh season to start your healthy habits! Get ready to celebrate the Holidays like a Pro! Here are 10 tips to the Healthiest Autumn yet:

Think Beyond Pumpkin Pies & Pumpkin Spices Latte.

- *try roasted pumpkin seeds that are high in Vitamins A & C and help lower your cholesterol.*

Get Your Flu Shot

- *Avoid fever, aches, & fatigue, get vaccinated as soon as possible. It takes up to 2 weeks for the injection to get into your system after getting the flu shot.*

And while you are at it, avoid the Common Cold

- *drink lots of water to hydrate, eat low fat yogurt for its probiotics, and the famous pumpkin for all its vitamins!!!*

Go Outside and get some Fresh Air

- *Now that the weather is bearable, go outside and get sunlight! This can also increase your Vitamin D level.*
- *While you are outside, get a workout in!*
- *Go for a walk, rake leaves, take a bike ride. For a 200lb person, 30 minutes of activity equals nearly 200 calories burned.*

Stay away from Halloween Candy Calories

- *If you buy candy for Trick or Treaters, only buy enough for the kids. Wait and buy it on the day of Halloween so the in-house treats don't haunt you all month.*

Eat like an Athlete, not a couch potato on Game Days

- *Set out Vegetable and low-fat ranch instead of Chips and Cheese for the game.*

Buy Fall Vegetables to change up your menu

- *Pumpkin, Brussel sprouts, Spaghetti squash, etc....*

Give Back to the Community

- *Donate to a charity, spend time with someone less fortunate, this will help your mental & spiritual health.*

Enjoy Healthier Holiday Meals

- *Start the day off with a protein and fiber packed breakfast. It helps boost metabolism and makes you less hungry throughout the day.*



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.

Let your faith be bigger than your fear. 

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

Early Detection is vital
in Beating Cancer.

Don't Wait.
Get Checked.

Product Spotlight:

Rho Creatine

- Supports Muscle Build
- Supports Recovery & Repair
- Supports Brain Function
- Supports Energy Production

Can be taken at anytime (best before exercise). Can be taken with or without food. Can be mixed with all other Rho products.

