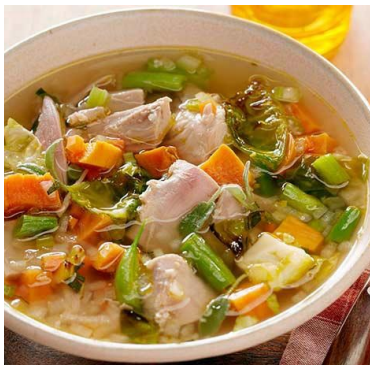


Leftover Thanksgiving Meal Soup



Ingredients

- 8 cups chicken broth
- 2 carrots, diced
- 2 whole stalk celery, diced
- 2 onions, 1 halved, 1 minced
- 2 bay leaves
- 3 cups turkey meat
- 2 cloves garlic, smashed
- 2 tablespoons olive oil
- 3 cups leftover cooked
- Thanksgiving side vegetables
- (Brussels sprouts, turnips, green beans, onions, etc.)
- 1 tablespoon chopped fresh sage
- Seasonings (Salt, Pepper, Tony's)

1. Put the chicken broth, turkey, carrots, diced celery, halved onions, and 1 bay leaf in a large crockpot.
2. Add desirable amount of salt, pepper, and/or Tony's.
3. Let Cook for 1 hour.
4. Dice the turkey meat. Make sure the meat pieces are no larger than the size of a golf ball. (If preparing the soup the next day, be sure to store leftover turkey meat in an airtight container before placing it in the refrigerator. Top with 1 or 2 ladles full of broth to keep the meat moist.)
5. In a large skillet, heat the garlic and minced onions in the olive oil over medium heat. Allow to brown slightly, about 3 minutes.
6. Dice the leftover Thanksgiving vegetables.
7. Add the sage, leftover vegetables, and remaining bay leaf to the crockpot.
8. Let cook for an additional hour.
9. Serve & Enjoy



2025



Healthy Size Clinic Will be Closed

Thursday November 27, 2025

in observance of the Thanksgiving holiday.

We will resume normal business hours the following week.

Supplement Spotlight:

CHROMATE \$35

Chromium is the “master” nutrient for controlling blood sugar. Adding chromate to your diet supports the conversion of food to energy and increases metabolic rate. It is an important part of a complete weight loss program.

Chromate helps to promote:

- Reduced cravings, especially sugar*
 - Reduced fat rebound
- Healthy cholesterol levels
 - Lean body mass
- Healthy weight control
- Normal energy metabolism

Our Location!

1307 N. Cutting Ave.

Jennings, LA. 70546



Believe it or not, It's holiday season! Thanksgiving is right around the corner and you may be concerned about getting through the holiday season without weight gain.

Here are some helpful tips for the holiday season!

1. Stop eating when you are full.

Instead of fixing a large, overflowing plate, down size your plate. Fill your plate with your vegetables and meat first. Put your unhealthy options on your plate last. Also use a small spoon to serve yourself.

2. Walk around and talk to people.

Rather than lingering around the food tables, focus your attention on the entire celebration, such as the people you may only see once a year!

3. Plan a workout date the next morning.

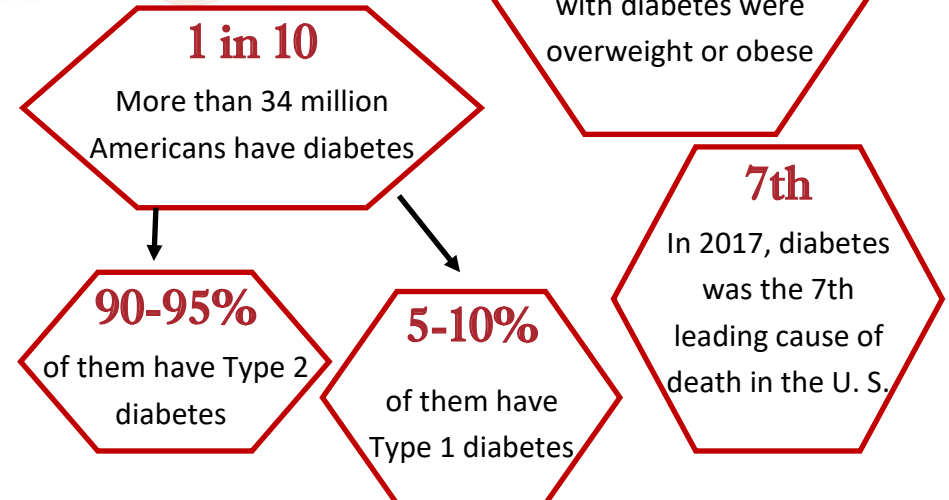
Instead of feeling bloated and lethargic the day after, schedule a fitness date with a friend for that morning. The sooner you get back on track the better you will feel!

4. Volunteer to help clean up.

Instead of helping yourself to a second serving, offer to help clean up. Physically removing yourself from the table will help take your attention away from the food.

5. Plan a post meal walk or activity.

Having a fun physical activity planned for the whole family will help keep you from overeating and keep everyone active & entertained. You can also plan a walk after your meal. Most likely, some of your family and friends will want to join you.



Insulin: A hormone that helps blood sugar enter the cells in your body where it can be used for energy. Without insulin, blood sugar can't get into cells & builds up in the bloodstream.

TYPE 1

- ◆ The pancreas does not produce insulin or makes very little
- ◆ Thought to be caused by an autoimmune reaction
- ◆ Not caused by diet & lifestyle habits



TYPE 2

- ◆ Cells don't respond normally to insulin
- ◆ Can be managed with healthy eating & being active
- ◆ Caused by poor diet, low activity levels, family history & obesity
- ◆ Pancreas increases insulin production to try to get cells to respond. Eventually, your pancreas can't keep up & your blood sugar rises, causing prediabetes & type 2 diabetes