

Hi all!

First of all, I want to wish a Happy Mother's Day to all the women out there. Remember, Mother's Day isn't just for your mom. It's for all the important women in your life...including wives, aunts, sisters, best girlfriends, etc...it's a day to honor what they mean to you. Enjoy your day. You deserve it!

On that note...I didn't do very well at the scale today. I had my first gain. I'm up .8 pounds. But it's my first gain in 17 weeks. I have had to very large losses in a row and my muscles have been aching, so I think I'm building more muscle mass than I am losing fat this week. Not a big deal, and I'm not bothered by it one bit.

**BIG NEWS!!**

I received an email from the producer of the Health & Fitness show on KMOX-AM. Monica Adams wants to interview me on June 24th! I'm so excited! I can't wait! I am hoping to get a copy of it on CD so I can post it to my website, but they do stream live online, so I'll email you all the info the week before the interview if you want to listen.

I have two recipes for you this week. I couldn't pick between the two, so I just picked both...bonus for you! First we have Baked Blueberry-Peach French Toast. I also have an Oreo Ice Cream Freeze that sounds really good! I'll have to get my smoothie blender out and whipped up a batch!

Here's the link: <http://sponsormyweightloss.com/recipeoftheweek.html>

Everyone have a great week! We're off to get Alex's 3-year pictures taken.

I am The Incredible Shrinking...  
Tracie Sanderlin - The Happy Loser

<http://www.sponsormyweightloss.com>  
<http://www.sponsormyweightloss.com/blog>

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