

Hi all! Great week this week....really great week.

I lost 4.2 pounds! That puts me at 71.8 pounds in 21 weeks.
I started on 1/13/07 at 372.4 and I'm down to 300.6.

YIPPEE!

I don't have much to write about this week. I'll make it short & sweet.

Here is my recipe for the week.

Hotdog Taquitos

<http://www.sponsormyweightloss.com/recipeoftheweek.html>

Have a great week everyone.

I will be concentrating on breaking the 300 pound mark.

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

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

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