

Hope you all had a very happy 4th of July! We had a great time. It was my dad's birthday and his retirement party. It was a lot of fun. We made another Zwick memory. I wish I had caught the grill flipping over off the stand...loaded with hot coals...and chicken breasts...and pork steaks... You should have seen the 3 stooges trying to lift this thing off the ground and flip it back over and onto the stand...with HOT COALS IN IT! But guess what...they did it. Then we rinsed off the meat and threw it back on the grill...everything turned out great.

Craig and I have been on vacation since Tuesday afternoon (ooo..good Moody Blues song!). We spent 10 hours at Six Flags with Alex on Thursday. He did great. I didn't get a chance to try out any of the roller coasters like I said I would...I just went with my gut...I know I'm still too big.

But we did go to a waterpark today and I was able to go down the water slide! The weight limit was 300 pounds...and I'm UNDER 300 remember?!

Anyway - let's get to the topic at hand.

Even though we were on vacation this week, and I didn't journal anything, and wasn't able to go to the gym. I still lost 2.2 pounds. That puts me down EXACTLY 80 pounds in 25 weeks.

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## RECIPE OF THE WEEK

My recipe this week has an Asian vibe...

Asian Ginger Chicken with Rice Noodles

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

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I'm gonna need to be kicked in the pants this week to get back into the groove. This is typically my toughest week for weight loss.

Let's all have a great week.

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

"There is one quality that one must possess to win, and that is definiteness of purpose, the knowledge of what one wants, and a burning desire to possess it."

- Napoleon Hill

<http://www.sponsormyweightloss.com>  
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