

Hi gang. Well, we had a great time in Branson...obviously too good of a time. I was up 2 pounds this week. I do have a lot of water retention. I can feel it in my ankles. I think I will lose it w/o a problem next week.

I want to say hello to my cheerleaders at National States Insurance in West Port. When I found out you guys were all following my journey together, it really boosted my spirits this week. It got me through the rest of the week! Thanks!

My recipe this week is a good one for fall that is fast approaching...

Mexican Beef & Bean Stuffed Peppers

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

Well, I didn't hit the gym at all this week and I feel REALLY guilty about it. I'm off to go work out and get my butt back in gear. It's so easy to fall off the wagon. It's SOOOO hard to get back on. I'm gettin' back on.

I'm off to the gym!

Have a great weekend everyone.

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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