

Hey there Hi there Ho there!

Is everyone ready for Thanksgiving?! I'm looking forward to it, but this will be my first BIG obstacle since joining Weight Watchers back in January. Birthdays & anniversaries are important, but those holidays that revolve around food (Thanksgiving & Christmas) are the hardest. I learned a lot of useful tips today at my meeting, so I'll impliment them...did you know that if you eat a piece of normal pumpkin pie (1/8 of a 9" pie) it's 9 points...if you eat it WITHOUT the crust...it's only 2 points?!?! The pumpkin is the best part. I could care less about the crust! I can have my dessert and eat it too! Another tip is to make sure you don't let your food touch...not cause it's "icky" but because that way you won't pile on the food! You watch your portion control that way. GREAT TIP!

I had another FANTASTIC loss this week! After my 4 pound loss last week, I actually lost ANOTHER 5.2 pounds this week! Wow...that's HUGE!! That puts my total loss at 123 pounds in 44 weeks. WOWSERS!

KPLR INTERVIEW

In case you missed my interview, you can get the link here:

<http://www.sponsormyweightloss.com/id28.html>

WEEK 8 VIDEO

The final video in the contest is up and ready for viewing!
From the responses I have gotten so far...you might want to get a tissue handy.

http://www.sponsormyweightloss.com/video_diary.html

RECIPE OF THE WEEK

Here is a recipe for those of you that will be celebrating Thanksgiving on a small scale this year, or for those of you that like to have Thanksgiving dinner through-out the year! It's a crock-pot recipe!

Turkey Cutlets with Cranberries and Dressing

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

Craig and Alex are both sick...Craig has severe strep & Alex has croup...so I'm trying to nurse them back to health while I try and remain healthy. Say a prayer for me that I don't get sick for Thanksgiving. But at least I know I won't over eat if I'm sick...haha.

Everyone have a great week and very Happy Thanksgiving. Remember, the holiday is about counting your blessings...not about how much you can pile on your plate.

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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