

Who needs "Biggest Loser"? NOT ME!

Well, I lost another 2.8 pounds this week. I can't believe it! I thought for sure it would be WAY less than that. Not because I haven't been good. I have. But because of the typical hormonal things all women go through once a month...get my drift?

So the total loss is drum roll please

51 !!!!!

That means I am over 1/4 of the way there! Rock 'n Roll!

They asked me today at WW what has changed in my life with losing 50 pounds.

I said, "My attitude. I have always been a happy person on the outside. Laughing, smiling, cracking jokes. But now I'm happy on the inside and that's so much more important." They all applauded. I love those meetings. They give me such strength.

And guess what else! I can fit in the bath tub (all be it tightly). But I can fit! I can actually take a bubble bath now! YEAH!!!

Check out my recipe of the week. It's a Bacon, Tomato & Cheese Strata. It's like an egg casserole. I haven't tried it yet, so I'm anxious to hear what you all think!

I'm going to make it this week sometime.

Everyone have a great week!

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

<http://www.sponsormyweightloss.com>
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