

Quote of the Week:

"Your body is the baggage you have to carry through life. The more excess the baggage, the shorter the trip."

-Arnold H. Glasgow



ISSUE 27

Fat to Fab



JUNE 14, 2008

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Food For Thought

Wish me luck! I entered Weightwatchers.com's 2008 Inspirational Stories of the Year contest. They are selecting 6 grand prize winners to feature on their website. You can see my video entry here (Youtube.com cut off the last word...but it was ok on my submission DVD - and I have a bad microphone, so my voice over sounds "lispy"):

<http://www.youtube.com/watch?v=nnRfZWE1WEQ>

Let's Relay For Life

Another plea! I really need your support get to my fundraising goal for the Relay For Life. If you can find it in your heart (and your wallet) to donate, I would really appreciate it. I also need more team members! I only have one other person on my team so far. I need more so we're not stuck walking ALL NIGHT by ourselves....any takers? It's from 6pm on Friday, June 27 - 6am on Saturday, June 28. Please click the link below to find out more information.

[DONATE TO MY FUNDRAISING GOAL OR JOIN MY TEAM](#)

On TV Again.

Just when you thought it was safe...I'm going to be on TV again. I am currently discussing doing an in studio update with KTVI this coming week. Possibly Wednesday or Thursday. I'll email you all when it's decided. Also, The Rachael Ray Show will be re-airing the episode I was on. It's supposed to run Wednesday, June 25th. I will email you again to remind you.

WWW.SPONSORMYWEIGHTLOSS.COM

Weekly Weigh In

Previous Weight: 199.0 lbs

Current Weight: 195.8 lbs

Weekly loss/gain: - 3.2 lbs

74 Week Total Loss: 176.6 lbs

Pounds left until I am no

longer "Obese" (BMI under 30) : 1.8 lbs

Pounds left until I have lost

1/2 my original body weight: 9.6 lbs

Pounds left to WW goal: 40.8 lbs

Pounds left to personal goal: 45.8 lbs

Sponsorship Central

Current Sponsors:

Pounds 171-175: Terrie Riley

Lori Boone

Upcoming Sponsors:

Pounds 181-185: Terrie Riley

Sheila Rosen

Brenda Baird

186-190: Terrie Riley

Laurel Hayden

Jim Krupke

The goal is in sight!

Recipe of The Week:

Clip & add to your recipe box!

Lisa's Favorite WW Chicken Piccata

Ingredients

2 Tbls coarse-grained Dijon mustard
1 Large Egg
½ Cup Italian-seasoned dried bread crumbs
4 (4 ounces each) skinless boneless chicken breast halves, lightly pounded

POINTS® Value: 5
Serving Size: 4

2 Teaspoons olive oil
2 Tbls dry vermouth or chicken broth
1 Tbls fresh lemon juice
1 Tblsp minced fresh parsley
Lemon slices

Instructions

1. Combine the mustard and egg in a shallow bowl. Place the bread crumbs on a sheet of wax paper. Dip the chicken in the mustard mixture, then in the bread crumbs.
2. Heat a large nonstick skillet over medium heat. Swirl in the oil, and then add the chicken. Cook, until golden and cooked through, about 5 minutes on each side. Transfer the chicken to a platter and keep warm.
3. Add the vermouth and lemon juice to the same skillet. Simmer 30 second; stir in the parsley. Pour over the chicken and garnish with lemon slices.

Chewin' the Fat

I hate drinking plain milk, but I know I need to get in my healthy guidelines. Any suggestions besides eating yogurt all the time?

I really was having a hard time getting in my dairy every day. But my girlfriend gave me a Magic Bullet

for Mother's Day, and I have started making smoothies and milk shakes...yup! I said milk shake! I took 1 cup of skim milk, 1 serving of frozen fruit, sweetener (I like mine sweet, so I used 4) and whizzed it up! You can use your stick blender, regular blender or even a smoothie blender. It was so yummy, 3 **POINTS®** and I get in a serving a dairy AND a serving of fruit! If I have a **POINT®** leftover and I need to use it (it's important to use all your **POINTS®**), then I add 1/2 cup of Breyer's Double Churned Fat Free Ice Cream instead of sweetener. It comes out super thick and only 4 **POINTS®**.

Please E-Mail me your questions and I'll answer them here.
tracie@sponsormyweightloss.com

Happy Father's Day!