

Quote of the Week:

Nothing tastes as good as thin feels.



Fat to Fab



ISSUE 1

DECEMBER 15, 2007

Food For Thought

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Don't forget to check out my new photos on my website. The even amaze me!

Did you know that the average person gains 7 pounds in the 41 days between Thanksgiving and the New Year? Do you have any idea how many calories it takes to gain one pound? 3500! That means you would have to eat an additional 24,500 calories in 41 days. That's just under 600 extra calories a day. 600 calories isn't that much. Here is some food for thought:

Calories

McDonald's:

Sausage McMuffin wth Egg - 450
B.E.C Biscuit - 450
S.E.C McGriddle - 560
Hash Browns - 140
Big 'n Tasty - 460
Cheeseburger - 300
McChicken - 360
Value Fry - 380
Medium Coke - 210

Burger King:

S.E.C Croissant - 470
Medium Hash Browns - 430
Whopper w/ Cheese - 760
Whopper Jr w/ Cheese - 410
Medium Fry - 360
Medium Coke - 200

Taco Bell:

Mexican Pizza - 530
Nacho Supreme - 450
Nacho Bell Grande - 770
Chicken Quesedilla - 520
Grilled Stuffed Beef Burrito - 680

Desserts:

Toll House Cookie (1) - 110
Oatmeal Raisin Cookie (1) - 90
1/6 slice Pumpkin Pie - 260

Depressing huh? Just think, way back when, I would eat a Nacho Bell Grande (with extra sour cream) AND a Mexican pizza in the same meal! ACK!

The holidays are such a stressful & busy time. Fight the urge to hit the drive-thru by planning ahead. Remember what I always say, **Fail to plan, plan to fail.** You can do this by just throwing 4 extra chicken breasts in the oven when you cook. You can then use them on a salad, or make a low fat quesadilla in the microwave for a last minute meal. Stock your pantry, freezer & fridge with healthy options. Taking an extra few minutes will keep you from turning into a statistic.

Since Thanksgiving, I have lost 6.8 pounds. That means .2 pounds and I'll be a below average loser. Never thought I would like being below average!

The Eyes Have It

Well, I went for my Lasik consultation at TLC on Thursday and I'm a good candidate and we have scheduled the surgery for January 29, 2008. Woo Hoo! No more glasses for me!

My Diet.com winnings not only covered the cost of the surgery,

I'm actually going to have money left over. Double Woo Hoo!

I have been wearing glasses since 3rd grade...well, I was supposed to be wearing glasses since the 3rd grade. I've actually been wearing them consistently since I was a Freshman in High School.

They said that I have thick corneas. Great! I'm fat everywhere! Even my eyes are fat! Ha! She said that was really good, they have more to work with. Finally, a good reason for being thick!

Weekly Weigh In

Well, even after my office Christmas lunch at Cunetto's on The Hill, I still managed to lose 2 pounds this week.

Current Weight: 242.6 lbs

48 Week Loss Total: 129.8 lbs

The last time I was on Weight Watchers, about 11 years ago, the lowest I got was 243 lbs. I'm now 242.6 and I feel like a million bucks!

Only .2 pounds to get to 130 lbs...let's do this before 2007 ends!

Sponsorship Central

Current Sponsor:

Pounds 126 - 130: Gay Will (only .2 lbs left!)

Upcoming Sponsors:

Pounds 131 - 135: Christina Dodson
Mary Rantanen

Pounds 136 - 140: Jan Streib
Sherri Kenyon

Thank you to all my past sponsors.

Your help and enthusiasm is crucial in my continued success!

Recipe of The Week:

Honey Mustard Pretzel Chicken

POINTS® Value: 4

Servings: 4

Ingredients

2 oz Rold Gold Tiny Pretzel Twists (2 servings)
3 tbs honey mustard
1 pound uncooked boneless, skinless chicken breast, 4 - 4 oz breasts
2 tsp black pepper, to taste

Instructions

1. Preheat oven to 400 degrees.
2. Lightly spray baking pan with non-stick spray.
3. Coarsely crush pretzels in food processor or blender.
4. Place in wide shallow bowl.
5. Measure honey mustard into bowl.
6. Brush each chicken breast evenly with honey mustard.
7. Sprinkle with pepper then coat in pretzel crumbs.
8. Place in baking dish and spray tops lightly with non-stick cooking spray.
10. Bake, uncovered for 25-30 minutes or until chicken is no longer pink inside.

Chewin' the Fat

This journey has been "all about me." Well, now it's your turn. This is "all about you."

Please E-Mail me your questions and I'll answer them here.

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