

Quote of the Week:

"The difference between try and triumph is just a little umph!"

- Marvin Phillips



Fat to Fab



ISSUE 11

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Food For Thought

Last chance to donate... We're really doing great in the training for The Master The Met Stair Climb event on Saturday, March 1st. I think it'll be pretty "easy". Last week on Tuesday, Phyllis & I climbed 40 floors...that's just 2 floor shy of getting to the top! We're going training on Sunday again and we're hoping to do OVER 42 floors! My legs don't even hurt anymore when I do it.

Please consider making a donation...even \$5 will help! There is still time! It's a tax deductible donation to the American Lung Association! I hope you find it in your heart to help our team surpass our fund-raising goal! You can donate at the link below:

<http://tinyurl.com/2uvcrn>

Or, there is still time to bring by a check made out to the American Lung Association. Thanks!!

Whatcha Eatin'?

I have been asked numerous times, by many different people if I would post my food journals online. I have always shied away from it because I didn't want people to criticize my choices. Well, so many people have asked so I decided to go ahead and post my daily food journals. No matter how bad my choices are. At least you will know that I'm only human! There are days that I don't make good choices. It keeps me accountable to what I put in my mouth. And, hopefully, it will help others with ideas for their meals. There is nothing worse than getting stuck in a rut!

Weekly Weigh In

Previous Weight: 224.8 lbs

Current Weight: 225.8 lbs

Weekly loss/gain: +1 lbs

58 Week Total Loss: 146.6 lbs

If you remember, I predicted this gain last week. I should have a nice loss this coming week, but I do have to weigh in early because the stair climb is at the same time as my meeting next Saturday.

Sponsorship Central

Current Sponsors:

Pounds 146 - 150: Ben Turec
Robyn Curtis

Upcoming Sponsors:

Pounds 151 - 155: Kevin Washington
Dawn Mays
Denise Cobbs

Pounds 156 - 160: Andrea Lawson
Tony DiGuida

If you want to sponsor me, there is still room.

Email: tracie@sponsormyweightloss.com

Recipe of The Week:

Clip & add to your recipe box!

Greek Style Flounder

Ingredients

Servings: 4 **POINTS® Value: 3**

1/4 cup fresh lemon juice
1 1/2 Tbsp balsamic vinegar
1 tsp dried oregano
1 1/2 tsp olive oil
1/4 tsp table salt
1/8 tsp black pepper
16 oz flounder fillet(s), 4 - 4oz fillets

Instructions

Combine first 6 ingredients. Place fish in a 13- x 9- x 2-inch baking dish coated with cooking spray; pour lemon juice mixture over fish. Bake at 350 for 12 minutes or until fish flakes easily when tested with fork .

Chewin' the Fat

I would like to know how you stay focused on the weight loss without getting overwhelmed?

Well, the key for me is just worrying about today. I don't worry about tomorrow, or next week. I do my best to make sure my meals

are planned for each day. I then focus on losing 5 pounds. That's my goal. Not 222 pounds, not 20 pounds, but 5 pounds. Then I move onto the next 5 pounds. Before you know it, you've lost 10 pounds, 30 pounds, 50 pounds or more!

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

Weight Watchers isn't a diet, it's a "weigh" of life!