

Quote of the Week:

"You must begin to think of yourself as becoming the person you want to be."

David Viscott



ISSUE 13

Fat to Fab



MARCH 8, 2008

IN THIS ISSUE

Food For Thought	1
123 Fit News	1
Weekly Weigh-In	2
Sponsorship Central	2
Recipe Of The Week	2
Chewin' The Fat	2

Food For Thought

R E S P E C T - Find out what it means to me.

I had another "Aha" moment! People ask me all the time what "clicked" to make me change my life. At first I wasn't really sure...I mean, I knew I had to do this for myself, my husband and most of all, my son...but what really "clicked"? Well, I finally realized it. I finally found **RESPECT**. Respect for myself. Respect for the inner Tracie. Respect for my feelings. Respect for my thoughts and dreams. I have respect for who I am and who I want to be. But what does **RESPECT** mean to me?

Reason - reason with yourself and think about the results of your actions prior to reacting.

Energy - positive thinking about yourself keeps your energy high enough to fight when normally you would have give in.

Security - find security in the fact that you are the only person that can help yourself. No one can do this but you Be ok with that!

Patience - Patience is key. (I'm still working on this.) Try to be more patient with yourself and others too of course.

Eat to Live - Did you used to live to eat? You must learn to eat to live. Don't revolve your world around food. (This is the hardest thing to learn!)

Creativity - Be creative in your food choices and your activity. You have to keep this fun or it will get boring and easier to give up.

Time - Take time for yourself. We spend so much time being a wife, mother, daughter, girlfriend, etc, that we don't focus on the "ME" inside of us.

1 2 3 Fit News!

I got a call from the owner of my gym, 123 Fit in Concord Village. They are extending my membership for a year to get me through the last part of my weight loss journey. **AND** the corporate offices are looking for a national spokesperson and they are going to submit my story!!

THANKS MIKE & JENNIFER!!!

Weekly Weigh In

Previous Weight: 222.0 lbs

Current Weight: 220.8 lbs

Weekly loss/gain: -1.8 lbs

60 Week Total Loss: 152.2 lbs

Another great loss! Only 70.8 to go! I can't believe it. I started with 222 pounds to lose, and now it's down to 70.8. Wow!

Sponsorship Central

Current Sponsors:

Pounds 151 - 155: Kevin Washington
Dawn Mays
Denise Cobbs

Upcoming Sponsors:

Pounds 156 - 160: Andrea Lawson
Tony DiGuida
161 - 165: Mike & Linda Dunn
Sherri Sadon

**THANK YOU TO
ALL MY SPONSORS.**

Recipe of The Week:

Clip & add to your recipe box!

Pork Chops with Apricot Sauce

Ingredients

16 oz Lean Pork chops, 4 - 4oz chops
1/2 tsp black pepper
2 medium scallion(s), chopped
1 1/3 cup apricot nectar

Servings: 4 POINTS® Value: 4

1/2 tsp beef bouillon granules, low sodium if possible
2 Tbsp water
2 tsp cornstarch

Instructions

Sprinkle chops with pepper. Place on rack of a broiler pan coated with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side or to desired degree of doneness. Meanwhile, coat a medium skillet with cooking spray; place over medium-high heat until hot. Add onions, and cook 1 minute or until tender, stirring often. Add apricot nectar and bouillon granules. Combine water and cornstarch; add to skillet. Bring to a boil; reduce heat, and cook, stirring constantly, 1 minute or until thickened. Spoon apricot mixture over chops.

Chewin' the Fat

I visit your site daily for motivation and inspiration. I have a request. Can you create a page with links to nutritional guides for restaurants?

You asked for it! You got it! I have a new page (just started, so give

me time) with links to national chain restaurants nutritional guides. If you want me to find one I do not have, drop me a line and I'll work on it! Check back frequently as this will take me time to compile.

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