

Quote of the Week:

"Luck is what happens
when preparation
meets opportunity."

- Seneca



ISSUE 14

Fat to Fab



MARCH 15, 2008

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Food For Thought

How do you measure up? I keep hearing people say things like, "I eat healthy foods and I exercise, but I still can't seem to lose weight." Well, have you taken a look at your portion sizes? I will bet you dollars to donuts that you are eating TWICE the amount you should be (possibly more!), just because of your portion sizes. Get your measuring cups and spoons out. When the portion size says, "2 Tablespoons" that means a REAL measuring spoon. NOT the tablespoon that came with your flat-ware set. A teaspoon is NOT the thing you stir your coffee with! Here's a quick refresher on serving size equivalents:

Food - 1 serving

Fruit: 1 medium

Vegetables: 1/2 cup

Pasta: 1/2 cup

Meat: 3 oz

Cheese: 1 oz

Salad Dressing: 1 Tablespoon

Bagel: 1/2 small bagel

Equivalent

a baseball

the bulb part of a light bulb

cupped palm

standard deck of playing cards
or you palm without fingers

2 dominoes

1/2 walnut shell

1/2 a packaged English muffin

The standard coffee cup is actually 12 oz. A regular tea cup is about 8oz. Check your portions sizes. **Scary fact...restaurant servings are usually THREE servings.**

NEW VIDEOS!

I'm back! Diet.com has started a new video contest. I can't win, but I can still play! I will post a new one each week in the "Video Diary" section of my website.

Weekly Weigh In

Previous Weight: 220.2 lbs

Current Weight: 221.0 lbs

Weekly loss/gain: +.8 lbs

60 Week Total Loss: 151.4 lbs

Bummer!!! This was an unexpected gain! That bites! I even got to the gym 3 times this week. I'm thinking it's because of going out to eat twice this week. We very seldom go out, and the choices I made, while healthy, were full of salt. I'll increase my water intake this week and see what happens

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!

Angel Food Lemon Bars

Ingredients

1 box one-step angel food cake mix dry
1 22oz can lemon pie filling
1 tsp lemon or vanilla extract
1/4 cup powdered sugar + 1 Tbls
1/4 cup water

Servings: 16 **POINTS® Value: 3**

Instructions

Preheat oven to 350 degrees. Spray bottom only of a 9x13 glass baking dish. Combine all ingredients and mix on low for 30 seconds. Then mix on medium/high for one minute or just until blended. Pour evenly into baking dish and bake for 25-30 minutes. Cool slightly before loosening edges with a sharp knife. Cool completely before slicing. Dust lightly with remaining powdered sugar.

Chewin' the Fat

I'm going to be getting a bunch of my friends together to start a weight loss support group in my neighborhood. So we can exchange recipes, ideas and meet for exercise. Would you come to one of our meetings and help us with some ideas?

What a FRANTASTIC idea! That's awesome! Having a support team is a fantastic way to ensure your success...it's like having a back-up conscious! We all have those days where we don't want to exercise, or think, "what's the point?" or "It's not fair!" Well, it's not...to quote my friend Cindy, "Put on your big girl panties and deal with it!" And that's just what you're doing! I hope others take your idea and run with it! Of course! I would love to come chat you all.

Please E-Mail me your questions and I'll answer them here.
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Happy St. Patrick's Day!

