

Quote of the Week:

"You're never beaten until you admit it."

- George S. Patton



Fat to Fab



ISSUE 16

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IN THIS ISSUE

Food For Thought	1
Video Diary	1
Let's Chat!	1
Weekly Weigh-In	2
Sponsorship Central	2
Recipe Of The Week	2
Chewin' The Fat	2

Food For Thought

This has been a very stressful past couple of days and I have made some bad food choices. Alex has a double ear infection and on Thursday, he had a febrile seizure. This is a seizure caused by a sudden and rapid spike in fever. Turns out he has the flu on top of the double ear infection.

Weekends are so rough. I'm great during the week days because I have a set schedule of work, eating, exercise, etc. But the weekends just throw me completely off. I'm going to work this next week on figuring out how to put together a schedule for the weekends too.

I also have a hard time with menu planning. I need to take more time and actually plan my meals for the week so I don't waste as much food. I buy fresh fruits and veggies, but they go bad before I can use them. I have good intentions on making new recipes, but either forget, or get distracted and end up making something fast and easy (and points friendly of course).

If you have any suggestions, please email me.

Video Diary

Don't forget to check out my video diary.

www.sponsormyweightloss.com/video_diary.html

Let's Chat!

Don't forget! Every Wednesday from 8-10 PM CST, we have a weekly chat to discuss our weight loss concerns, problems and victories. Please join us!

www.sponsormyweightloss.com/chat.html

WWW.SPONSORMYWEIGHTLOSS.COM

Weekly Weigh In

Previous Weight: 220.4 lbs

Current Weight: 217.4 lbs

Weekly loss/gain: - 3 lbs

63 Week Total Loss: 155.0 lbs

**I didn't think I was gonna do it this week!
But my body pulled through for me. I'm
thinking about switching to Core in the
next couple of weeks and see how that
works for me.**

ONLY 67 POUNDS TO GO!

Sponsorship Central

Current Sponsors:

Pounds 156 - 160: Andrea Lawson
Tony DiGuida

Upcoming Sponsors:

Pounds 161 - 165: Mike & Linda Dunn
Sherri Sadon

166 - 170: Glenna Evans
Tammy Newell
Julie B

**THANK YOU TO
ALL MY SPONSORS.**

Recipe of The Week:

Clip & add to your recipe box!

Spinach & Feta Dip

Ingredients

4 cup spinach, fresh, chopped (about 2 oz)
1/2 cup light cream cheese
1/2 cup fat-free sour cream
1/2 cup crumbled feta cheese

Servings: 8

POINTS® Value: 1

1/4 cup chives, fresh, minced, divided
2 tsp fresh lemon juice
1/4 tsp black pepper
1/3 tsp salt, or less to taste (optional)

Instructions

Place spinach in a small saucepan with 2 cups of water. Bring to a boil over high heat and cook for 1 minute; drain well.

Place spinach, cream cheese, sour cream, feta cheese, 2 tablespoons chives, lemon juice & pepper in a blender; puree. Taste dip and add salt if desired. Spoon dip into serving bowl and sprinkle with remaining chives.

Yields about 3 tablespoons of dip per serving..

Chewin' the Fat

**Do you take any supplements,
use any "power bars" or drink
any "diet" or "energy" drinks?**

NO! First of all, I have tried many of the over the counter diet drugs and they have really messed up my system! So I don't take any

anymore...other than my multivitamin, but I'm not even good about taking that. Secondly, I think "power bars" are filled with stuff the normal person doesn't need. I'm not a marathon runner. I don't need all the carbs and protein that are in those things. They are very high in calories for the most part and I would rather eat fresh fruit or high fiber cereal instead. Lastly, I HATE drinking my points, be it fruit juice, regular soda or alcohol. The one thing I do like to splurge my points on is a "nice cold glass of milk". I love milk and could really go overboard on it if I'm not careful.

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

The weather is getting nicer! I challenge you to get outside and move!