

### Quote of the Week:

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

- David Viscott



ISSUE 17

# Fat to Fab



APRIL 6, 2008

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## Food For Thought

Goal setting is important no matter what you are striving for. But you can't just set your overall goal. It's important to set small attainable goals along the way. I started this journey a little over a year ago and I set my personal goal to weigh 150 pounds. That meant I needed to lose 222 pounds. That's an overwhelming task in and of itself, but I set small goals that I focus my attention on. And with the help of all my sponsors, I make each and every 5 pounds a celebration. Well, Saturday I set my Weight Watchers goal as well. I set it at 155 pounds. This will give me a little wiggle room. I have lost 157 pounds to date. (Yes, I lost 2 more pounds this week!!) That means, I have lost more than what I'm going to weigh in the end! I've lost an entire me!

No matter what you do, remember to set those small attainable goals so it doesn't seem impossible.

## Take Time to Play

My **Step-Sisters** & I went for an 8 mile walk on Saturday. Along the way, we came across a playground. We decided to take a small break and play for a bit. Why should being an adult keep us from enjoying the freedom of childhood? Remember to take time and play. Jump rope, roller skate, play hopscotch, shoot some hoops with the kids. Do whatever you used to love when you were a kid. Enjoy it because life is serious enough.



Tracie, Phyllis & Missy enjoy a trip down the slide.



Missy takes Lisa for a spin on the merry-go-round.

## Weekly Weigh In

**Previous Weight: 217.4 lbs**

**Current Weight: 215.4 lbs**

**Weekly loss/gain: - 2 lbs**

**64 Week Total Loss: 157.0 lbs**

**Another great week! Let's keep this momentum going!**

## 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!

### Tracie's Pasta Prima Vera

#### Ingredients

1 small can tomato Sauce  
1 regular can Diced Tomatoes  
2 tsp olive oil  
1 Tbsp onion powder  
1 Tbsp Italian seasoning  
2 tsp garlic powder  
1 tsp kosher salt + some for the pasta water

**Servings: 8      POINTS® Value: 5**

1 box (7 serving size) Ronzini Whole Wheat Rotini  
1 cup broccoli  
1 large carrot(s), peeled and shaved  
1/2 bell pepper(s), steamed  
4 cup zucchini, sliced, cut into chunks  
18-oz bag 2% Shredded Mozzarella Cheese  
2 Tbsp Parmesan cheese

#### Instructions

Preheat oven to 400 degrees.  
Prepare vegetables by slicing, chopping and slightly steaming. (SUGGESTION: I use the new Ziplock steamer bags and steam them for a minute shy of what it says on the bag. It finishes cooking in the sauce.) In a large saucepan, combine tomato sauce, diced tomatoes, olive oil, onion powder, Italian seasoning, garlic powder and kosher salt. Cook over low heat stirring occasionally while you prepare the rest of the meal. Boil pasta in large pasta pot with salted water. When pasta is almost finished, remove ½ cup of cooking water and add to pasta sauce. (trust me, it's may seem runny, but it won't be!). Drain pasta and return to pasta pot. Add sauce and vegetables to pasta, stir to combine. Transfer to a 9x13 glass baking dish. Top with mozzarella & parmesan cheese. Bake at 400 until cheese is melted and brown.

## Chewin' the Fat

**I have been having a rough couple of days. It seems like I've been wanting to eat everything and have enjoyed way more than I should. Did you have days like that as well? How did you get through it if you did?**

Of course I have and continue to

have days like that. But in the very beginning of joining WW (like the FIRST DAY) I went through my cabinets and threw away everything remotely high in points (that was already opened) and donated what wasn't open to a food pantry. I then went to the store and stocked my pantry, fridge and freezer with only healthy alternatives. To this day, I only surround myself with healthy snacks. I always have plenty of FRESH fruit on hand for a snack. I keep low point ice cream snacks in the freezer. I buy either individual packs of snacks (like 100 cal packs) or, when I have time, I buy the larger bags (especially of pretzels cause we go through so many) and make my own packs (I AM THE QUEEN OF ZIPLOCKS). So, if I am having a weak moment(s), I have no option but to pick a better for me snack.

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

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