

### Quote of the Week:

No one can go back and start a new beginning, but anyone can start today and make a new ending.



# Fat to Fab



ISSUE 3

DECEMBER 29, 2007

## Food For Thought

### IN THIS ISSUE

Food For Thought	1
The Healthy Pantry	1
Weekly Weigh In	2
Sponsorship Central	2
Recipe Of The Week	2
Chewin' The Fat	2

It's the season of New Year's Resolutions. It's when everyone says they are going to, "Lose Weight", "Quit Smoking", "Exercise More", "Reduce My Debt". Well, this is the first time I ended the year weighing less than when I began!

What's your New Year's Resolution? Don't give up. Like my quote of the week says: "No one can go back and start a new beginning, but anyone can start

today and make a new ending."

Every day is a new chance to make a new ending. Do your best every day, then, the next day, try a little harder. No one said this was going to be easy...and trust me...it's not. Temptation is everywhere. You can do it. Set your mind to it and do it. One suggestion I can give is to journal your feelings. Write down how you feel. Own your feelings. This might help keep you from

turning to your vices, like eating, smoking, drinking. Do something else with your hands instead. Take up a hobby like painting, cross stitch, crocheting...anything that will keep those hands busy.

Remember - it's much harder to quit a bad habit than to start a good one, but it's so worth the feeling of accomplishment when you do.

## The Healthy Pantry

I thought I would give you some ideas I have used to make healthy eating easier in our household. Buy yourself a good electronic scale. Portion sizes are crucial. America's portion sizes are out of control.

Replace your butter with low calorie / low fat margarine, or better yet, try some of the butter sprays. Replace your bread with low calorie / high fiber bread. You can have 2 slices of low cal bread for the same or less calories than 1 slice of regular bread. Try light English Muffins. Thomas makes some great whole grain and 100 calorie muffins. They are good for more than just breakfast! Try them as a crust for mini pizzas, or make garlic bread with them and use them as a bun for a turkey

burger. Yum! Also on the bread front is the Light Flat Out Breads. These are usually located in the deli section of the supermarket.

Take the time to buy fresh fruits & veggies, or at least frozen. Canned are so full of sodium. Even the low sodium versions are very high.

Keep plenty of low sodium fat free chicken and vegetable broth on hand. I do everything with this. Not only is it good for making some fresh soups, it's great for making mashed potatoes and cooking your pasta (whole grain please) and rice (brown of course). It boosts the flavor without boosting the fat or calories.

Buy low fat versions of your favorite things. I admit, there fat

free versions of things I just can't do, like sour cream or cottage cheese, but that's ok. I eat these things so rarely, that they are a treat for me. Fat free cheese doesn't melt well, so save it for your salad, but try the 2% when making Quesadillas or putting on your scrambled eggs...oh, and speaking of eggs...try the fat free egg substitutes for scrambled eggs or when cooking/baking. I admit, they are no comparison to a real over easy egg, but I save those for special occasions too.

**Keep an eye on my website, I'll be making a video this week with other great pantry staples and substitution ideas.**

## Weekly Weigh In

Wow! I didn't journal my food this week and it shows. Although I didn't throw in the towel by any means, I didn't keep close tabs on my intake, and on top of the monthly woman thing knocking at my door, and all the salt I have eaten, I'm retaining water like Hoover Dam...but that's ok, it'll be gone next week with some of it's friends. If you look at my weight loss history, this is typically my week for a gain anyway...Onward and downward!

**Previous Weight: 240.6 lbs**

**Current Weight: 242.8 lbs**

**Weekly loss/gain: + 2.2 lbs**

**50 Week Total Loss: 129.6 lbs**

## Sponsorship Central

### Current Sponsors:

Pounds 131 - 135: Christina Dodson  
Mary Rantanen

### Upcoming Sponsors:

Pounds 136 - 140: Jan Streib  
Lori Dickerson

Pounds 141 - 145: Bev Elifritz  
Ruth Bailey

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: [tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

## Recipe of The Week:

Clip & add to your recipe box!

### 1 POINT MARGARITA

**POINTS® Value: 1**

**Servings: 1**

#### Ingredients

- 6 oz Diet White Soda (like Sierra Mist)
- 1/2 oz tequila
- 1/2 tsp Crystal Light Lemonade Powder (or similar like Wal-Mart Brand)
- 1 oz fresh lime juice.

#### Instructions

- Combine all and serve over ice, or blend with ice to make it "frozen".
- You can also salt your rim by rubbing the edge of your glass with the lime and then dipping rim in margarita salt!

## Chewin' the Fat

### What is your typical day like?

I eat breakfast about 9am. Lately I have been having 1 package of low sugar instant oatmeal. At 10:30 or 11am I will have a piece of fruit, usually a banana (counts as 2 servings!). Then I'll have lunch at noon. This usually consists of a sandwich made on Light

Flat Out bread with mustard, 1 serving (2 oz) of lean lunch meat, lettuce, tomato and slices of red bell pepper, sometimes I will add some light Laughing Cow cheese instead of mustard. Then I roll it up and slice it, it's so pretty! I might have some baked chips or pretzels with it and some sort of sweet treat like a sugar free Jell-O, yogurt, sugar free pudding or another piece of fruit. Most of the time I'll munch on some carrot sticks too. After 3pm I'll have a snack. If I'm really hungry, I go for a 100 calorie bag of popcorn, but I'll usually have another piece of fruit...like an apple or pineapple. I'll usually have a snack like pretzels or reduced fat Cheese-Its in the car to tie me over until dinner is ready. I'll get home, work out and then make a sensible dinner. Then I end the night with a Skinny Cow about 9pm. And don't forget about your water! I drink at least a gallon a day!

Please E-Mail me your questions and I'll answer them here.  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

*Here's to a healthy 2008!*