

Quote of the Week:

"Always bear in mind that your own resolution to success is more important than any other one thing."

- Abraham Lincoln



ISSUE 30

Fat to Fab



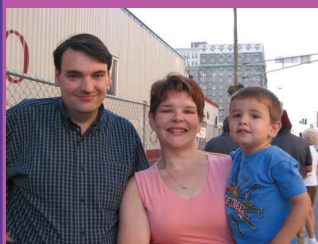
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Food For Thought

Times, they are a changing. Well, after 18 months of success on Weight Watchers' "Flex" Program (counting **POINTS®**), I have decided to switch things up a bit and try their "Core" program. Basically, you eat lean proteins, fruits, veggies and whole grain pastas, rice & potatoes. There is no counting **POINTS®**. You learn to listen to your bodies hunger cues which is very scary for me. But I'm on day 2 and have done great! You may be asking why I'm changing. "If it ain't broke, don't fix it." Well, I have been thinking about switching for a while. I have a few reasons why I'm switching. I want to be a leader when I reach Lifetime and want to do both programs so I have hands-on knowledge of them both. I have really increased my exercise and strength training in particular and need to increase my protein consumption. It's summer and what a better time to eat fresh fruits and veggies then in summer when they are all in season! If any of you out there are Core veterans, please contact me and give me some ideas on snacks. That's going to be my hardest part. My friend Lisa did give me a great idea with fat free cottage cheese and imitation crab meat. It tastes like crab dip! YUM! While I'm on Core, my recipes will be Core...but I will put the **POINTS®** values as well.



Craig, me & Alex - 7/1/08

Craig's Getting Close

I have to brag on my husband! So far, he has lost 133 pounds and is now 22 pounds away from his goal weight. He has really been so great along this journey. He has been my biggest supporter and sometimes my conscious. I'm so proud of him!

Update on Alex

We finally have a date scheduled for Alex's MRI. We have it set for 8:30am on Wednesday, July 23. They will have to sedate him, and that's always scary. We won't have the results right away, but as soon as we get them, I'll definitely keep you posted. Please keep us in your thoughts and prayers.

Weekly Weigh In

Previous Weight: 196.6 lbs

Current Weight: 195 lbs

Weekly loss/gain: - 1.6 lbs

77 Week Total Loss: 177.4 lbs

Pounds left until I am no

longer "Obese" (BMI under 30) : 1 lb

Pounds left until I have lost

1/2 my original body weight: 8.8 lbs

Pounds left to WW goal: 40 lbs

Pounds left to personal goal: 45 lbs

Sponsorship Central

Current Sponsors:

Pounds 171-175: Terrie Riley

Lori Boone

Upcoming Sponsors:

Pounds 181-185: Terrie Riley

Sheila Rosen

Brenda Baird

186-190: Terrie Riley

Laurel Hayden

Jim Krupke

**This 5 pounds is taking
forever!**

Recipe of The Week:

Clip & add to your recipe box!

Cornmeal Battered - Oven-Fried Cod (adapted from Weightwatchers.com)

Ingredients

1/2 cup uncooked yellow cornmeal
1 tsp paprika
1 tsp dried thyme
1 tsp table salt
1/2 tsp celery seed
1/2 tsp onion powder
1/2 tsp garlic powder

**CORE Recipe
POINTS® Value: 4
Serving Size: 4**

1/2 tsp black pepper, freshly ground
1/2 cup fat-free skim milk
2 sprays cooking spray
1 pound cod fillet(s), 4 4-oz fillets
1 pound asparagus, steamed
1 medium lemon(s), quartered

Preheat oven to 425°F. Coat a large nonstick baking sheet with cooking spray. In a shallow soup bowl, combine cornmeal, paprika, thyme, salt, celery seeds, onion powder, garlic powder and pepper. Pour milk into another shallow soup bowl. Dredge fillets first in milk and then in cornmeal mixture, coating both sides and pressing cornmeal mixture gently to adhere. Place coated fillets on baking sheet and lightly spray each with cooking spray. Bake until cooked through, about 15 minutes. Let stand at room temperature 2 minutes before serving with asparagus and lemon wedges. Yields 1 fillet and 1/4 of asparagus per serving.

Chewin' the Fat

In your Weight Watchers submission video, you played a song about "The Incredible Shrinking Woman." That's so funny! Where did you find that?

HAHA! Yeah, I heard that song the first time and just HAD to use it as a theme song! It's actually from

a CD called "Skinny Songs" and has a lot of other great weight loss motivational songs on it. The other one I had in that video was also from that CD. It's called, "I'm a Hottie Now." You can download the songs from the Skinny Songs website. <http://www.skinnysongs.com> or on iTunes. She also has t-shirts. The one I was wearing in the Evel Knievel video is from her website. It says "Incredible Shrinking Woman" on it. Let me tell you. I get some funny looks when I wear it. But I don't care!

Please E-Mail me your questions and I'll answer them here.
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Take it one day at a time.