

Quote of the Week:

"Forget mistakes. Forget failures. Forget everything except what you're going to do now and do it. Today is your lucky day."

- Will Durant



ISSUE 31 REVISED

Fat to Fab



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Food For Thought

Obese no more! Well, I did it. I'm finally no longer considered "Obese". My weigh in this week lowered my BMI below the Obese mark of 30.0 to 29.7. Now, I need to work on getting into the normal weight range BMI of 18.5 - 24.9. I have 31.2 pounds to go. Let the countdown begin.

Inch by Inch

I started this journey at a size 36W. You can see my jeans in the photo above. As you can imagine, I have gone through many many sizes since I started this journey. I have been wearing between an 16W & 18W for a while now. Well, I wanted to get a new pair of shorts, so I went to the store and tried on (literally) 16 pairs of shorts...18W, 16W, 14W (which most were too small because I was picking denim...NOT forgiving)...then, I try on the last pair. They were a khaki, cute and SIZE 12! I don't care if it's a mismark or not. IT SAYS IT'S A SIZE 12! I did try on a couple other pairs of 12s that I could zip & button, and would have fit if I had my Spanx on, but I didn't have it with me. So I must be getting pretty close!!

Weekly Weigh In

Previous Weight: 195.0 lbs

Current Weight: 192.6 lbs

Weekly loss/gain: - 2.4 lbs

78 Week Total Loss: 179.8 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 31.2 lbs

Pounds left until I have lost

1/2 my original body weight: 6.4 lbs

Pounds left to WW goal: 37.6 lbs

Pounds left to personal goal: 42.6 lbs

Sponsorship Central

Current Sponsors:

Pounds 171-175: Terrie Riley

Upcoming Sponsors:

Pounds 181-185: Terrie Riley

Sheila Rosen

Brenda Baird

186-190: Terrie Riley

Laurel Hayden

Jim Krupke

.2 pounds to go!

Recipe of The Week:

Clip & add to your recipe box!

WW Summer Corn, Bacon & Potato Chowder

Ingredients

- 1 medium Yukon Gold potato(es)
- 2 sprays cooking spray
- 1/2 cup celery, chopped
- 4 med corn on the cob, kernels removed
- 1 cup sweet red pepper(s), diced
- 4 oz cooked Canadian-style bacon, diced

- 1/4 cup onion(s), chopped
- 2 cup fat-free skim milk
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/8 tsp hot pepper sauce, or to taste

**CORE® RECIPE
POINTS® Value: 3
Serving Size: 6**

Instructions

Puncture potato in several places with a fork; microwave on high power until tender, turning over once, about 8 minutes. Allow to cool; peel and mash. Meanwhile, coat a large saucepan with cooking spray. Add celery, onion, corn and red pepper; sauté over medium-high heat, stirring frequently, for 5 minutes. Stir bacon and milk into saucepan; stir in mashed potato and mix well. Season with salt, pepper and hot pepper sauce; stir to combine. Cover and simmer 10 minutes (do not allow to boil). Yields about 1 cup per serving. Feel free to substitute your favorite fresh vegetables like asparagus and broccoli for the red pepper. Or to save time, substitute 2 cups of frozen corn and 1 cup of frozen, diced bell pepper for the fresh corn and red pepper. For a creamier consistency, puree part or all of the soup and return to pot for a few minutes.

Chewin' the Fat

You have been doing Core® for a week. What do you think of it so far?

Well...hmmm...I have mixed feelings. I LOVE the freedom of not having to count points. You still measure out your portions and journal every BLT (Bite, Lick or

Taste). I feel better knowing I'm eating unprocessed foods for the most part. I still have my Activity Points and Weekly Points Allowance for when I want them (like for the Pizza Hut on Saturday night). BUT...I really like the freedom of the FLEX® program. Craig and I discussed it today. We'll probably stay on Core® for another couple of weeks, but we'll more than likely switch back to Flex eventually. I'll probably switch back to Core® sometime in the future. That's one of the things I love about Weight Watchers! The Flexibility!

Please E-Mail me your questions and I'll answer them here.
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What will you **do** to get what you **want**?