

Quote of the Week:

"There are no short-cuts to any place worth going."

- Beverly Sills



ISSUE 32

Fat to Fab



JULY 20, 2008

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Food For Thought

Featured blogger. Hey gang! I have news. I've been asked by Diet.com to be a featured blogger in their newsletters. A couple times a month, I'll have a blog featuring a little story with a recipe that helps me incorporate the things I used to love (to the point of gluttony) into my new lifestyle. To get the newsletter (it's free) log into Diet.com and register for a free account (or, you can even join with a premium membership to take advantage of all the diet, exercise & nutrition information.) They have challenges too to keep you going. This is the site I won the \$2500 for my videos! My first blog is about Doritos...so you know what that means...DORITO CASSEROLE! YUM! Some of you lucky people have tried it...either by me making it for you, or you making it on your own. I know quite a few of you have added this recipe into your monthly rotation. I know it's hot out, and you don't want to crank up that oven...but just try it! Trust me! You'll love it! Here is a link to the recipe:

[DORITO CASSEROLE](#)

Let me know what you think!

Weekly Weigh In

Previous Weight: 192.6 lbs
Current Weight: 192.0 lbs
Weekly loss/gain: - .6 lbs
79 Week Total Loss: 180.4 lbs
Pounds left until I am no longer
“Overweight” (BMI under 25) : 30.6 lbs
Pounds left until I have lost
1/2 my original body weight: 5.8 lbs
Pounds left to WW goal: 37 lbs
Pounds left to personal goal: 42 lbs

Sponsorship Central

Current Sponsors:

Pounds 181-185: Sheila Rosen

Upcoming Sponsors:

Pounds 186-190: Terrie Riley
 Laurel Hayden
 Jim Krupke
 191-195: Renee Maier
 Lorraine Smith
 Ellen Carney

I need a kick in the pants!

Recipe of The Week:

Clip & add to your recipe box!

Core Cobbler

Ingredients

1/4 cup rolled oats
 1/4 cup fat-free egg substitute
 1 tsp baking powder
 1 1/2 tsp ground cinnamon
 6-8 packets of sugar substitute
 1 tsp vanilla extract
 4 oz mixed berries, Fresh or frozen (no need to thaw first)

Instructions

Spray a **large** microwaveable coffee cup with no-stick cooking spray. Put your mixed berries and 1-2 packets of sweetener in the bottom of the cup and mix. In a separate bowl, combine the rest of the ingredients and pour over the berries in the cup. Microwave approximately 1 1/2 - 2 minutes on high. This will puff up and become almost bread like. If you like your cobbler sweeter, add more sweetener. (for 1 point more - add a serving of 1pt ice cream)

CORE® RECIPE
POINTS® Value: 3
Serving Size: 1

Chewin' the Fat

Have you heard from Weight Watchers about the 2008 Inspiring Story contest?

No, I haven't, and when I got your email, I decided to go read the fine print to find out if it said when they will be notifying the winners, and I read a piece of discouraging news:

“Entrants understand and agree to abide by all Weight Watchers policies and regulations, including those related to a safe-rate of weight-loss (not more than an average of 2 pounds per week) and that failure to abide by such policies may result in disqualification, at Sponsor's sole discretion.” **That is so not fair!** I haven't done anything other than follow their program and am averaging about 2 1/4 pounds a week. So I guess that disqualifies me from the competition. Unless they take in account the fact that I have MUCH more weight to lose than the average Weight Watcher and my average is slowly going down and by the end of my journey I will be in the 1 - 2 pound a week average category. We can only wait and see.

Please E-Mail me your questions and I'll answer them here.
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161 days left in 2008. It's not too late to start that New Year's resolution!