

Quote of the Week:

"Don't let your past
decide your future."

- Frederick R Bliss



ISSUE 35

Fat to Fab



AUGUST 10, 2008

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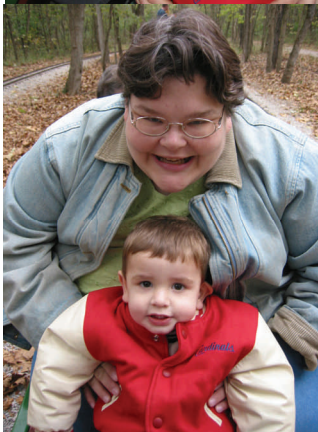
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Food For Thought

Vacation is always such a challenge. I did really well planning our meals for our "staycation". But we did go off my plan a little bit. I ended up using all my extra weekly points from last week & this week between Friday, Saturday and Sunday (my week starts on Saturday). I also used up the activity points I earned each day as well. It was no where NEAR as bad as it would have been in years past. My habits are so much better now, that even my "bad" choices are better. But I did enjoy a piece of pie from Cowan's (a Washington, MO landmark.) I was able to abstain for the corn dog we had planned to eat at the fair. I also ate a waffle at the hotel breakfast and had a cup of custard Saturday evening. That's what I love about Weight Watchers. You can still live. You can work it into your life so you never have to feel deprived. But I'm just going to get right back on track. Speaking of "on track", we also took Alex to the Wabash, Frisco & Pacific Railroad today. It's a miniature train that runs through the woods along the Meramec river. I want to show you a before & after of the last time we went.

OCTOBER 2006



AUGUST 2008



Weekly Weigh In

Previous Weight: 191.0 lbs

Current Weight: 190.4 lbs

Weekly loss/gain: - .6 lbs

82 Week Total Loss: 182.0 lbs

Pounds left until I am no longer

“Overweight” (BMI under 25) : 29.0 lbs

Pounds left until I have lost

1/2 my original body weight: 4 .2 lbs

Pounds left to WW goal: 35.4 lbs

Pounds left to personal goal: 40.4 lbs

Sponsorship Central

Sponsors:

Pounds 181-185: Sheila Rosen

Upcoming Sponsors:

Pounds 186-190: Laurel Hayden

Jim Krupke

Stephanie Fekkether

191-195: Renee Maier

Lorraine Smith

Ellen Carney

Please be patient. I'm getting to a healthy (but slow) loss rate.

Recipe of The Week:

Clip & add to your recipe box!

Tracie's Black Bean & Corn Salsa

Ingredients

- 15 oz canned black beans, rinsed and drained
- 14 1/2 oz Progresso Diced tomatoes, drained
- 15 oz canned yellow corn, rinsed and drained
- 1 medium onion(s), chopped
- 8 tsp olive oil
- 2 tsp McCormick Ground cumin
- 1/2 Tbsp chili powder
- 1 tsp dried cilantro
- 1 Tbsp fresh lime juice
- 1 tsp lime zest

Instructions

- Combine all ingredients. Best if refrigerated overnight. Makes approximately 16 1/4-cup servings. If you eat 1/2 cup it counts as 1 oil.
- My favorite thing to do with this is serve 1/2 cup over cooked brown rice and melt 2 slices of fat free cheese over it.

CORE® RECIPE
POINTS® Value: 1
Serving Size: 16

Chewin' the Fat

I've noticed your losses have really slowed down. Are you handling it ok? I bet it's really frustrating.

Well, I have to admit, it's VERY frustrating, but I knew it was bound to happen eventually.

I've SORT of prepared myself for it. I know I need to up my exercise. I think I'll take another group exercise class. I'm thinking Zumba, but I'm going to do some research and see what other options are out there. Maybe belly dancing?

Please E-Mail me your questions and I'll answer them here.
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Summer's almost over! Enjoy it while you can.