

**Quote of the Week:
Tracie's Weight
Loss Golden Rule.**

**"Do unto yourself
as you would treat
others." Tracie Sanderlin**



Fat to Fab



ISSUE 4

JANUARY 5, 2008

Food For Thought

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The Day After New Years

'Twas the day after New Years, and all through the house
Nothing would fit me, not even a blouse.

The pastries I'd baked, the cookies I'd taste
At all of the parties had gone to my waist.

I stepped on the scale and what did I see?
An extra 10 pounds, oh how could that be?

I decided right then it was time for a change.
I'd get back on track and I'd stay in my range.

So away with the last of the cookies and cake,
Got rid of the chips. No more goodies would I make.

I'll watch all my points and count every lick.
I won't have to survive on just celery sticks.

I will plan what I eat, and eat what I plan.
If Tracie can lose it, I know that I can.

I need a new lifestyle, not just a diet.
Healthy choices abound, you just have to buy it!

I'll rejoin Weight Watchers and promise to go.
I need to be accountable, more than you know.

I'll see the pounds fall, I'll see the inches shrink.
I'll feel great about myself and can't help but think

I can do this without any strife.
I will do this the rest of my life.

© Tracie Sanderlin – January 4, 2008

Climbing To The Top

I think I lost my mind! I signed up to climb the 42 floors to the top of the Metropolitan Square Building in Downtown St. Louis. It's to raise money for the American Lung Association. I'm hoping I can get some more

people to join me. I don't know if I'll make it all the way up, but I'm sure gonna give it my all! There's always next year if I don't.

If you would like to join me on my walk, or just donate to my fundraising goal, you

can find the link on my website under the Favorite Links section.

Please help me reach my goal!

Weekly Weigh In

I was so on plan this week! It made me feel so empowered to know I have such control! After the holidays, it almost felt like a cleansing of sorts to eat healthy again. I think these numbers speak for themselves!

Previous Weight: 242.8 lbs

Current Weight: 236.4 lbs

Weekly loss/gain: - 6.4 lbs

51 Week Total Loss: 136 bs

WOO HOO!

Sponsorship Central

Current Sponsors:

Pounds 136 - 140: Jan Streib
Lori Dickerson

Upcoming Sponsors:

Pounds 141 - 145: Bev Elifritz
Ruth Bailey

Pounds 146 - 150: Ben Turec
Robyn Curtis

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

Email: tracie@sponsormyweightloss.com

Recipe of The Week:

Clip & add to your recipe box!

Egg McTracie

POINTS® Value: 3.5 Servings: 1

McDonald's Egg McMuffin - 7 pts
Egg McTracie - 3.5 pts

Ingredients

1/4 cup fat-free egg substitute,
1 Weight Watchers Fork split English muffin, Split
1 serving 2% Kraft American Singles
3 slices Hillshire Farm Lean Lunch Meat, Turkey or Ham

Instructions

Heat toaster oven, or oven broiler. Put split English Muffins on baking sheet and put meat on one side and cheese on the other. Toast just until cheese is melted, about 1-2 minutes. Meanwhile, spray a coffee cup or custard cup lightly with cooking spray. Put 1/4 cup egg substitute in cup and microwave for 30 seconds to 2 minutes on high. **Pay attention not to over-cook.** Start watching it at 30 seconds and cook for an additional 30 seconds until center is not loose. Remove from oven, add egg and enjoy.

Faster than a drive through and MUCH better for you! Make extras, wrap in plastic wrap then place in freezer bags. Pop in the microwave for 1-2 minutes for a fast breakfast!

Chewin' the Fat

If you can give me just one piece of advice what would it be?

Just one???? Oh boy...well, it would probably be to **DRINK YOUR WATER.** I know, I already harped on this in a previous newsletter, but darn it...it's important! If you are an exclusive soda drinker, why not try drinking one glass of

water for every can of soda you drink? You would be COMPLETELY amazed by how much weight you will lose if you stop drinking soda...even DIET soda. Soda actually makes you THIRSTIER and that means your body is becoming more and more dehydrated with every soda you drink. So, my one piece of advice would be to drink all your water...every day...hey...you know what can happen if you get dehydrated? KIDNEY STONES...and they aren't fun! I had to pass one when I was 6 months pregnant. I don't wish that pain on ANYONE.

Please E-Mail me your questions and I'll answer them here.
tracie@sponsormyweightloss.com

See you thinner!