

Quote of the Week:

"People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily."

- Zig Ziglar



ISSUE 40

Fat to Fab



SEPTEMBER 14, 2008

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Food For Thought

MOVE THAT BUS! I have to tell you, Extreme Makeover: Home Edition is one of the best experiences I have ever had. Being with hundreds of volunteers, most of which had no idea who they were helping, was just incredible. And the best part was seeing the finished product and The Martinez Family's reaction when we "moved that bus". This was huge to me. It was a very emotional week. I didn't do anything too earth shaking. Saturday I worked in the catering tent. Sunday I got to help unload all the accessories for the home (talk about a cool "secret mission"!!) Monday I helped



Emmanuel & Evan Martinez being greeted by Ty Pennington on reveal day.



Designer Ed Littlefield & me on reveal day.

wanting to do this project. He was pretty much a single dad for those 5 days. And he supported me with no hesitation. Thank you, thank you, thank you. Rumor has it, the episode is scheduled to air on Sunday, November 23, 2008. I will keep you posted. Be sure to look for my "Step Sister" Lisa too. She might make it in the episode! (I'm so jealous...but in a happy way.) I may even make it in a couple of the crowd scenes too. Look for me...I'll be wearing a blue shirt....HA! (So will about 500 other people!!)

clear trash out of the house, move in very HEAVY boxes of hardwood flooring & move tile & grout for the tile guys. Tuesday I helped move in the awesome furniture. What an experience. (I wish I knew that many people fighting to carry in heavy furniture when I move. Ha ha!) I got to meet some great people that I hope to be friends with for a long time to come. And it doesn't hurt that I got to see one of the sexiest men on TV. And no, I don't mean Ty. I also want to thank my husband Craig for all the support he gave me



Lisa, X-Treme Security Guard Jim & Me

REMINDER:

Weight Watchers is offering **FREE REGISTRATION** in most locations right now.

Check your local center or the [Weight Watchers](http://www.WeightWatchers.com) website for more details.

Weekly Weigh In

Previous Weight: 187.2 lbs

Current Weight: 188.6 lbs

Weekly loss/gain: + 1.4 lbs

86 Week Total Loss: 183.8 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 27 lbs

Pounds left until I have lost

1/2 my original body weight: 2.4 lbs

Pounds left to WW goal: 33.6 lbs

Pounds left to personal goal: 38.6 lbs

Sponsorship Central

Sponsors:

Pounds 186-190: Jim Krupke
Stephanie Fekkether

Upcoming Sponsors:

Pounds 191-195: Lorraine Smith
Ellen Carney

Pounds 196-200: Carol Young
Casey Mabin
Katy Hymas

I feel like a yo-yo!

Recipe of The Week:

Clip & add to your recipe box!

Chocolate Fudge Angel Food Cake

Ingredients

- 1 box 1-step angel food cake mix
- 1 box (1.4 oz) chocolate fudge sf/ff pudding
- 2 cups fat free milk
- 8 oz tub fat free whipped topping

Points Value: 2

Servings: 20

Instructions

- Pre-heat oven to 350 degrees. Spray sides and bottom of 9x13 baking dish.
- Combine angel food cake mix, pudding mix and milk in a large bowl. Pour into baking dish and bake 30-35 minutes. Release sides with sharp knife and invert onto a cutting board to release cake from pan. This may take a while.
- Let cool completely before slicing. I return it back to the baking dish before topping. This makes it easier to transport and serve. Refrigerate leftovers. (If there are any) **Tip: To cut into 20 servings - make 4 even slices on the 13" side and 3 even slices on the 9" side. It took me forever to figure this out.**

Chewin' the Fat

Do you find you spend more money now that you are buying the healthier foods at the grocery store?

What a great question! One of my biggest excuses was "It costs too much to diet." I was under the false impression that healthy food would break my bank. While it's true that the healthier foods do cost a little bit more, the truth is, at least

in my case, we actually SAVE money. How? Well, when I sat down and figured out what we were spending on "food", I was shockingly surprised. Craig and I (and Alex too) would eat fast food, just about EVERY day, for at least 2 sometimes 3 meals a day! On top of the food I bought at the grocery store, that would in turn go bad because we never ate it. So, now I can cook three meals for the price of one of our fast food meals. So, don't let the rising food costs keep you from your quest to better health! Oh yeah, I have to brag a little bit. I used 2 of my \$5 off a \$50 gift card coupons at Shop 'n Save, so I got \$100 gift card for \$90. Then bought \$104 in groceries, everything I bought was on sale and I had a coupon for just about everything. So, after my coupons, it was \$86 for 2 weeks worth of food. Not bad! (This doesn't include my fruit, we get that at Sam's because it tastes better and lasts longer.)

Please E-Mail me your questions and I'll answer them here.
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Watch for new photos coming next week.