

Quote of the Week:

"If we don't change, we don't grow. If we don't grow, we are not really living."

- Gail Sheehy



ISSUE 41

Fat to Fab



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Food For Thought

IT'S OFFICIAL! I'm half the person I used to be! I started this journey at 372.4 pounds and this week at weigh in, I'm 185.4 pounds. I've lost 187 pounds and feel fantastic. And I actually LIKE the way I look...at least with clothes on. I took some "Jared" pants photos...both for me and for Craig...(He's down 126 pounds so far).



As you can see, Alex had to get into the act as well!



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: 188.6 lbs

Current Weight: 185.4 lbs

Weekly loss/gain: - 3.2 lbs

88 Week Total Loss: 187 lbs

Pounds left until I am no longer

“Overweight” (BMI under 25) : 23.8 lbs

Pounds left until I have lost

1/2 my original body weight: **I DID IT!!!**

Pounds left to WW goal: 30.4 lbs

Pounds left to personal goal: 35.4 lbs

Sponsorship Central

Sponsors:

Pounds 186-190: Jim Krupke

Upcoming Sponsors:

Pounds 191-195: Lorraine Smith
Ellen Carney

Pounds 196-200: Carol Young
Casey Mabin
Katy Hymas

Now I'm movin' in the right direction!

Recipe of The Week:

Clip & add to your recipe box!

Chicken Fettuccine Alfredo

Ingredients

- 1 can cream of chicken soup (or cream of mushroom)
- 1/2 cup fat-free milk
- 1/2 cup reduced fat parmesan cheese
- 1/4 tsp black pepper
- 3 cups chopped broccoli, fresh or frozen
- 1 cup frozen peas
- 8 oz whole wheat fettuccine or spaghetti
- 1/2 pound boneless skinless chicken breast, cut into cubes

Points Value: 7

Servings: 4

Instructions

Prepare pasta according to package directions in a large pot. Add broccoli and peas during the last 4 minutes of cooking time. Drain pasta and vegetables well in colander. Spray a 10" skillet with cooking spray and heat over medium-high heat. Add chicken and cook until well browned, stirring often. Stir soup, milk, cheese, black pepper & pasta mixture into skillet. Cook until mixture is hot and bubbling. Divide into 4 even portions.

Chewin' the Fat

I'm so tired of the same restaurants all the time. I have a list of things I can get at all the fast food restaurants around me, but I'm tired of them. I live in a very populated area, so we have lots to choose from...any suggestions?

I know what you mean. You gotta keep it fresh and sometimes you need to fall

back on fast food. Well, good food fast anyway. My stand-by is Subway, but I know you probably have eaten enough of that too. I also like the Fresco menu at Taco Bell. The Southwest Chicken Salad at McDonald's is awesome! Craig and I tried a new restaurant this weekend. I'm not sure if they are national or not. It's called [McAlister's Deli](#). They have a fantastic website with all their nutritional values on it. I got the Deli Turkey on Wheat (includes lettuce, tomato & lite mayo) for 7 points and a side of the garden veggie soup for 1 point. Let me tell you...it was WELL worth the points! It's like a Panera (or St. Louis Bread Company for us St. Louis natives)...but more like an east coast deli. BE SURE to check out their nutritional first. Because they have some zingers there too. Like their "Veggie" sandwich...a whopping 13 points (it has 36 grams of fat...ACK!)

Please E-Mail me your questions and I'll answer them here.

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Welcome Autumn! The perfect time for change!