

Quote of the Week:

"You can't change the fruit if you don't change the root."

- Lisa Schuler



Fat to Fab



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Food For Thought

Earn points while you eat your points? Yup! I was browsing the web Friday night and came across something I heard rumored about a month ago. It's a website that you earn credits for purchasing certain Weight Watcher endorsed foods. You can then turn in these credits for merchandise. And they have some pretty good stuff up for grabs! So, be sure to save your boxes. What you do is sign up at wwincrediblerewards.com. Then print out the UPC submittal form. Mail them in along with the form (you don't need to mail in your yogurt tubs, but you DO need to mail in the receipt with the yogurts circled.) They credit your account and you can trade them in for cool merchandise. And some of the stuff really doesn't take too many credits...from an IPOD Touch to a Nintendo DS or even the complete series of Sex & The City on DVD. The reward program lasts until the end of March 2009. There are a few products I noticed that are not included. Namely the Smart Ones frozen dinners. So start eatin' and start earnin'! Oh, and if you don't care about the credits...I'LL TAKE EM! I'll send you some SASEs and you can send them to me to submit! I'd love to get a new vacuum!



Our day at the zoo.

Tracie's Kitchen

I uploaded a new cooking video to my website. It's the Caramel Apple Salad that I brought to the interview with me on Friday. I've had lots of people try it since I had it on there and they've all loved it! Give it a shot!

<http://www.sponsormyweightloss.com/tracieskitchen.html>

Latest TV Appearance

Just in case you missed it. I had a follow-up interview on FOX 2 KTVI this past Friday. I think it went really well.

[Watch the video here.](#)

Weekly Weigh In

Previous Weight: 185.4 lbs
Current Weight: 183.0 lbs
Weekly loss/gain: - 2.4 lbs
90 Week Total Loss: 189.4 lbs
Pounds left until I am no longer
“Overweight” (BMI under 25) : 21.4 lbs
Pounds until I’m in the 170s: 3.2 lbs
Pounds left to WW goal: 28 lbs
Pounds left to personal goal: 33 lbs
(Yeah, nothing changed...grr)

Sponsorship Central

Current Sponsors:

Pounds 186-190: Jim Krupke

Upcoming Sponsors:

Pounds 191-195: Lorraine Smith
Ellen Carney

196-200: Carol Young
Casey Mabin
Katy Hymas

**This is gonna be a hard week...heck a hard month...
 MY BIRTHDAY! (Oct 24th)**

Recipe of The Week:

Clip & add to your recipe box!

Crock Pot Chicken & Dressing

Ingredients

- 12 oz boneless skinless chicken breast (4 3-oz breasts)
- 1 cup fat free/low sodium chicken broth
- 1 box cornbread boxed stuffing mix
- 1 can 98% fat free cream of chicken soup
- 1/2 cup water
- 1/4 tsp black pepper
- 1 tsp garlic powder

POINTS® Value: 7
Servings: 4

Instructions

Spray the liner of your crock pot with non-stick cooking spray. Place chicken in bottom of crock pot. Pour chicken broth over chicken. In a separate bowl, mix stuffing mix, chicken soup, water, black pepper and garlic powder. Then pour over the top of the chicken. Cover and cook on low for 7 hours.

Chewin’ the Fat

I saw your interview on TV this morning and you have truly inspired me. I have been battling my weight for many years. I never was big as a kid, but since I had my own children, I have gained more than 130 pounds and I was considering WLS because I didn’t now what else to

try. But, because of you, a real person, doing it the real way, you have shown me that I can do it. I am going to rejoin Weight Watchers this week! Thank you! Thank you! Thank you!

Wow! Thank you! This is exactly why I put myself out there. So people know that it CAN be done. I wish you the best of success in your journey and can’t wait for you to email me and let me know how you’re doing!

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

The weather is great! Get out and enjoy it!