

Quote of the Week:

"Excuses are the nails used to build a house of failure."

- Don Wilder &
Bill Rechin



Fat to Fab



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Food For Thought

I had a hard time coming up with a topic this week. But the only thing I could really think of to talk about is how surreal this journey has been. I've been reflecting on my journey a lot lately. I've been so busy looking forward, that I haven't taken much time to look at where I've come from. To truly appreciate the changes I've made for my life, and the healthy changes we've made for our family. I'm proud to say, my son may not be EATING broccoli, but he "cooks" it for Craig and I in his kitchen. So that proves that they notice what we do and they learn from it. Little does he know...the next time I make it...he is going to try a bite. MUAHAHAHA. Sorry...evil mommy is back in her cage. I have been looking at photos of my old self and I just have to shake my head and wonder who she was. I don't even see a HINT of the new me inside her. I walk taller. I smile bigger. I laugh louder...ok...ok...that's not saying much...I'm a loud mouth (Turecians...keep your comments to yourselves...HA!) I just wanted to take another moment to thank each and every one of you for your support and encouragement along this journey.

Tracie's Kitchen

I had a special request for this next Tracie's Kitchen episode. Diet Coke Sloppy Joes:

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

Weekly Weigh In

Previous Weight: 183.0 lbs

Current Weight: 180.6 lbs

Weekly loss/gain: - 2.4 lbs

91 Week Total Loss: 191.8 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 19 lbs

Pounds until I'm in the 170s: .4 lbs

Pounds left to WW goal: 25.6 lbs

Pounds left to personal goal: 30.6 lbs

Sponsorship Central

Current Sponsors:

Pounds 191-195: Lorraine Smith
Ellen Carney

Upcoming Sponsors:

Pounds 196-200: Carol Young
Casey Mabin
Katy Hymas

201-210: Sharon Ebersbach
Stephanie Duby
Maggie McKenna

What better birthday present to give myself than the gift of better health.

Recipe of The Week:

Clip & add to your recipe box!

Avgolemeono Chicken & Orzo Soup

Ingredients

- 4 cups fat-free, reduced sodium chicken broth
- 1/2 pound uncooked boneless, skinless chicken breast
- 2 large eggs
- 1/4 cups fresh lemon juice
- 1/4 tsp black pepper, to taste
- 2 cups cooked orzo

POINTS® Value: 4
Servings: 4

Instructions

- In a large pot, bring chicken broth and chicken to a boil. Reduce heat and simmer until the chicken is cooked; about 7-10 minutes. Remove chicken and let cool enough to handle. Shred into bite size pieces. In a medium bowl, whisk the eggs and lemon juice until frothy. Gradually whisk in 1 cup of the hot broth to temper the eggs. With broth on low, slowly add the egg/stock mixture, whisking constantly to avoid scrambling.
- Add pre-cooked orzo. Continue to whisk until thickened - roughly 3-5 minutes. DO NOT BOIL. Stir in chicken & and heat through. Add fresh cracked pepper to taste.
- Serve immediately. This soup does not keep very long. Eat it the same day or the next day for best flavor & results. Make this CORE by using brown rice instead of orzo.

Chewin' the Fat

I tell all my friends about you. You are such an inspiration to me. I wanted to thank you from the bottom of my heart for coming forward and letting the world see that a normal every day working mom can do. What will you do once your get to your

goal? Will you continue to journal your journey? I hope so, because I, for one, will be there to follow you.

PLEASE continue to spread the word! I truly appreciate the word of mouth! And thank you for your kind words. I do plan to continue my journey. After all, there is no final destination in this journey. Once you lose the weight, you have to keep it off, right? So then starts the new journey.

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

What a great "Indian Summer" we're having. ENJOY IT!