

Quote of the Week:

"Effort only fully releases its rewards after a person refuses to quit."

- Napoleon Hill



Fat to Fab



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Food For Thought

I'll be climbing the stairway...to the top of the Met. Yes! You read that correctly. I am going to do the Master The Met competitive stair climb again in 2009. It's a fundraiser for the American Lung Association. It's March 7, 2009. I'm going to have a team and we'll start training in November. If you want a challenge, please consider joining my team! It's such a wonderful feeling of accomplishment! I will post more information as soon as I'm able to create my team.

Happy Halloween

What did you dress up as for Halloween?

Me? Well, I dressed up as "Fat Tracie". Yup! Those are my Jared Pants!



People that didn't know me thought I was really built this way! One man thought I was pregnant. Oh boy! Now to stay away from Alex's candy!

New Food Review / Shopping List Staples

Welcome to the newest section to my newsletter. Here is where I will introduce you to products I love and new products I find. I'll also give you shopping list ideas to keep your fridge, freezer and pantry stocked with healthy things to eat.

So let's jump right in.

My friend and fellow Weight Watcher Tracy Buttry told me about the BEST sandwich bread.

They are called Arnold Select Sandwich Thins. They are sort of a mixture between a bun, pita and English muffin. I have only seen them in Whole Wheat and Multi-Grain, but the website says they come in 3 varieties. The reason I love these sandwich thins is well...1) They are HUGE! You can make a nice sammie on these things! I made my ranch chicken salad and made a sandwich with them and it was the perfect size! 2) They have FLAVOR! And they aren't that dry cardboard texture like most light or "diet" breads. The only down side...they are kinda pricy.



You can go to the [manufacturers website](#) and put in your zip code and find them in your neck of the woods. If they aren't available ... hopefully they will be soon!

One sandwich thin is 100 calories, 1 gram of fat and 5 grams of fiber, or 1 POINT®.

I've also heard that some Sam's locations carry these much cheaper than the regular grocery store.

My suggestion...TOAST THEM for your sandwich. MMM MMM!

Weekly Weigh In

Previous Weight: 179.2 lbs

Current Weight: 178.6 lbs

Weekly loss/gain: - .6 lbs

94 Week Total Loss: 193.8 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 17 lbs

Pounds until I've lost 200 pounds: 6.2 lbs

Pounds left to WW goal: 23.6 lbs

Pounds left to personal goal: 28.6 lbs

**Not bad for having my
birthday in there!**

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

I'm hoping this is the week!

Hang in there with me!

Recipe of The Week:

Clip & add to your recipe box!

Baked Ziti (Adapted from Richard Simmons & Paula Deen's Recipe)

Ingredients

1 lb sweet Italian sausage, removed from casing and crumbled
3/4 cup onion, chopped
1 tbsp minced garlic
1 tsp crushed red pepper flakes, to taste
1 tbsp canola oil
15 oz canned pumpkin

POINTS® Value: 5

Servings: 8

1 cup fat-free chicken broth
2 tsp fresh sage, chopped
2 tsp table salt
1/4 cup fat-free evaporated milk
1/4 cup reduced fat parmesan cheese
1 pound cooked whole wheat pasta, Ziti or Penne (this is COOKED weight. NOT DRY)

Instructions

Preheat oven to 375 degrees. Spray (8) 8-ounce ramekins with cooking spray.
Cook sausage in a large, deep skillet over medium heat until fat is rendered about 8 minutes.
Remove from skillet with a slotted spoon, drain on paper towels and set aside. Discard any fat from the skillet. Add onion, garlic, crushed red pepper flakes and oil to the skillet and cook, stirring occasionally until soft; about 3 minutes. Stir in pumpkin puree, chicken stock and sage. Mix together and add salt. Bring to a boil then lower the heat and simmer 5 minutes. Stir in fat free evaporated milk and sausage. Simmer until the sauce comes together and is thickened slightly.
Add cooked pasta and parsley to the skillet and gently toss all the ingredients together to coat.
Divide the mixture between the 8 prepared ramekins. Sprinkle the tops of each ramekin with Parmesan cheese and bake for 35 minutes until the topping is golden brown.

Chewin' the Fat

I saw your Youtube video about your loose skin. I love your sense of humor. But what I love most is your honesty about your journey. You opened your heart and your life to us to follow you and it has helped to keep me focused on my own journey. Thank you!

Ah yes. You found my video. You must be one of my Youtube subscribers! I finally made the video ... or should I say a video ... about my extra skin. It's very up close and personal isn't it? But how else can you get the idea of what I'm going through without seeing it first hand? I plan on doing another one, talking about the health problems and concerns associated with all the extra skin. If the rest of you are interested in seeing the video, and aren't scared to know me on a "personal" level, you'll find my video on my [Video Diary](#) page of my website. I'M WARNING YOU. IT'S A LITTLE ... INTENSE.

Please E-Mail me your questions and I'll answer them here.
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Everybody exercise this Tuesday. Exercise your right to VOTE!