

Quote of the Week:

"It is hard to fail, but it is worse never to have tried to succeed."

- Theodore Roosevelt



Fat to Fab



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Food For Thought

RECIPE CORRECTION! I didn't notice that the recipe for the Pumpkin Baked Ziti from last week didn't have the "Turkey" listed next to the "Italian Sausage" in the ingredients...WOW! BIG DIFFERENCE! Anyway. I made this recipe last week and WOW did I love it! BUT...I made it a little differently than how I had it listed last week. So this weeks recipe is basically the same recipe but with some tweaks that I did last week. Like, I used turkey breakfast sausage and it was a savings of 90 calories per serving. Also, I couldn't for the life of me find 8oz ramekins (custard cups) so I went ahead and used a 9x13 glass baking dish (just about everyone has one of those). I didn't have fresh sage, so I used dried and cut back the quantity by half. BEST OF ALL...when I made the switch to the turkey breakfast sausage (I used the Honeysuckle White) it made it 5 points for 1/6 instead of 5 points for 1/8. I'm ALL about the quantity!

Remember that the pasta is one pound of COOKED pasta? Well, what I did was make the entire 14.5 ounce box and then once it was cooked, I drained it and weighed out 16 ounces of the cooked pasta. But what about the leftover cooked noodles? Well, what I did this time was separate the left over cooked noodles into 2 ounce portions and refrigerated them for use later. Then, for lunch this week I did this (4 pts):

Ingredients

- 1 left over 2 oz portion of whole wheat pasta (1 pt)
- 1 tsp olive oil (1 pt)
- 1 tsp bacon bits (0 pt)
- 1 wedge Laughing Cow Light Garlic & Herb Cheese (1 pt)
- 1 tub Green Giant Just for One Broccoli & Cheddar (1 pt)
- 1 tsp garlic powder (0 pt)
- 1/4 red bell pepper chopped (0 pt)
- 1/2 tomato chopped (0 pt)

Directions

Place bell pepper and tomatoes in a glass bowl, cover with plastic wrap and microwave approximately 90 seconds. Drain off the liquid. Microwave the broccoli and cheddar according to package directions. In a separate microwavable bowl, add pasta, olive oil, bacon bits, Laughing Cow cheese, garlic powder and microwave about 1 minute. Stir to melt cheese. If not melted enough, microwave an additional 15-30 seconds and stir. Add remainder of ingredients and enjoy!

Work Place Pantry Staples

It's very important to be prepared at all times. Here are some suggestions to take to work with you to be prepared for lunch and snacks.

Keep in a filing cabinet drawer:

low fat/low calorie soups
 snack bars (like Fiber One or Curves)
 100 calorie packs both sweet & salty
 light bread
 canned tuna/chicken
 rolled oats (instant oatmeal)

94% fat free microwave popcorn
 small cans of vegetables
 box of high fiber crackers
 fresh fruit
 high fiber English muffin/bagels
 sugar free maple syrup

Keep on a shelf/drawer in the fridge:

lunch meat
 pre cut fruit
 spray butter
 sugar free gelatin cups
 fat free mayonaise
 sugar free jelly/jam
 fat free yogurts
 bagged salad

fat free cheese slices
 pre cut veggie sticks
 fat free salad dressing
 sugar free pudding cups
 fat free cream cheese
 fat free cool whip
 low fat string cheese
 fat free/low fat cottage cheese

Keep on a shelf/drawer in the freezer:

frozen low fat dinners
 frozen individual veggies

frozen high fiber/low fat toaster waffles
 individual low fat ice cream

If you do not work in an office, or do not have a fridge to keep your things in, be sure to pack a cooler and keep it with you, either in your car, or in your office. That way there are no excuses for not having lunch. No more running to the golden arches...or making a run to the border...or giving in when those donuts make their way into the office. You'll be prepared. **Fail to plan...plan to fail!**

Weekly Weigh In

Previous Weight: 178.6 lbs
Current Weight: 175.6 lbs
Weekly loss/gain: - 1 lbs
95 Week Total Loss: 194.8 lbs
Pounds left until I am no longer "Overweight" (BMI under 25): 16 lbs
Pounds until I've lost 200 pounds: 5.2 lbs
Pounds left to WW goal: 22.6 lbs
Pounds left to personal goal: 27.6 lbs

Wish me luck! I'm meeting with a surgeon on Thursday.

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 so close! .2 pounds! UGH!
 I'll get there eventually.**

Recipe of The Week:

Clip & add to your recipe box!

UPDATED FROM LAST WEEK: Baked Pumpkin Ziti

Ingredients

1 lb Honeysuckle White Turkey Breakfast Sausage
 3/4 cup onion, chopped
 1 tbsp minced garlic
 1 tsp crushed red pepper flakes, to taste
 1 tbsp olive or canola oil
 15 oz canned pure pumpkin puree

POINTS® Value: 5

Servings: 6

1 cup fat-free chicken broth
 2 tsp fresh sage, chopped (or 1 tsp dry)
 1/2 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 9x13 glass baking dish 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 sage to the skillet and gently toss all the ingredients together to coat. Pour into baking dish. Sprinkle with Parmesan cheese and bake for 35 minutes until the topping is golden brown.

Chewin' the Fat

Have you seen the previews for the new show "Ruby"? I'm really excited to see it.

Yes! I watched the first episode this evening. Wow! It was awesome. If you don't know what or who "Ruby" is, it's a show on the

Style Network (You can also catch the episodes on the E! Network). She's over 500 pounds (but at one time was over 700 pounds) and is so charming and sweet. You get to see a glimpse of what it's like living morbidly obese and the fight to lose the weight. You hear it all the time, "She has such a pretty face." "She's got a great personality." And she DOES. She's going to be BEAUTIFUL on the outside when she loses the weight. Just as beautiful as she is on the inside. If you get a chance, please at least check out the first episode. It's repeating numerous times all week.

Please E-Mail me your questions and I'll answer them here.
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It's getting cold outside. What do you have planned for exercise?