

Quote of the Week:

Setting a goal is not the main thing. It is deciding how you will go about achieving it & staying with the plan!

- Tom Landry



Fat to Fab



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Food For Thought

People truly amaze me. As many of you know, I was to meet with a plastic surgeon this past week. Well, they rescheduled on me again. To say I was disappointed was an understatement. I have it rescheduled for this week. I have an appointment with another one as well. Thus brings up the topic of how to pay for the surgeries. Without meeting with the surgeons and knowing what kind of surgery and how extensive they would be, I can't even begin to guess what we're looking at cost wise. But, out of the blue, I receive an email from a very generous person, A.J. Townsend. She is the author of a new book called [Frozen Fury](#), a suspense romance novel. She graciously offered to donate a portion of sales from her new book to a surgery fund for me. Isn't that just amazingly generous? The book was just published as an E-Book on November 11th. Once she sells a certain number of E-Books, it will go into print. You can bet your bippy I bought one! What is even more amazing in my eyes is that she is also donating a portion of her sales to the hospital that cured her sons eye cancer. I was speechless. And if you know me at all, that's saying A LOT. I'm so touched that she would even THINK of me in the same thought as them. The E-Book is only \$5.49. You can download it to your computer and either print it (133 pages) or read it right on your computer. If you have the means, and you would like to help her and in turn, possibly help me, I'm sure she would truly appreciate it. [Order Frozen Fury here](#). And once it comes out in book form, maybe buy a few copies for yourself & friends? I will keep you all posted when it goes into print. I also opened a bank account to start saving for surgery. With the economy as it is, it's not common to have extra funds, but I'm going to save whatever we can. To keep me honest, I'm going to have a section both on my website & in the weekly newsletter, letting everyone know how much is in the fund...that way I keep myself just as honest about my savings as I am about my weight loss. So, the grand total in the account right now? **\$3.81!** WOO HOO! This is going to be a long journey.

Bulk Cooking

One common question I get is how to cook healthy meals all the time. Well, let me give you a peek into my schedule. I wake up between 5:30am and 6am. We are usually out the door by 7:30am (but should really leave by 7am). I drive Craig to work by 8am. Then I'm off to take Alex to daycare. I usually get him there by 8:30am. I start work at 9am. At 5pm, I do it all in reverse. And, if we don't stop at the store or anything on the way, we get home about 6:15pm. Then I either head off to the gym or Zumba. So how do you make sure to eat a healthy dinner without using a drive thru? Well, last Sunday I spent the day bulk or batch cooking. If you aren't familiar with bulk cooking, it's pretty simple. You make several main dishes and freeze them for meals later that week. So last Sunday morning, I sat down and made a meal plan for the week. I then took the recipes for each of the meals looked through my pantry and refrigerator and made a grocery list for everything I needed. I came home and made the Pumpkin Baked Ziti, Crock Pot Chicken & Dumplings, Individual Meatloaf Muffins & Turkey Taco Soup. After each was finished, I put them into pre-portioned individual containers and froze them for later. So we have dinners for the next 2 weeks or more! Now, when I get home from work, I just have to pop them in the microwave, steam some veggies and we're all set! Next time I'll make different recipes so that we don't get tired of the same food. As my favorite radio station here in St. Louis says, "It's all about the variety."

Product Review

I wanted to share one of my favorite finds! As we all know, eating fresh veggies is SO much healthier than canned. But who has the time to break out a pot and wait for the water to boil and steam the veggies the hard way? Not me! I pop in some fresh or frozen veggies in a Ziploc Zip 'n Steam bag. I LOVE them. They

come in two sizes, medium and small. They also tell you right on the bag how long to steam whatever it is you are cooking. And they are useful for more than just heating up a fast side dish!

You can cook meats in them too. Why

not load it up and take it with you to work for a fast fresh lunch? You can add your own seasonings right to the bag. You don't need to add any moisture as it cooks using the natural juices from the food. How's this for an easy recipe? Fresh chicken in under 5 minutes? WAHOO!



For
healthy
meals in
minutes!

Clip & add to your recipe box!

Italian Zest Chicken

Servings: 2

POINTS® Value: 3.5

Ingredients:

- 1/4 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1 teaspoon water
- 1/2 teaspoon Italian seasoning blend
- 2 4-oz boneless skinless chicken breasts

Directions:

In a small bowl, combine the first 3 ingredients. Stir well and allow mixture to thicken for 1 minute. Spread rub evenly breasts. Sprinkle Italian seasoning blend onto chicken. Place prepared chicken breasts in Ziploc Zip 'n Steam™ bag. Seal and place in microwave. Cook on full power for 3 - 5 minutes or until chicken is cooked through, with no trace of pink. If needed, continue microwaving at 30-second intervals until chicken is done. Allow bag to stand 1 minute before handling. Carefully open bag and serve.

Weekly Weigh In

Previous Weight: 177.6 lbs

Current Weight: 176.6 lbs

Weekly loss/gain: - 1 lbs

95 Week Total Loss: 195.8 lbs

Pounds left until I am no longer

"Overweight" (BMI under 25) : 15 lbs

Pounds until I've lost 200 pounds: 4.2 lbs

Pounds left to WW goal: 21.6 lbs

Pounds left to personal goal: 26.6 lbs

Sponsorship Central

Current Sponsors:

Pounds 196-200: Carol Young
Casey Mabin
Katy Hymas
Bev Elifritz

Upcoming Sponsors:

201-210: Sharon Ebersbach
Stephanie Duby
Maggie McKenna

211-215: Vicki Kent
Laura DeWeese
Dawn Mays

This next 5 pounds will be tough!

Recipe of The Week:

Clip & add to your recipe box!

Fudgy Chocolate-Cherry Bites

Ingredients

1 1/4 cup(s) powdered sugar
1/3 cup unsweetened cocoa powder
1/8 tsp table salt
2 item(s) egg white(s)
1 1/2 tsp vanilla extract
1/2 cup(s) dried cherries, chopped

Servings: 21

POINTS® Value: 1 piece = 1
2 pieces = 1.5
3 pieces = 2
4 pieces = 3

Instructions

Preheat oven to 300 degrees. Combine first 3 ingredients and SIFT into a large bowl. Add egg whites and vanilla to dry ingredients, and beat at low speed until combined. Beat at medium speed 2 minutes. Stir in cherries. Spoon 1 level tablespoon batter into miniature muffin cups coated with cooking spray. Bake at 300 for 16 minutes or until puffed and crisp on top. Remove from pan; cool on a wire rack. Yield 21 mini muffins. Store in an airtight container for up to 2 days.

TIPS: 1) for a bitter bite – with no change in pts value – swap out the regular cocoa powder with dark chocolate cocoa powder.
2) if you like coffee – add 1/2 tsp of espresso powder to the dry ingredients before sifting.

Chewin' the Fat

I have such a hard time justifying my weekly Weight Watchers meeting fees. The healthy foods are so expensive and it's not fair to my kids, why should they give up all the stuff they like because of my bad habits.

WOAH! Stop the presses! Do you

hear (or see) what you're saying? If you sit down and REALLY figure out what you're spending on food, INCLUDING eating out at fast food restaurants, I will GUARANTEE you that you will be spending LESS money on food. Shop smart. Use coupons and buy the stuff on sale and in season. I can cook 4 meals worth of food for what I used to spend for ONE fast food meal. And the amount of money you will save from NOT eating fast food, it will make up for your \$10-\$12 a week meeting fees! And HELLO? If YOU shouldn't eat that crap...WHY do you think it's OK for your kids to eat it? Once in a while ok, but every week? Childhood obesity is RAGING. Why add to it? Let's teach them good eating habits. I sure wish my parents would have. It would have saved me many years of embarrassment and loneliness.

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

Thanksgiving is coming. Let's be thankful for good health.