

Quote of the Week:

"Weight loss is 90% mental / 10% carrots & celery sticks."

Tracie Sanderlin



Fat to Fab



ISSUE 5

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Food For Thought

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What a difference a year makes! Today was my one year anniversary of my new life. Never in my wildest dreams would I have thought that I would have been able to accomplish what I have done so quickly. I always knew I was going to do it this time, but wow! I have taken my BMI (body mass index) from 57.5 to 36.1. I'm still in the "obese" category, but time will take care of that. I have gone from over a 62 inch waist, to a 48 inch waist. That's from a size 34/36 to a size 22/24. I have even lost sizes in my feet. I started at a 10 1/2 (which they don't make...so I had to wear an 11) Wide and I am now a 9 1/2 regular. CRAZY! It's like I'm literally melting away....but you gotta take the good with the bad. My skin is starting to look like a Sharpe dog. There is just so much skin you can tuck in your clothes...ok, ok...TMI I know...sorry. I'm losing an average of 2.66 pounds a week. This has slowly started to decrease, and I expect it to continue to decrease the closer I get to goal. I only have 84.2 pounds to go. That may sound like a lot still, but to think that I started with 222 pounds to lose, 84 sounds like a snap...thank you everyone for your support, encouragement and motivation...keep it coming!

Don't forget to check out my new photos on my website! They are really amazing (if I do say so myself).

Climbing To The Top Girl Scout Cookie Time!

Don't forget about the stair climb I'm doing. If you want to join me or donate to my team, please do! I have a link to my team page on my website in the favorite links section.

Here in Missouri, it's Girl Scout Cookie time. Here is a cheat sheet for the POINTS®, so you can support your local troop without feeling guilty!

Lemon Chalet Cremes
1 cookie / 2 POINTS®

Trefoils
5 cookies / 4 POINTS®

Do-Si-Dos
2 cookies / 3 POINTS®

Samoas
2 cookies / 4 POINTS®

All Abouts
3 cookies / 4 POINTS®

S. F. Chocolate Chips
3 cookies / 4 POINTS®

Tagalongs
2 cookies / 4 POINTS®

Thin Mints
4 cookies / 3 POINTS®

Weekly Weigh In

I had a great weigh in for my 1 year anniversary!

Previous Weight: 236.4 lbs

Current Weight: 234.2 lbs

Weekly loss/gain: - 2.2 lbs

52 Week Total Loss: 138.2 lbs

Sponsorship Central

Current Sponsors:

Pounds 136 - 140: Jan Streib
Lori Dickerson

Upcoming Sponsors:

Pounds 141 - 145: Bev Elifritz
Ruth Bailey

Pounds 146 - 150: Ben Turec
Robyn Curtis

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: tracie@sponsormyweightloss.com

Recipe of The Week:

Clip & add to your recipe box!

Tracie's Sweet & Spicy Diet Coke Chili

Ingredients

1 pound lean ground turkey (97/3)
1 medium onion(s)
1 bell pepper(s), chopped (I used red)
2 tsp hot pepper sauce, to taste
1 cup Coca-Cola Diet Coke
1 1/2 Tbsp all-purpose flour
2 Tbsp apple cider vinegar
2 Tbsp Worcestershire Sauce

POINTS® Value: 3 Servings: 8 (1 cup ea)

2 tsp dry mustard
1 1/2 tsp McCormick Ground cumin
1 1/2 Tbsp chili powder
15.5 oz can Brooks Chili Mild Beans
15 oz can tomato sauce
14.5 oz can Fire Roasted Diced Tomatoes with Garlic
2 tsp hot sauce (to taste)

Instructions

Spray skillet with non-stick spray. Sauté onions and bell pepper. Add turkey. Brown and drain if needed. Add flour and cook for 1 - 2 minutes. Add Diet Coke, vinegar, Worcestershire Sauce, mustard, cumin, hot sauce and chili powder. Cook over medium high until it reduces slightly. Add mixture to crock pot. Add beans, tomato sauce and diced tomatoes to crock pot. Cook on low for 6-8 hours or on high for 3-4 hours.

Chewin' the Fat

What keeps you motivated?

Wow...hmmm...when I first started, my motivation was to be healthy for Alex (my 3 year old son) and Craig (my husband)...and myself of course. But that has changed along the way. My journey has

turned more into helping others and being a source of inspiration for other people that need that added bit of motivation. I love the emails I receive from people that stumble on my website. I have to do this for them as well as for my family and myself. I can't let them down! I want everyone to know that weight loss can be done without surgery. Tee Hee!

Please E-Mail me your questions and I'll answer them here.
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Remember: If you bite it - write it!