

### Quote of the Week:

"It's never too late to be what you might have been."

- George Elliot



# Fat to Fab



ISSUE 51

DECEMBER 14, 2008

### IN THIS ISSUE

Food For Thought	1
Climbing My Way To The Top	1
Helpful Websites	2
Weekly Weigh-In	3
Sponsorship Central	3
Recipe of the Week	3
Chewin' The Fat	3

### SURGERY FUND TOTAL

**\$00,068.75**

## Food For Thought

**Now we're picking up "Momentum"!** Weight Watchers introduced their new **Momentum** program this week. Since it's copyrighted material, I can't get too detailed. But if you are familiar with the old program, they had two choices, "Flex" & "Core". Flex was based solely on counting "Points" & journaling. Core on the other hand, focused on eating foods that were high in fiber, like whole wheat pasta, brown rice & potatoes, lean proteins, fat free dairy, fruits, veggies, etc. There was no journaling but you did have extra Points you could use for non Core foods through out the week. They wanted you to focus mainly on listening to your bodies hunger signals. My body...has no hunger signals. I never feel "satisfied". I go from hungry to bloated. If I don't journal, I over eat. End of story. Well, **Momentum** takes the best of both worlds and combines them into one program. You focus on what they call "Filling Foods". You still journal your foods and get in your "Good Healthy Guidelines." This will be a learning experience, but many people a lot smarter than me and you did millions of dollars worth of research. I'm sure they wouldn't change it if it's not going to work! Rumor has it that Weight Watchers will be having free registration after Christmas. I'll let you know as soon as I hear for sure.

## Climbing My Way To The Top

Well, I was out late on Saturday night. We had a great cocktail party at my friend Lisa's house and the food was great...and Weight Watchers friendly to boot!!! Well, I had a really hard time getting out of bed Sunday morning. Alex spent the night at "Pay-Pay's" (that's what he calls my Aunt Pat). So we didn't "have" to get up early...but I have to train. So up I woke. I had some breakfast (oatmeal) and off I went to climb stairs. Last week I did 66 floors. My goal today was to 75 floors. On my way up the steps for the last round, I kept telling myself I could do it. I kept counting the floors...I got to 75 and said to myself, "Let's go for 80." I got to 80...and I couldn't do anymore. My legs were like wet noodles! Put I did it! Next week I'll have others with me, so I will do what they can do. But let me tell you...I cried on the way home. I truly could tell how much healthier I am now! My mother-in-law bragged on me at lunch. That really made me feel good. To know how proud she is of me.

### Disclaimer:

This newsletter is in no way affiliated or endorsed by Weight Watchers International. It is simply a motivational tool

# Helpful Websites

I've had a lot of people ask me what websites keep me motivated and on program. I thought I would compile a list and share them with you here (in no particular order):

**[Shoutin' From The Roof Top](#)** - Great recipes! She has a newsletter you can sign up for also! If you sign up, tell her I sent you (PLEASE!)

**[Dottie's Weight Loss Zone](#)** - Great place to look up Points for restaurants. But be careful, I have found some stuff to be incorrect...but it's at least a good estimate.

**[St. Louis Area Weight Watchers](#)** - This is a Yahoo group I started for local members to support one another, but any Weight Watcher member is welcome to join.

**[Serious Weight Watchers](#)** - Yes, the name says it all. This is a Yahoo group where only the SERIOUS Weight Watcher members need apply.

**[Calorie King](#)** - Another great source for nutritional information.

**[Hungry Girl](#)** - I LOVE the Hungry Girl Website & Newsletter. It's a must in your email box!!!

**[Joyce's Fine Cooking](#)** - This is another good place to look for Weight Watcher friendly recipes!

**[Dietfacts.com](#)** - This is another great site for looking up fast food nutritional information.

**[Sparkpeople.com](#)** - While I'm not a member of this website, I have used it several times in the past. It has a LOT of great weight loss resources.

**[Tory's Website](#)** - Tory is a Lifetime member that has not only maintained her weight loss for SEVERAL years, but has gone from couch potato to completing many marathons & tri-athalons! My hero!

**[Diet.com](#)** - Another great online weight loss community.

**[Pillsbury.com](#) / [Kraftfoods.com](#) - Great sites for healthy recipes and COUPONS!**

**[Sheila's Website](#)** - A good friend of mine that has a support blog/website like mine!

## Weekly Weigh In

Previous Weight: 176 lbs  
 Current Weight: 173 lbs  
 Weekly loss/gain: 3 lbs  
 100 Week Total Loss: 199.4 lbs  
 Pounds until I've lost 200 lbs: .6 lbs  
 Pounds left to personal goal: .6 lbs  
 Weeks until I reach Lifetime: 4

**I'm a little confused of when I actually hit Lifetime. I'll have to ask my leader next Saturday**

## Sponsorship Central

### Current Sponsors:

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

### Maintenance Sponsors:

Week 3 (12/13 - 12/19): Charolette Kanot  
 Week 4 (12/20 - 12/26): Sue Coffman  
 Week 5 (12/27 - 1/2): Virginia Vasquez  
 Week 6 (1/3 - 1/9): Craig Sanderlin

## Recipe of The Week:

Clip & add to your recipe box!

### Chocolate Éclair Cake

#### Ingredients

2 small boxes vanilla fat free / sugar free instant pudding  
 3 cups skim milk  
 1 8-oz tub fat free whipped topping  
 2 bags (out of a box) of reduced fat graham crackers  
 1/2 tub of Betty Crocker **Whipped** Chocolate Icing

Servings: 16

POINTS® Value: 4

#### Instructions

#### **WARNING: THIS IS VERY ADDICTING.**

Combine the pudding mix with the skim milk and whisk until thickened. Then fold in the 8-oz tub of fat free whipped topping. Set aside. Place an even layer of graham crackers in a 9x13 glass baking dish. No need to crush the crackers, but please be sure to break them into peaces to fill in any large holes. Layer 1/2 the pudding mixture on top of the graham crackers. Repeat a layer of graham crackers. Repeat the pudding layer. Repeat with remaining graham crackers. You should have just enough. Remove 1/2 the tub of frosting and place in a microwave safe bowl. Microwave on 50% power for one minute. Stir and spread over the graham crackers with an offset spatula. **Cover and refrigerate overnight for best results.**

## Chewin' the Fat

**I've been watching your Tracie's Kitchen videos and I love how easy you make everything look. Can you tell me what that gizmo is you use to chop your meat?**

Thanks! I'm a good baker, but

not a great cook. So, I like things that are not complicated. That "gizmo" is one of my favorite kitchen gadgets. It's called the Mix N Chop. Pampered Chef puts them out. I LOVE it and have sent many to my friends (and one to Rachael Ray...she uses a metal potato masher in her pans and it scares the be-geezer's outta me!) Here is a link to where you can order them! [Order the Mix N Chop here.](#)

**Please E-Mail me your questions.**  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

**Don't forget about the referral contest!**