

Quote of the Week:

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas"

- Unknown



ISSUE 54

Fat to Fab



JANUARY 4, 2009

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\$00,158.63

*Thank you for
your donations!*

Disclaimer:

This newsletter is in no way affiliated or endorsed by Weight Watchers International. It is simply a motivational tool that I offer to my subscribers.

Food For Thought

Oh what a difference a week makes. So, as you know, this week was THE week. The week I make Lifetime with Weight Watchers. After last weeks gain, following a gain the previous week, I had not even thought about hitting my 200 pounds this week. I just wanted to lose that 1 pound to make lifetime.

I was so good this week. I wrote down EVERYTHING. I exercised more this week than I have in a long time. I drank so much water my eyes floated. There was no way I wasn't making Lifetime this week.

What's so big about Lifetime you might ask? Well, two things. First, it's the end of your weight LOSS journey and the beginning of your weight MAINTENANCE journey. But most importantly, it means that I no longer have to pay for my Weight Watchers fees. What other weight loss program is so confident that you will be successful that if you continue to go, weigh in once a month and stay within your allowed goal range, you can use their services for the rest of your life free of charge? I would only have to pay if I go two pounds over my goal, and then I only pay until I get back within my goal range.

So I needed to lose 1 pound to make Lifetime, but I needed to lose 5.6 pounds to make 200 pounds. I haven't had a loss that big in literally a year. So the chances of that were very slim.

Of course, I recorded my weigh-in for you all to share:

Tracie's Lifetime Weigh-In & Meeting

PRODUCT REVIEW

One of my all time favorite comfort foods is Wonder Bread. Yeah, the pillowy white bread that makes perfect dough balls. And that's exactly what I would do with them as a kid. I would actually eat a half loaf of bread as a snack. I would sit there and pull off all the crust and make little dough balls with it. I could get about 6 dough balls out of each piece. Now, compare that to the crappy "diet" bread. Yeah, it's whole grain and full of fiber, but blech...it has no flavor and is so dry, I might as well eat a piece of cardboard. Well, NOT ANYMORE! My friend & fellow Step Sister Tracy introduced me to Nature's Own Whitewheat Bread. Two slices is 100 calories, 2 grams of fat and 5 grams of fiber. In Weight Watchers speak, that's 1 point for 2 slices. Oh my goodness! It was like being back home again. I made a grilled cheese sandwich with it today. I put 1/2 tsp of canola oil and a little bit of garlic powder and each side. I then used two slices of Kraft Free American Singles and made an ooey gooey 3 point treat. YUM! And yes, the Kraft Free (fat free) Singles melt GREAT! Not like those plastic fat free shreds. Give it a try and let me know what you think? And a great way to sneak some whole wheat into your kids diet! I'm all about the sneaky chef tactics.



Climbing My Way To The Top

Countdown to the Master The Met: 62 Days

It's Sunday. That means stair climb day. We added two more to the climbing crew this week. Christine and Tracy went for their first attempt. When I started training last year at the University Club Tower, I think we were able to get up about 15 floors. Granted I was 50 pounds heavier then too. But these gals made it up all 44 floors today in 30 minutes. That's a FANTASTIC feat for your first time. You made it up without dying. The next goal isn't so much going farther, but faster. We'll get there!

REMINDER ABOUT FUNDRAISING

I am trying to reach my goal (or hopefully surpass) of \$250. If you can find it in your heart and wallet to donate, or would like to join our team, I would be very grateful. Remember, your donation is tax deductible.

[Donate to the American Lung Association / Master The Met](#)

Weekly Weigh In

Previous Weight: 178 lbs

Current Weight: 172 lbs

Weekly loss/gain: - 6 lbs

103 Week Total Loss: 200.4 lbs

Pounds until I've lost 200 lbs: I'm there!

Pounds left to personal goal: I'm there!

Weeks until I reach Lifetime: I'M THERE!!

**I DID IT! THANK YOU
EVERYONE!**

Sponsorship Central

Current Sponsors:

NONE!

Maintenance Sponsors:

NONE!

WE DID IT!!!

Next step - skin removal. Oh boy.

Recipe of The Week:

Clip & add to your recipe box!

Glazed Carrots

Ingredients

- 2 large carrots peeled and sliced into 1/4 inch thick "coins"
- 1 cup water
- 1/4 cup Splenda
- Juice of 1 small orange or clemantine

Instructions

- Placed carrot "coins" in a Ziplock Steamer Bag or a glass bowl tightly covered with plastic wrap. Do not add any liquid. Microwave on high 3-4 minutes until fork tender (not too soft). In the meantime, bring 1 cup of water to a hard boil in a large skillet. Add carrots and any cooking liquid to pan. Sprinkle Splenda over the carrots and toss. Cook until the water evaporates. Add the orange juice and toss. Let juice reduce. Serve and enjoy. (you could also do this with baby carrots, but you will have to steam them longer)

If you eat the entire recipe, it's 1 point.

Servings: 2

POINTS® Value: 0

Chewin' the Fat

What is your New Year's resolution?

Well, I have a couple. I want to work on upping my strength training. Cardio is NOT enough when it comes to weight loss. You must

build muscle. Now, granted, I'm not trying to lose "weight" anymore...but I can still lose fat...as long as I'm gaining muscle. I also want to work on my journaling. It's been one of the things I struggle with from time to time. I'm much better about it then I was a year ago...but I still have those days where I know I'm doing ok, because I know I'm making healthy choices, but I just don't know where I am with my points, which means I could be over or UNDER on my calorie intake for the day. I'm also going to work on our finances this year.

Please E-Mail me your questions.
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Let's work on those New Year resolutions.