

Quote of the Week:

“The elevator to success is out of order. You have to use the stairs... One step at a time.”
- Joe Girard



Fat to Fab



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Food For Thought

There are a few things in life that I've always felt were missing. I never got to go to a Homecoming dance. I never got to go to a Sweetheart dance. I never got to go to Prom. And it has been something that has really bothered me all my adult life. I just felt like I missed out on a rite of passage. I've never gotten to go dress shopping. Heck, the only times I've gotten to wear a formal dress was at age 9 as a Junior



Bridesmaid, at 8th grade graduation, and then 14 years later at my own wedding. Well, we had Craig's company Christmas party on Saturday. I was so excited. I had Craig go shopping with me so I could pick out a dress that he would be proud to see me in. I got some sexy shoes. Craig got all new clothes and looked super sharp. We had a blast. I didn't want to go home. Had we not been broke, we would have gone out bar hopping!

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\$00,208.63

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.

PRODUCT REVIEW

I have been craving Chinese food for weeks...maybe months...and when my Step Sister, Tracy (the Carb Queen) told me about some frozen egg rolls she found, I was intrigued. She let me have one to try and OH MY GOOD-



NESS they are great! My other Step Sister, Phyllis, said they had Tempura Chicken. So off to Shop 'n Save I went. They were on sale,



so I decided to look at the other items they had and much to my surprise, they had a few things that, for frozen Chinese food, were very Point Friendly! So Sunday night, Craig and I

sat down to a very filling Chinese dinner! They don't even add any MSG! (There is a trace amount in the soy sauce they use.) OK. OK. The company is called [Kahiki](http://Kahiki.com). Their Vegetable egg rolls are 1 point each. The chicken tempura is 3 points for half the box and the chicken fried rice is 4 points for half the box. It's all VERY tasty and was a FANTASTIC 8 point Chinese meal!



Climbing My Way To The Top

Countdown to the Master The Met: 55 Days

Another week, another training session. We did great! We had a crew! Tracy & Brett, Phyllis & Don, Christine and myself. We made it up the 42 floors in 21 minutes. Faster than last week!!! Then some of us went for a 3rd round...we did all three trips in 30 minutes.

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](#)

Don't forget about the referral contest! Get your friends to sign up for my Newsletter!

Weekly Weigh In

Previous Weight: 172 lbs

Current Weight: 172.2 lbs

Great maintenance week!



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Recipe of The Week:

Clip & add to your recipe box!

Julie's Creamy Oatmeal

Ingredients

- | | |
|--------------------------|--|
| 1/4 cup rolled oats | 1 tablespoon sugar free syrup |
| 1/2 cup water | 1 tsp canola oil |
| 1 tsp cinnamon | 1 6oz container Weight Watchers Yogurt |
| 1-4 packets of sweetener | 1 cup berries or fruit of your choice (optional) |

Servings: 1

POINTS® Value: 3 - 4

Instructions - This so good and creamy!

Place 1/4 cup oatmeal and 1/2 cup water in large microwaveable bowl. Microwave on high 1 1/2 - 2 minutes. Add cinnamon, sweetener, syrup and canola oil. Don't worry! You won't taste the oil. Mix in yogurt of your choice. You can also add a fruit of your choice. I prefer it without the fruit and eat the serving of fruit later. My favorites, raspberry, black cherry, peach, cherry cheesecake, mixed berry. This has become my morning staple.

Note: Do not microwave the yogurt. It will kill the good bacteria.

Chewin' the Fat

Now that you are at your goal weight and reached your Lifetime status, what is your next goal?

instructor. They are having a certification seminar on March 15th in Columbia, Missouri.. I want to take the money I earn from teaching to put towards my surgery fund. And I'll be exercising while I'm doing it, so I can still firm up the muscles I have and burn off the fat I have left too. It's a win-win situation! I just have to come up with the \$215 fee before February 22. Also, KSDK is coming out Thursday to do an update on my story and also film me in my Zumba class. I can't wait!

Well, Craig and I discussed it and I have been wanting to become a certified Zumba

Please E-Mail me your questions.
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Take baby steps to change!