

Quote of the Week:

"The rest of the world
lives to eat, while I
eat to live."

- Socrates



Fat to Fab



ISSUE 57

JANUARY 25, 2009

Food For Thought

I'm not going to mess this up with a lot of yammering. Pictures are better than any words I could use...

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SURGERY FUND TOTAL

\$00,232.63

*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.



50 Pounds Gone



100 Pounds Gone



150 Pounds Gone



200 Pounds Gone

Upcoming TV Interview

Still no news on the air date for my interview. I will email & post a notice to my website if I hear before the next issue.

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Product Review

I've been trying a lot of new stuff lately! Here's another one! I have heard about this product for many weeks and finally my local grocery store has started carrying Fat Free Feta Cheese. I have one word...YUM! It's a little pricy, but a little goes a long way. I got the pre-crumbled. They also have blocks and flavored ones as well. I found it in the specialty cheese case near the deli. One serving (1 oz) has a Points Value of 1, but I only used 1 tbs (1/4 oz) on my salad and it added a lot of flavor for 0 Points. I'm going to try feta stuffed chicken breasts soon! Let me know what you think!



Refer a Friend

ONE WEEK LEFT! Don't forget about the referral contest! The person that refers the most new subscribers to my newsletter before January 31st, will win a \$10 gift certificate to Subway.

Climbing My Way To The Top

Countdown to the Master The Met: 41 Days

It was a rough one today with training. After missing last week, my muscles were yelling at me! Today at training it was just my "Step-Sister" Lisa and her husband Kevin and myself. We did great! We finished in under 15:09. And that included the elevator ride back down to the bottom.

REMINDER ABOUT FUNDRAISING

I'm almost there! I'm at \$135 so far. I am trying to reach my goal (or hopefully surpass) of \$250. If you can find it in your heart and wallet to donate, I would be very grateful. Remember, your donation is tax deductible. Click on the link below to donate

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

Weekly Weigh In

Previous Weight: 171.2 lbs

Current Weight: 172.6 lbs

I'm very happy with this weigh-in. I'm trying to stay around 172 pounds. I don't expect to be the same every week. We also got to enjoy a few "naughty" meals and still have a good week!

I LOVE WEIGHT WATCHERS!.

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"I only lost one pound before I quit my diet. But if I can do that 50 times, I'll lose 50 pounds!"

Recipe of The Week:

Clip & add to your recipe box!

Buffalo Wings with Blue Cheese Dip (from Weight Watchers.com)

Ingredients

- 1 spray olive oil cooking spray (to coat pan)
- 12 oz uncooked skinless chicken wings
- 1 1/4 oz powdered taco seasoning
- 1/2 cup fat-free sour cream
- 2 tbsp blue cheese, or gorgonzola, crumbled
- 2 tbsp fat-free milk
- 4 medium stalks celery, cut into 2-inch pieces

Servings: 4

POINTS® Value: 4

Instructions -

Preheat oven to 400 F. Coat a large baking sheet with cooking spray. Place chicken wings in a zip-topped plastic bag, add taco seasoning, seal bag and shake to coat. Transfer wings to prepared baking sheet and bake until cooked through, about 18-20 minutes. Meanwhile, to prepare dip, whisk together sour cream, cheese and milk.

Serve wings with dip and celery on the side. Yields about 3 wings, 3 tablespoons of dip and 1 celery stalk per serving.

Chewin' the Fat

I have a rather embarrassing question. I hear everyone raving over Fiber One bars. And while I find them REALLY delicious, I can't eat them without getting really bad gas. Am I alone in this?

Goodness gracious...NO! You are NOT alone. There is something in the bars...could be the high fiber content, could be the type of fiber they use (because other high fiber products don't have that same affect) but in my home and among some of my friends they are affectionately deemed "Fart Bars". I have to be careful when I eat them. And if I see Craig eat one...all bets are off. I have to eat one so I'm armed for battle! HA! By the way, they just game out with a new flavor...Chocolate Mocha! So just eat one when you are staying in for the evening and don't feel bad about depleting the Ozone. HA!

Please E-Mail me your questions.
tracie@sponsormyweightloss.com

Super Bowl doesn't mean super calories...be prepared! GO KURT!