

Quote of the Week:

"There's only one corner of the universe you can be certain of improving, and that's your own self."

- Aldous Huxley



ISSUE 58

Fat to Fab



FEBRUARY 1, 2009

Food For Thought

I have been craving Steak 'n Shake for weeks. I really wanted one of those juicy Steakburgers. I knew that if I didn't, I would start eating other things to try and fill that craving...and in the end I would still crave it. So, we decided to give into the craving. BUT, here's how we did it. We looked up everything we normally like and figured out the points for everything. Let me tell you, it's NOT pretty. But what I was craving was a Steakburger. So we looked up the points for a plain Steakburger without the bun. It's only 3 points. And if you add cheese, it's 4 points. So, I took my own [Arnold Sandwich Thin](#) and got all the toppings (minus mayonnaise & onions of course). And who can go to Steak 'n Shake without getting those yummy shoe string French fries? Not me! Well, we looked them up and a small order is only 5 points...and with cheese...7. So, I had filled my craving for Steak 'n Shake and only used 12 points....but I got a single steakburger with cheese AND cheese fries. My craving is filled. It's ok to calm your cravings, but you just have to do it sensibly. Figure out what it is you are truly craving...or are you trying to fill a void of something else. I waited a couple weeks and made sure that's what I really wanted. I then did my research and made an educated choice. I was craving the burger, not the bun. Why would I waist 3 or 4 points on the bun? I was able to use those points to go towards my cheese fries. I don't feel deprived and we enjoyed a fun family meal out of the house. Fail to plan, plan to fail.

Upcoming TV Interview

Still no news on the air date for the follow-up interview. I will email & post a notice to my website if I hear before the next issue. If you missed the original KSDK Cover Story, you can watch it here:

[February 2008 KSDK-TV Cover Story](#)

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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.

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Menu Planning

I'm not always good at meal planning, but with the economy the way it is, and trying to save money anyway I can, I have really been working at keeping my grocery shopping to about \$300 a month. One of the ways I do this is with coupons. I actually saved \$18.50 with coupons this week. Another way is to go through my pantry, fridge and freezer to see what I have, go through my recipes to see what uses those items so I can get rid of what I already have before buying anything new, then use my menu planner I created. Typically we have the same thing for breakfast and lunch all week, but we like to keep things different for dinners. I don't typically plan a dinner for each day of the week because we'll have left-overs a couple nights.

View my menu plan for this week and print one of your own to use next week.

[This week's menu plan.](#)

[Blank menu plan.](#)

Refer a Friend

AND THE WINNER IS... I want to thank those of you that participated in my refer a friend contest. The winner, with 4 referrals, is **Tracy Trego-Buttry**. She will be receiving a \$10 Subway gift card

Climbing My Way To The Top

Countdown to the Master The Met: 34 Days

We had our full team today, Christine (who also brought her sister with her), Lisa, Tracy and myself. We finished in 18:15. We're doing great!

REMINDER ABOUT FUNDRAISING

I'm almost there! I'm at \$185 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 online to the American Lung Association / Master The Met](#)

If you feel more comfortable mailing a check, you can do that also. Please **make checks payable to American Lung Association** and **put Tracie Sanderlin Master The Met in the memo field.**

**Mail to: American Lung Association
1118 Hampton Avenue
St. Louis, MO 63139**

Weekly Weigh In

Previous Weight: 172.6 lbs

Current Weight: 173 lbs

I'm going to drop myself a point this week. Two weeks of gains scares me. Even though this week was only .4, it still scares me.

AND I'M GETTING BACK TO THE GYM!!!!



"I know dieting is stressful, but try gnawing on a carrot instead of my nerves!"

Recipe of The Week:

Clip & add to your recipe box!

Biggest Loser Spicy Black Bean Soup

Ingredients

- 1 Tbsp olive oil
- 2 (15oz) cans of black beans
- 1 cup finely chopped celery
- 1 large onion, finely chopped
- 4 cups water
- 2 cloves garlic cloves, minced
- 1/4 cup cilantro, chopped
- 3 tbsp ground cumin
- 1 (20 oz) can Rotel or regular diced tomatoes

Instructions -

- In a large sauce pan or medium stock pot, heat oil over a medium high heat.
- Cook onion and celery until semi soft. Add everything else to the pot (do not drain cans) and bring to a boil. Reduce heat to low, and simmer at least 45 minutes. Before serving, run half of the soup through the blender or use a hand blender. Be careful not to over blend. You still want some texture to the soup.

Servings: 8

POINTS® Value: 1

Chewin' the Fat

I can't seem to stay motivated. How do you do it?

Well, honestly, I stopped being about motivation about a year ago. I don't need to stay "motivated" or have "will power" anymore because

this is not a diet. I'm on what's called a "Live It." I have made changes that I will live with the rest of my life. I have changed my lifestyle completely. It's even take any thought now. It's just habit. Once I stopped thinking of my journey as a "diet" and realized this is something that I have to change and do forever, it just clicked. I love my new lifestyle. I wouldn't change back to my old habits for anything. For one thing, my body would rebel!

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

How are you spending your snow days? We went sledding and I shoveled my street.