

### Quote of the Week:

"Once you realize that you can ask for help, your whole world will change."

-Excerpt from "The Christmas Sweater" by Glenn Beck



# Fat to Fab



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## Food For Thought

**It's funny how our bodies change.** Sometimes for the better. Sometimes for the worse. When I was young. I didn't have really bad allergies. Season changes never bothered me. Dust? No problem. Dogs and Cats? Let me at 'em. The only real allergy I had was peanuts. Now, I never had a SERIOUS allergy to peanuts. But if I touched them, my skin would itch to high heaven and swell. If I ate 1/2 a PB sandwich, it was enough to keep me home from school. Came in handy on test days. Nothing too severe. But uncomfortable enough to not want to feel that way. Fast forward 15-20 years. I now have nasty environmental allergies. Mold, ragweed, dust, you name it. I'm still ok with animals (thank goodness). But the PB? Well, I still have the skin allergy. Touching peanuts (ESPECIALLY in the shell) makes my hands swell and itch pretty badly. But, I have tried eating a little of it the last few months. Small amounts at a time. I'm still taking it slow as I don't want to build up a resistance. And I don't get the nausea anymore. This is a blessing and course. I have come to find out, I LOVE peanut butter. While it's a great source of protein, the stuff you buy at the store, even the reduced fat, is FULL of fat and calories (most reduced fat is 4 Points for 2 TBLS) ...and what a time to think you love PB now that it could be laced with Salmonella\*. Enter Jewels the Clown (available for hire in certain parts of Michigan...sorry - had to give her a plug). She's a good friend of mine and sent me some PB2. What is PB2? It's a powdered peanut butter. It's just peanuts, sugar and salt. You mix 2 TBLS of the powdered mix with 1 TBLS of water and viola, you have peanut butter! Oh, the Points value? 1 Point baby! And it's very tasty. But you can do so much more with it. Sprinkle it over your ice cream (fat free of course), put it in a smoothie without changing the consistency, mix it with your yogurt and make PB yogurt ...anything you can think of. While it's available in grocery stores in some parts of the country, you will probably have to purchase it online. It's a little pricy, but you're really getting almost twice the amount of PB because it's a full jar of powder. I'm getting ready to place an order. They also have a Chocolate PB2. I'm told it tastes like Nutella. I'm up for that! Let me know if you try it!

\*Their site says they have had their products tested and they are free of Salmonella.



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### SURGERY FUND TOTAL

**\$00,282.63**

*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.

## Upcoming TV Interview

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

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## New Product Spotted

**A little birdie called me today.** She was at the grocery store and said she spotted some new 1 Point hot dog and hamburger buns! Yes, my favorite frequent shopper, Tracy Trego-Buttry is always on the prowl for food that is both good for your body and your soul. It's by the makers of our new



favorite fluffy Whitewheat bread, [Nature's Own](#). The hot dog buns have 4 grams of fiber per bun, while the hamburger buns have 5 grams. I'm hoping they will be as soft and fluffy as the Whitewheat sandwich bread. (Which is GREAT for French toast by the way). I am not in the market for any buns right now, but at least I know it's available. If anyone out there has tried them, let me know! (I looked for them today...no luck.)



## Can You Chico Snap?

**Can you back that tango?** If you answered no...and are thinking to yourself, "What in the world is she talking about?" Then you probably haven't been to a Zumba class. Well, if you live in St. Louis, the time for that is about over! On March 15th, I will be going to Columbia, Missouri for a 6 hour Zumba certification class. After that, I will be able to teach you, and anyone else, the fun & sexy way to get in both your cardio and some great body toning. Now, I have to put my routine's together first of course, but wouldn't that be a great way for us to lose, maintain, and tone together? I'll keep you posted on when I get some classes set up. Also, if you know of anyone that owns a facility (gym, church, etc) that may be interested in having a Zumba class (or 2) let me know, and let them know about me! I have some great ideas. Never in my wildest dreams would I have imagined ... Me - becoming an exercise instructor?! Wow! Just shows it's never too late to make a change.

## Climbing My Way To The Top

### Countdown to the Master The Met: 27 Days

Today it was just myself and Tracie. Christine and Lisa trained elsewhere. The good news is we climbed Queeny Tower twice in 15 minutes and 22 seconds. That's almost 3 minutes faster than last week. The bad news is, we found out that climbing it twice is only 864 floors instead of the 1000 that the event is. We're going to have to climb it just over 2 1/2 times to match the Met.

**I NEED YOUR HELP!** I'm at \$235 so far. Only \$15 dollars to reach my goal of \$250! If you can find it in your heart and wallet to donate, I would be very grateful. Click on the link below to donate

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

You can also mail a donation. 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: 173 lbs**

**Current Weight: 172.2 lbs**

**Down .8 & and  
I'm feeling in control.**



**"Welcome to the Weight Loss Forum.  
To lose one pound, double-click  
your mouse six million times."**

## Recipe of The Week:

Clip & add to your recipe box!

### Julie's Tater Tot Casserole

#### Ingredients

- 1 pound ground turkey or beef (93/7)
- 1 cup onion chopped
- 1 tsp garlic powder
- 1 tbsp steak seasoning
- 1 can mushroom slices (drained) (can use fresh)
- 1 can 98% fat free cream of chicken or mushroom soup
- 1 can (about 15oz) cut green beans (un-drained)
- 1 bag frozen green beans (4 serving size)
- 32 tater tots (frozen) - cut in half length wise
- 1 cup 2% shredded cheese (I used Mexican blend)

**Servings: 8**

**POINTS® Value: 5**

#### Instructions -

- Preheat oven to 350 degrees. Fry ground meat and onions with garlic powder and steak seasoning. In the meantime, microwave your green beans according to package directions. Add mushrooms, soup, green beans (both kinds). Pour into a 9x13 baking dish sprayed with non-stick cooking spray. Top the mixture with 8 rows of 8 tater tot halves. Top with shredded cheese and bake for 45 minutes.

## Chewin' the Fat

**I just found out that Tostitos is discontinuing their Light Tostitos line. Not the Baked line, but the Light ones made with Olestra. I LOVE these. I'm so upset!**

Yes, I heard that! These are

very tasty and I like them much better than the baked, both taste and texture wise. I wish I had some here to eat with my salsa...ugh...I'm so bummed too! Let's all call Tostitos and tell them how much we want them to continue them! **POWER IN NUMBERS!** The phone number is 800-352-4477, Monday - Friday 9AM to 4:30 PM CST. You can also email them through their website:

<http://www.fritolay.com/about-us/contact-us.html>

**Please E-Mail me your questions.**

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**Spring is in the air! I don't care what Phil says!**