

### Quote of the Week:

“Take care of your body. It’s the only place you have to live.” - John Rohn



# Fat to Fab



ISSUE 6

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### IN THIS ISSUE

Food For Thought	1
Weight Loss Rock Star	1
Weekly Weigh In	2
Sponsorship Central	2
Recipe Of The Week	2
Chewin' The Fat	2

## Food For Thought

We all have issues we deal with every day. It's how we deal with those issues that is important. Many people, myself included, are emotional eaters. We eat when we're happy, sad, bored, lonely, tired, you name it. We swallow our emotions with food instead of dealing with the issue at hand. I have learned, and still learning, how to deal with my issues. **If hunger isn't the problem, food isn't the answer.** Try journaling, not just your food, but your feelings. No one ever has to read it but you. Get you feelings on paper. It will keep your hands busy, so you won't eat. It will also give you time to let the feeling to eat pass. It will usually pass in about twenty minutes. And, it also gives you insight into your feelings. I let's your learn about yourself. Go back and re-read your thoughts and think about what was wrong and how you handled it. It will help you the next time a situation like that comes up.

## Weight Loss Rock Star?

Me?? Someone actually used those words to describe me the other day. I said I'll start dressing up like Gene Simmons ... that'll keep people from eating!

But seriously...just to give you a SMALL peek into what's been going on with me over the last week...Tuesday, I had a morning TV interview with KPLR. They are doing a follow-up story on my weight loss to air in February. Tuesday afternoon, KTVI called and asked for an update on my weight loss so they could use it in an interview with the doctor from NBC's *The Biggest Loser*. You can see the snip-it on my "In the News" section of my website. Thursday afternoon, KSDK came and filmed a cover story on me at work & home that will also air in February.

I have a lot of other big things going on that I'll save for another newsletter.

I guess someone losing this much weight without surgery is news worthy...and that's exactly what I'm trying to show everyone. It's never too late to start your own weight loss journey.

## Weekly Weigh In

I have no idea how I did so well this week. It's been such a stressful one, I didn't manage to eat properly. But my bad days on Weight Watchers are MUCH better than my good days pre-Weight Watchers.

**Previous Weight: 234.2 lbs**

**Current Weight: 232.2 lbs**

**Weekly loss/gain: - 2 lbs**

**53 Week Total Loss: 140.2 lbs**

## Sponsorship Central

### Current Sponsors:

Pounds 141 - 145: Bev Elifritz  
Ruth Bailey

### Upcoming Sponsors:

Pounds 146 - 150: Ben Turec  
Robyn Curtis

Pounds 151 - 155: Kevin Washington  
Dawn Mays

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: [tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

## Recipe of The Week:

Clip & add to your recipe box!

### Crock Pot Pork Chops & Potatoes

#### Ingredients

24 oz lean boneless pork chop, (6 - 4 oz chops)  
1 can Campbell's 98% Fat Free Cream of Chicken soup  
1/4 cup fat-free, reduced-sodium chicken broth  
1/4 cup Dijon mustard

**POINTS® Value: 7 Servings: 6**

1/2 tsp ground thyme  
1 clove garlic clove(s), minced (or 1/4 tsp garlic powder)  
1/4 tsp black pepper  
6 medium potato(es), thinly sliced  
1 medium onion(s), sliced  
1 Tbsp olive oil

#### Instructions

In skillet, brown pork chops in oil. Drain fat. In a crock-pot, mix soup, chicken broth, mustard, thyme, garlic, and pepper. Add potatoes and onion, stirring to coat. Place browned pork chops on top of potato mixture. Cover and cook on LOW for 8 to 10 hours or on HIGH for 4 to 5 hours.

## Chewin' the Fat

**Where do you go to enjoy a meal out? I'm getting tired of cooking.**

Well, my first choice for fast food is Subway! I usually do the veggie on wheat. But sometimes I'll get the Subway Club or, I just tired

their new Black Forest Ham. It has 8 grams of fat instead of their normal 7 under 6 grams of fat menu, but I had the points and wanted to try it. It's VERY good! Great flavor!

If I'm wanting a sit down dinner, of course, I like Applebees because they have the Weight Watchers Menu. And the food is actually very tasty! But I use the nutritional guides on all the restaurants websites so I can pick meals based on my points for the day. Always check websites, you would might be surprised at what you find!

Please E-Mail me your questions and I'll answer them here.  
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*See you lighter!*