

### Quote of the Week:

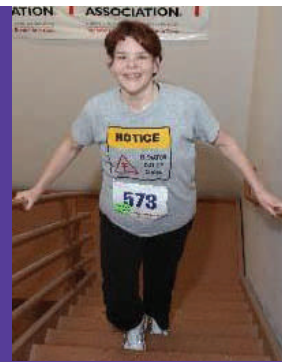
"Just when I think I have learned the way to live, life changes."

- Hugh Prather



ISSUE 67

# Fat to Fab



APRIL 5, 2009

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### SURGERY FUND TOTAL

**\$00,532.60**

*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.

## Food For Thought

**I had a great interview this week.** Quite a while ago, I had received an email from someone requesting inspirational stories of people that want to go on The Oprah Show to get their story out. Well, out of the blue this past Monday, I received an email from the writer (sort of like a "Chicken Soup For The Soul" kind of book) requesting a phone interview. It went **great** and she said she is positive she will be using my story in the book. She was telling me of some of the other stories in the book. I will be in with others like anchors on CNN, MSNBC and others. It is also guaranteed to get to Oprah herself. I should find out more in the next two to three months. Could be the in I need to be able to share my story with the country. If I could just help one person realize it's not too late to take back their life, it would be worth it! I'll keep you posted.

## An Evening with Beto

**Friday night was the Master's Class with Beto.** It was a blast. There were about 300-



Alberto "Beto" Perez

400 people there...it was packed. He came out and got the crowd pumped. It was just so awesome seeing such a diverse group of people there. The "warm-up" lasted about 20 minutes. It was intense.

The energy in the room was electric. Very infectious. I do think I got too dehydrated. There was very little time to get to your water. Also, space was so limited, that if you moved, you lost your spot. I'm still playing catch up. Towards the end, they turned off all the lights and it turned into a total Zumba rock concert...live percussions and all! Next, we have Gina Grant coming in for Zumba for the Cure in June. I can't wait! I know it will be just as electrifying!



The Darleneiacs with the Zumbamobile



"The" Darlene - our instructor

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## Ch-Ch-Ch-Changes

**Big changes are on the way...** I have a huge announcement. A lot has changed in our lives over the past two years. So why should we stop now? Some of you already know what's going on, but most of you do not. I've had to keep it a secret until now...you know me...I always seem to have something big in the works. Well, I decided I'm going to tease you a bit more...I'm not going to tell you here, you have to go to my [youtube.com](https://www.youtube.com) video and find out the secret. Click on the link below.

### THE BIG ANNOUNCEMENT

## How to Grocery Shop

**That's right.** I said, "How to grocery shop." Many of you just go through the motions when it comes to grocery shopping, but do you REALLY know how? Step 1, take inventory of your pantry/freezer/fridge. See what ingredients you have. See what staples you need to stock up on. Check the sale ads. See if there are any specials on lean proteins especially. Then look through your recipes and make a menu based on what you have in house and what you can get inexpensively at the store. Make your list according to your grocery store. Don't just right out your list willy nilly. That leads to aimlessly wandering down the aisle and that leads to binge/impulse buying. Shop the perimeter of the of the store. Getting your fresh produce, dairy, meat and bread. Then hit your aisles. But here's a trick. Leave your cart (take your purse) at the end of the aisle and just carry what you absolutely need. Also, they place the less healthy items at eye level. The stuff we need will be on the top or bottom shelves. Then, hit the candyless checkout lane. Most of the stores have one now. Now once you get home, you're not finished. You need to prepare your veggies and fruits for snaking through the week. Wash, cut and measure them out and place them in baggies or bowls ready for immediate snacking. That way, when the munchies monster hits you, you're all set! Now, for those of you that think it's too much of a hassle. Let me help! For a small fee, I'll come over and help you do an Extreme Makeover, Pantry Edition. We'll take inventory, make a menu and shop. I'll show you the hidden gems in the store and even come back home with you and help you with your prep work. If you need even more help, I can help you cook the recipes and put them in individual portions for meals through out the week. Your family won't even know it's good for them!

## KSDK Follow-Up Story

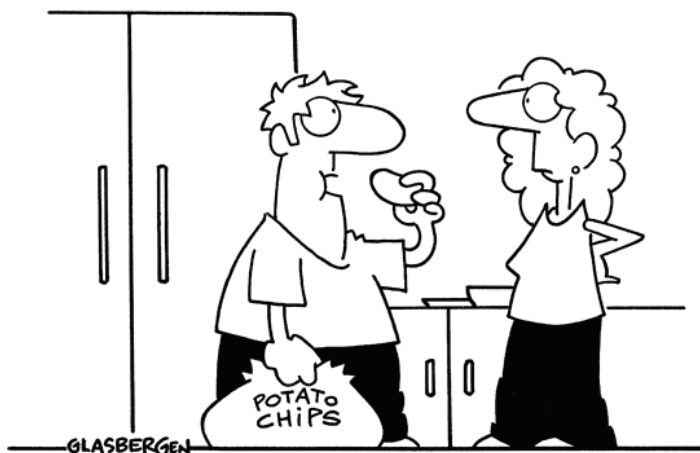
**NEW DATE!** My follow-up interview has been moved up to Tuesday, April 7th at 10pm. If you live in the St. Louis area, please tune in to the 10pm news on Tuesday, April 7. If you do not live in the St. Louis area, you can also watch it live online. They have a streaming newscast section on their website. [KSDK Live Newscast](https://www.ksdk.com/live-newscast)

## Monthly Weigh In

No Weigh-In this month. Please check out my video to find out why.

### The Big Announcement

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**"Dieting makes me feel too weak and tired to exercise. But snacking gives me enough guilt to fuel a great workout!"**

## Recipe of The Week:

Clip & add to your recipe box!

### Weight Watchers® Easter Pork Tenderloin

#### Ingredients

1/2 cup reduced-calorie pancake syrup  
1 tsp dry mustard  
1 tsp ground cloves  
1 tsp ground ginger  
1 tsp table salt

1/2 tsp cinnamon  
1/2 tsp black pepper, freshly ground  
2 1/2 lb lean pork tenderloin, use two 1 1/4-lb pieces

Servings: 4

POINTS® Value: 8

#### Instructions -

In a large zip-close plastic bag, combine syrup, dry mustard, cloves, ginger, salt, cinnamon and pepper. Trim pork of all visible fat and cut each tenderloin in half widthwise. Add tenderloins to plastic bag, squeeze out air and seal bag; turn to coat tenderloins. Place bag on a plate and refrigerate on bottom shelf, turning bag occasionally, at least 2 hours or overnight.

Preheat broiler. Place tenderloins in a roasting pan and pour marinade over them. Broil 5 inches from heat until pork reaches an internal temperature of 160°F, about 6 minutes per side. Let stand at room temperature for 5 minutes before slicing. Yields about 4 ounces of meat per serving.

## Chewin' the Fat

Easter is next weekend, any suggestions for some Weight Watcher friendly dishes? I'm having family over to my house this year and some of them are pretty picky.

Well, the pork tenderloin above sounds great (I am NOT a lamb fan). Also, the [hashbrown casserole](#) on my site is yummy. If you need a good side dish, my [glazed carrots](#) are REALLY yummy. If you need a good spring time dessert, try the [orange-coconut angel food cake](#). It's very tasty! And if you need some good appetizers, check out my [appetizers](#) section on my website. I REALLY love the [marinated carrots](#). I think I'll make some of those tonight to snack on this week.

Please E-Mail me your questions.  
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**Do you have your holiday meal planned?**