

Quote of the Week:

"The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just a small amount of fire makes small amount of heat."

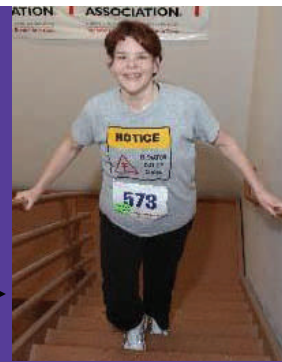
- Napoleon Hill



ISSUE 68

Fat to Fab

I was 6 weeks pregnant when I did the Master The Met Stairclimb.



APRIL 12, 2009

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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

Just in case you were living in a box last week...yes, I am pregnant. I am 11 1/2 weeks along and so far so good. Everything is going smoothly...aside from a little morning sickness from time to time, I'm doing well. I want to be honest with you all. I'm terrified to watch the scale go back up. I know it's healthy and I know it's necessary, but I'm still terrified. After two years of watching the scale go down...now I have to watch it go the other way. So I really am going to need your mental support throughout this pregnancy. As I stated in the video last week, I am going to start a "Sponsor My Pregnancy" for the remainder of my weeks. I have started a page on my website showing what weeks are available. Maybe you could sponsor me by coming to one of my Zumba classes...if I can do it with a bowling ball stuck in front of me...you can too! TeeHee. Let me know if you are interested. If you have already told me you are interested, and I haven't signed you up yet, then please remind me. "Pregnancy Brain" is a real big problem for me lately...and I NORMALLY have a brain like a steal trap! Thanks again everyone...this is going to be in interesting journey to say the least. By the way...anyone have some maternity clothes they don't need? I need some (ESPECIALLY pants)...**FAST!**

WWs Not So Incredible Rewards

Free Wii Game...Free iPod Touch...Free Cookware...these are just a few of the things we have been able to get (with the help of Tracy Trego-Buttry) with the Weight Watchers Incredible Rewards program. The gist of program is you buy Weight Watcher's products (or WW endorsed products) and save the UPCs to trade in for merchandise. Well, this past week they really gave us a kick in the gut. They shut down the website for a week for "maintenance" and when they came back up, the points values on all the rewards were upped by 100% - 300%. The iPod touch I ordered for 334 credits, is now 1225 credits! I had enough credits to get Craig a new DS for 247 credits. It's now 748 credits. They did this with no warning. They tried to smooth things over by giving all participants a free promo code for 20 credits. BIG DEAL. Needless to say, many of my WW friends that were saving their points are FURIOUS. I, for one, complained to the Better Business Bureau for their lousy business practices. I called Weight Watchers Corporate Affairs. If you are as mad as I am, please call them at 516-390-1400 option 4. You'll have to leave a message. A human won't answer.

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Produce Co-Op

In my continuing search to save money, I found out about a way to save money on fresh produce. It's called a produce co-op. In a nutshell, the co-op is a group of friends (usually 10 or more) that join with other groups in their area to order wholesale produce from local distributors. Every two weeks the coordinator places an order on behalf of the group and then once it's received, divides it out into tubs/baskets and then everyone comes and picks up the produce to enjoy for the next two weeks. I am still trying to work out the logistics of it. Namely a time/day of the week the produce can get delivered when someone is actually at home. I've looked over the prices and they are unbelievable. Even better than going to Soulard Market (Oldest Farmer's Market west of the Mississippi). The person that told me about it sent me a photo of a typical shipment. She said there was also a pineapple in the mix that wasn't in the photo. But she said all that produce was \$22 (including shipping) and the closer to summer it gets, the more food you get for your money. If you are in the St. Louis area, and are interested in getting in the co-op, email me. Or, you can probably Google Produce Co-ops to find one in your area. I love fresh produce (especially fruit) and am looking forward to saving some money. I hope it works out! I'll keep you posted.



Step Away From The Easter Basket

Before you raid your kids Easter basket, let's take a look at what you're consuming.

- 1.7 oz pkg M&M's = 240 calories / 10g fat / 1g fiber = 5 Points®
- 1.8 oz pkg Reese's PB Cup = 260 calories / 15g fat / 2g fiber = 6 Points®
- 35 Jelly Belly Jelly Beans = 140 calories / 0g fat / 0g fiber = 3 Points®
- 10 Whoppers Malted Milk Balls = 100 calories / 3.5g fat / 0g fiber = 2 Points®
- 4 Peeps Bunnies = 130 calories / 0g fat / 0g fiber = 3 Points®
- 1 Cadbury Crème Egg = 150 calories / 5g fat / 0g fiber = 3 Points®
- 1/4 (1.5oz) (the ears) of a solid chocolate rabbit = 220 calories / 12g fat / .5 fiber = 5 Points®
- 1 Snicker's Mini (.3oz) = 45 calories / 2g fat / 0g fiber = 1 Points®
- 1 Snack Size Kit Kat (.5oz) = 73 calories / 4g fat / 0g fiber = 2 Points®

Or you could have asked the Easter Bunny for a Basket like Craig and I got. Full of 100 calories packs, Weight Watcher's 1 Point® Bars and Sugar Free Gum.

KSDK Follow-Up Story

In case you missed it... Here is a link to the KSDK interview that aired last week. I am so pleased with how well it turned out. Feel free to share it with your friends! [KSDK FOLLOW-UP INTERVIEW](#)

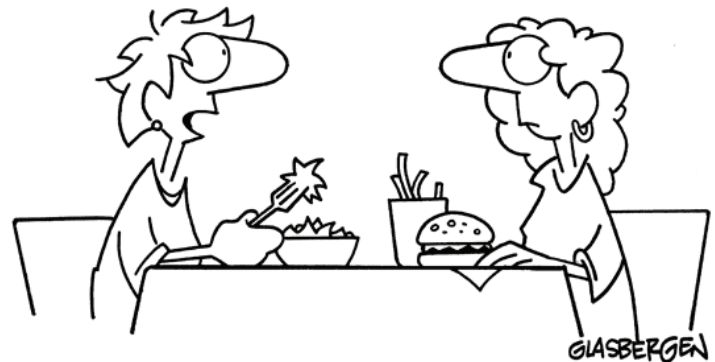
Want to try my Zumba class for free? [Email me!](#)

Pregnancy Sponsors

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Week 16:
Week 17:
Week 18:

[Email me to sign-up for a week.](#)



**"A vegetarian diet is very good for stress.
 If you crunch raw vegetables loud enough,
 you can't hear your kids quarrel at dinner!"**

Recipe of The Week:

Clip & add to your recipe box!

Weight Watchers® Quinoa and Spinach

Ingredients

1 T olive oil
 1 large onion, minced
 1 medium garlic clove, minced
 1 cup Quinoa (pronounced Keen-Wa), rinsed*
 2 cups reduced fat chicken broth

1/8 t black pepper
 1/8 t crushed red pepper flakes, optional
 4 cups baby spinach leaves, packed,
 coarsely chopped

Servings: 8
POINTS® Value: 1

Instructions -

Heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; cook, stirring frequently, until onion is tender, about 3 to 5 minutes. Add quinoa to skillet; cook, stirring frequently, until quinoa starts to turn golden brown, about 2 minutes. Add broth, black pepper and red pepper flakes to skillet; bring to a boil. Cover skillet and reduce heat to low and simmer for 13 minutes; stir in spinach. Cover skillet and cook until spinach and quinoa are tender and liquid is absorbed, about 3 to 5 minutes; season with salt. Yields about 1/2 cup per serving.

*To rinse quinoa, place quinoa in a fine wire-mesh sieve. Place in sink and set under cold running water until water runs clear; shake off excess liquid. Quinoa is generally gluten free!

Chewin' the Fat

How do you do it? Between working full time, being a mother and wife, your website, your newsletter, your Zumba classes and now the new pregnancy & produce co-op.

Don't forget I have to get working on my book again too. Tee hee...well, to be honest, I have to give much credit where credit is due. Craig is a PHANOMICAL husband and father and I could NOT do this without him. I do have a hard time keeping up with cleaning my house. I HATE house cleaning, with a purple passion. Does anyone want to swap cleaning my house for me cooking them meals? I think that sounds like a pretty good deal! Seriously though, it keeps me busy and keeps me from wanting to eat. When I'm idle, I eat.

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

Welcome to all my new subscribers! THANK YOU!