

### Quote of the Week:

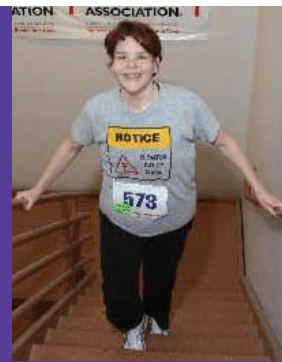
"No one lives long enough to learn everything they need to learn starting from scratch. To be successful, we absolutely, positively have to find people who have already paid the price to learn the things that we need to learn to achieve our goals."

- Brian Tracy



ISSUE 69

# Fat to Fab



APRIL 19, 2009

## Food For Thought

**Falling yet again...**Ok, I'm only hitting week 13 of my pregnancy, and on Thursday morning I got on the scale and was up 20 pounds. TWENTY POUNDS! I've been eating willy nilly. I hadn't weighed or measured anything. I hadn't journaled anything in weeks. I just ate what I wanted when I wanted. I was slipping right back into the old Tracie habits. I was so disgusted with myself on Thursday morning I decided to restart. Yes, even pregnant. I started focusing on where I want to be in October. It's going to be a fine balancing act. But my hardest part was that the first trimester I was getting some pretty bad morning sickness and if I didn't eat every hour I would get really nauseous. I have since had a really good talk with my "step sister" Lisa and she really helped me re-focus. When I was on my original journey, I envisioned myself where I wanted to be at the end of my journey. But since I don't know what to expect during this journey, I didn't use those tools I learned in Weight Watchers. But after talking to my doctor, I know that a healthy weight gain would be between 20 and 40 pounds. So I am envision myself at 210 pounds at the end of my pregnancy. That would be a 38 pound gain. I hate the idea of being over 200 again, but I know it's ok. So since my new start (yet again) on Thursday, but I am really feeling good and keeping honest. Since my restart on Thursday, I am down to 187 pounds. That's down 5 pounds in 4 days. I know this is a healthy loss because all my choices were perfect. They were healthy and on plan. And yes, I am eating extra calories to account for my pregnancy. I'm eating extra dairy, healthy fats and more lean proteins. Saturday was Craig's birthday and he wanted to go to a really good pancake place. They have those big "Dutch Baby" pancakes and other DELICIOUS delicacies. I ordered a plain egg white omelet made with no butter or oil a slice of ham and buttermilk pancakes (they are small ones) made with no butter or oil. I brought my own spray butter and used sugar free syrup. Then Craig wanted to go to Steak 'n Shake for dinner. I got the grilled chicken salad with apples, grapes, cranberries and fat free dressing. I wanted to have a Frisco Patty Melt, but I stayed with my salad. And I felt so good about my decisions this weekend. I have to tell you, that Steak 'n Shake Frisco Melt was calling my name. Every time I drive past that place it calls my name. But one of the members in my Weight Watchers class figured out how to make the 26 POINT® Satan Special into a 7 POINT® dream. Guess what we're having for dinner this week! Check out the recipe on the back page. Thanks Sarah!

### IN THIS ISSUE

Food For Thought	1
It's Swim Suit Time	2
Pregnancy Sponsors	3
Humor is Healthy	3
Recipe of the Week	3
Chewin' the Fat	3

### SURGERY FUND TOTAL

**\$00,638.81**

*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.

# It's Swim Suit Time

**It's here!** I picked up my Lori Coulter True Measure Custom Swim Suit this week! I love it! Even with the amount of weight I've gained it fits great! Here are some before & after photos so you can see how well the suit was designed so that I can hide my extra skin! It will even give me a little extra room to "grow" with the pregnancy.



BEFORE

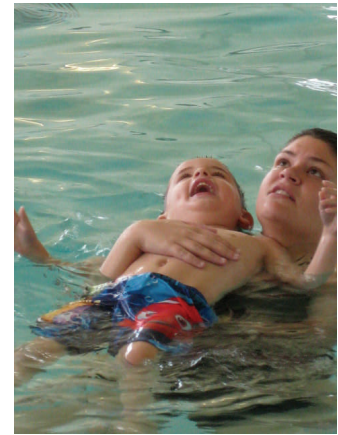


AFTER



But it really doesn't show you how incredible it really is...so I decided to make a video showing you the real amazing results. I mean, come on, I've bared it for you all before. [Check out the video here.](#)

Speaking of swimming, I have to share one of Alex's firsts with you. We signed him up for swim lessons and he had his first one Saturday. Here are some photos of him during his first class.



## Pregnancy Sponsors

Copyright 2006 by Randy Glasbergen.  
www.glasbergen.com

- Week 13:** Sharon Eberspach  
**Week 14:** Christina Dodson  
**Week 15:** Tracy Trego-Buttry  
**Week 16:** Dr. Colleen Stratton  
**Week 17:** Sara Marlene-Kluth  
**Week 18:** Julie Wright  
**Week 19:** Nancy Rice

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



**“Every restaurant has a computer these days. See if the chef has software to compress a 1000 calorie meal into a 200 calorie meal.”**

## Recipe of The Week:

Clip & add to your recipe box!

### Sarah's Frisco Melt

#### Ingredients

1 pound 93/7 lean ground beef  
 1 tbsp steak seasoning  
 1 tbsp Worcestershire Sauce  
 4 slices fat free Swiss cheese  
 4 slices fat free American cheese

**Servings: 4**  
**POINTS® Value: 7**

8 tbsp fat free thousand island dressing  
 8 slices Healthy Life sourdough bread  
 Butter flavored spray

#### Instructions -

Combine ground beef, steak seasoning and Worcestershire sauce in a large bowl. Divide evenly into 4 sections. Take one section and divide it into two again. Using a teacup saucer (it allows you to flatten to the perfect size), flatten patties super thin across the whole saucer, just like Steak 'n Shake makes their thin patties. When you've got them flattened, put some cooking spray in a pan & fry for a few minutes, turning when necessary. They don't take long to cook because they are so thin. Repeat the dividing & frying with the other 3 portions of ground beef. While burgers are grilling, toast the bread to medium brown. Once you've got all your bread toasted, spray one side of each slice with butter spray. Flip it over to the dry side and layer other ingredients in this order: 2 tbsp. dressing, pre-cooked meat patty, fat free Swiss cheese, another meat patty, and fat free American cheese. Top with another slice of bread, buttered side out. Do this for all four sandwiches. Spray a HOT pan with cooking spray & grill sandwiches one at a time, pressing down with your spatula to get the sandwich flat & to get the bread extra crispy. It should only take a minute or less on each side. Cut into triangles and serve.

## Chewin' the Fat

**I love your cooking videos. Are you going to make any more? I don't care what you make, you always make it look easy and they turn out tasty!**

I have been wanting to make a new cooking video for a long time, but I just haven't gotten around to it. I would love some suggestions. Are there any recipes from my newsletters you would like to see? Please email me your suggestions! I'll try to get one up before mid May.

**Please E-Mail me your questions.**  
[tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

**Spring is about rebirth. It's the perfect time to give your lifestyle a rebirth.**