

Quote of the Week:

“Watch your thoughts, for they become your words. Watch your words, for they become your actions. Watch your actions, for they become your habits. Watch your habits, for they become your character.”

-Frank Outlaw



ISSUE 7

Fat to Fab



JANUARY 26, 2008

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Food For Thought

Master The Met is coming up faster than I have had time to train! I need to raise some more money, if you would like to donate, please do to the Favorite Links section of my website to be linked to my teams donation page. Every little bit helps! All the proceeds go to the American Lung Association. I may need their help with CPR when I get to the top!

The Eyes Have It

Well, Tuesday is the day for my Lasik eye surgery. I am so excited to no longer need glasses to see. I'm sure it will take everyone a while to get used to seeing me without glasses...including Alex. He's always been intrigued by them. So say a prayer for me Tuesday morning about 7am!

The Secret Is Out

It's true! My secret is I was a guest on **The Rachael Ray Show!** I was flown to New York on Monday, January 21st and we recorded in studio on Tuesday, January 22nd. It was an amazing trip. And thanks to your help, Craig was able to go with me and help me celebrate this amazing opportunity. They also had a film crew interview me here in St. Louis on Wednesday, January 16th to record the pre-story for the show. It was very emotional and an outstanding experience that I will never forget. The show will air on **Thursday, February 7th**. In the St. Louis area, it airs on **KTVI FOX2** at **10am**. If you are not in St. Louis, please check your local listings for station & time. So set your Tivo, Moxi, DVR, DVD recorder or even your VCRs...and if you don't have any of these...then take a vacation day and watch it live! TEE HEE! Oh yeah! And I met Jim from The Biggest Loser on the plane to New York. He and his brother, Bill were the top winners last season. Who knows...maybe my next stop will be Oprah!

Weekly Weigh In

I had a small gain this week, but I'm actually thrilled because I was expecting it to be a lot more.

Previous Weight: 232.2 lbs

Current Weight: 232.8 lbs

Weekly loss/gain: + .6 lbs

54 Week Total Loss: 139.8 lbs

This is my normal week for weight gain, so I was prepared. Next week is my normal week for a big loss. Amazing how we learn to read our bodies.

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

Recipe of The Week:

Clip & add to your recipe box!

Linguine Alfredo (from *Weight Watchers New Complete Cookbook*)

Ingredients

1 T butter
2 garlic cloves, minced
1 T flour
1 cup fat-free milk
1/4 cup fat-free cream cheese
1/4 cup grated Asiago or Parmesan cheese

POINTS® Value: 6 Servings: 4

1 cup broccoli florets
1 medium red bell pepper, seeded and cut into 1-inch pieces
1 carrot, thinly sliced
4 cups hot cooked linguine

Instructions

- 1) In a medium nonstick saucepan over medium-low heat, melt the butter. Sauté the garlic until fragrant, about 30 seconds. Whisk in the flour, then gradually whisk in the milk; cook, stirring constantly, until slightly thickened, about 2 minutes. Whisk in the cream cheese and Asiago; cook, stirring, until smooth, 1-2 minutes. Remove from the heat and cover to keep warm.
- 2) Meanwhile, place the broccoli, bell pepper, and carrot in a steamer basket; set in a saucepan over 1 inch of boiling water. Cover and steam until tender-crisp, about 3 minutes.
- 3) In a large bowl, combine the pasta and steamed vegetables. Add the cheese sauce; toss to coat thoroughly. Serve at once.

Chewin' the Fat

How do you get through the weeks you have a gain?

That's easy...well, it's never easy...but you get to learn how your body works. Everyone is different and we just have to learn what works for us. Like I know

because of those female issues, that one week out of the month I'll more than likely have a gain...some times bigger than others, but then I know, because I'm following program, that the following week will be a nice big loss followed by two smaller losses. You just can't let it get you down when it happens. You just have to keep focused and keep on target. We're all human and we make mistakes sometimes, but sometimes it's just nature...

Please E-Mail me your questions and I'll answer them here.
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Have a great week!