

Quote of the Week:

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

- Plato



Fat to Fab



ISSUE 70

APRIL 26, 2009

IN THIS ISSUE

Food For Thought	1
Produce Co-Op Results	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.

Food For Thought

Things are going great this week. I've been right on target with my eating. It just feels so good to be in control. I have to keep reminding myself that I'm pregnant. I don't quite feel like I am yet. Yes, my clothes are a little more snug, but that's about it. So I have to remind myself to take it easy from time to time. Here's an example. I had my Zumba class on Saturday morning, I added 3 new songs. Even though I know these songs, my body is used to the old routine, so any changes make it work harder. Then we decided to take Alex to Grants Farm. We parked a mile and a half away and walked Grants Trail to get there. We didn't realize it had gotten up to 91 degrees. Then we bummed around Grants Farm. He was so tired. Then, we had to walk the one and a half miles back to the car. His little legs must have been so tired! I checked his feet, no blisters. THANK GOODNESS! We went out for dinner with Craig's parents and didn't get end up getting home until 9pm. I was lying in bed, and started getting cramps. So today, I decided to take it easy and skipped my Sunday Zumba class. Craig's parents gave him a gift card for his birthday that we used to get him a new bike. I also got Alex a bike trailer from Craig's List so we can pull him behind us. Next time, we can ride our bikes to Grant's Farm without worrying about overdoing it. But it's been so many years since Craig and I have ridden a bike, we're both a bit wobbly. So we'll practice a bit first. Do they make training wheels for adult bikes? I can't wait to get steady enough to take nice bike trips and pack picnic lunches. I love that we're showing Alex how much fun exercise can be. Alex was EX-TREMELY tired on Sunday. So I guess we all overdid it.

Produce Co-op Results

We had our first produce delivery Wednesday. I was very happy with how well it worked out for our first time. The food was delivered at 5:45pm. We started sorting at 6pm. With help from some volunteer sorters (Thanks Linda, Jill & Tracy) we were done sorting by 6:30 when the rest of the volunteer sorters were scheduled to show up. But, we only had 15 people involved in this order. We have 20 total. So I know it will be a little more involved with everyone ordering.

Here is what we ended up getting for our \$20 investments:

Strawberries
Bananas
Kiwi
Pineapple
Broccoli
Corn on the Cob
Romaine Lettuce
Russet Potatoes
Zucchini
Tomatoes
Sugar Snap Peas
Cantaloupe
Fuji Apples

Here are some photos so you can get a better idea.



Pregnancy Sponsors

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

Week 20: Beverly Mann

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



"Why does it take 6 weeks to lose 5 pounds, but only 1 day to gain it all back?"

Recipe of The Week:

Clip & add to your recipe box!

Asparagus, Tomato and Feta Quinoa

Ingredients

1/2 cup uncooked quinoa, rinsed
1 cup fat free chicken broth
3 cups asparagus, trimmed and cut into 1" pieces
16 grape tomatoes, halved
2 tsp olive oil
1/2 tsp kosher salt
1 tsp black pepper
4 oz fat free crumbled feta cheese

Servings: 4

POINTS® Value: 3

Instructions

Preheat oven to 450 degrees. In a large sauce pan, combine chicken broth and rinsed quinoa and bring to a boil. Once it comes to a boil, reduce to a simmer, stirring occasionally until all broth is absorbed. While quinoa is cooking, place halved tomatoes on a baking sheet toss in olive oil, salt and pepper. Roast in the hot oven until tomatoes break down and begin to caramelize. Place pieces of asparagus in a Zip Lock Steam Bag and microwave according to directions on the package. Once everything is finished, combine roasted tomatoes and steamed asparagus with the quinoa. Stir in feta cheese.

Chewin' the Fat

I finally got around to trying the Jumbo Krispies you told us about a while back. They are so GREAT! Thank you for introducing them to me. I don't even need milk with them.

I am so glad you like them! Aren't they great? You get such a large serving for only 1 POINT®. I'll have to see if I've given you all my Rice Krispy "Fried" Chicken recipe yet? I'm sure these would work great for it!

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

The weather is getting warmer. Get out and enjoy it!