

Quote of the Week:

"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."

- Mario Andretti



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Fat to Fab



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Food For Thought

You've heard the old saying, "It's just like riding a bike, you never forget."

Well, it's true! Craig had to work his side job this weekend, so I decided to take Alex on a bike ride along [Grants Trail](#). It took us a while to figure out how to put Alex's bike trailer on the back of the bike. Then to figure out how to put the bike rack on the back of the car. Then to figure out how to put the bike on the bike rack...but after reading the directions a few times, we figured it out. I was so nervous getting on that bike. I thought for sure I would be wobbly. I thought I would have to go get training wheels. But I got on that thing and off I went. Just like I had been riding all my life. So off we went. We rode from Tesson Ferry to Union Road and back, then half way between Tesson Ferry & Gravois Road and back. It was a total of 4 miles round trip. There were a few snags along the way. Like I forgot to put the pin in the arm of the trailer and at one point I was dragging it instead of pulling it. So we made a pit stop and in the pin went and it was smooth riding the rest of the way. I wanted to keep on going, but Alex hadn't had a nap and was overly tired and he was ready to go. So we cut it short. I'm hoping, that before too long, I can make it the full 16 mile round trip. Maybe with a stop at the 1/2 way mark to eat dinner at Applebees or something. My legs were a little sore, but I was still able to Zumba with the best of them this morning.

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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.

Trivia Night Anyone?

I've been trying to think of ways to raise money for my surgery fund.

Well, I love Trivia Nights (even though I stink at them usually) and thought maybe that would be a fun way to raise money. But it wouldn't just be for me. There is a camp here in the St. Louis area called [Camp Jump Start](#). It's a weight loss summer camp. But it's more than that. They actually TEACH the kids how to live a healthy active life. And how to implement it into their every day home life. They give them the self-esteem & self-confidence that is needed for long term success. I wish someone would have done this for me as a kid. I have spoken with the owner on a few occasions and she is aware of my wanting to help. I would like to give half the earnings for a fund to send help send a child to camp for the summer. It costs almost \$7000 for a full 8 week session. I would put the other half in my surgery fund account. I don't have a date in mind, but would like to do it this fall before the baby is born. If anyone has any experience in organizing a fundraiser, especially a trivia night, and would like to help me, I would GREATLY appreciate it. Also, anyone else that would like to donate your time to help, please email me. tracie@sponsormyweightloss.com

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Pregnancy Sponsors

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
Week 21: Arnold Washsberger

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



"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"

Recipe of The Week:

Clip & add to your recipe box!

Rice Krispy "Fried" Chicken

Ingredients

2 cup(s) Kellogg's Rice Krispies
 1/2 cup(s) reduced fat parmesan cheese
 1 Hidden Valley Ranch Packet
 2 item(s) egg white(s), beaten
 1 pound(s) un cooked boneless, skinless chicken breast

Servings: 4
POINTS® Value: 5

Instructions

Preheat oven to 350 degrees. Spray a large baking sheet with nonstick spray. Combine the rice cereal, parmesan cheese and ranch dressing mix in a large bowl. Place beaten egg whites in a medium bowl. Dip each chicken breast in the egg whites and then in the cereal mixture to coat. Arrange the coated chicken on the prepared baking sheet. Bake until golden and juices run clear when pierced with a knife, about 20-25 minutes.

Chewin' the Fat

You asked for suggestions
 for a new cooking video. I
 would like to see a cooking
 video of the Frisco Patty
 Melts from your newsletter
 a couple weeks ago.

You asked for it...and you got it. I made them for the first time and brought you along for the ride. Let me tell you, they were very tasty. Not quite the same, but definitely a good substitute.

[Tracie's Kitchen Episode 6 - Frisco Patty Melt](#)

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

What are you doing to enjoy the nice weather? **How about planting a garden?**