

Quote of the Week:

"All that I am or ever hope to be, I owe to my angel Mother."

- Abraham Lincoln



Fat to Fab



ISSUE 72

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Food For Thought

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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.

Happy Mother's Day (a tad late) to all the mothers out there. We had a great day today. We went to breakfast with Alex. Then spent a glorious day at [Faust Park](#) in Chesterfield, Missouri. Faust Park is home of the [Sophia M. Sachs Butterfly House](#). We got to enjoy being surrounded by over 1500 tropical butterflies. It was beautiful. I had one land on my head. He didn't want to leave me alone! Boy did that tickle! I will post photos next week. After the Butterfly House, we headed over to the playground for a bit. Alex had a ball. Then we took him to another Faust Park attraction, [The St. Louis Carousel](#). The carousel was created in 1920 and is now housed in an indoor gallery. They have a beautiful calliope that played some of Alex's favorite Mary Poppin's songs. Since it was mother's day, I was able to ride for free! It was fun sharing that time with Alex. Then we went for a nice walk and toured the [Historic Village](#). Then back to the playground. Alex even let me push him on the swings (something he normally doesn't do.) After we finished at the park, we took Alex for a trip to our favorite snow cone stand, [Murray's Shaved Ice Shack](#). Let me tell you, these are SO good and you really get a LOT for your money! Alex enjoyed eating his "Blue's Clues" flavor. I started feeling a little off, came home to find out I was running a low grade fever, so Alex and I took a nap. A nice long nap. But all in all we had a beautiful day out and I got exactly what I wanted for Mother's Day. A nice relaxing day with my husband and son. With no other commitments or distractions. I even left my cell phone at home. I promise I'll share some photos next week.

Product Review

I have another product review! Yet again, Tracy Trego-Buttry introduced me to another new find. It took me a while to try them, but this weekend they were on sale, so we grabbed a bag. They are the new flavor of Baked Lays Potato Chips. They are the Southwest Ranch flavor. I was a little bit nervous about trying them because we I have a low tolerance for heat in my food. But the ranch flavor really calms any of the spicy southwest flavor. You get about 14 chips (or 1 ounce) in a serving for only 2 points. A great addition to a sandwich.



Attention St. Louis Ladies

The gym where I instruct Zumba, Flex Health & Fitness, is hosting a free Women's Fitness Seminar on Thursday, May 14th at 5pm & 7pm. Danny Russo, the leading researcher in women's fitness will be there to help you find out how to flatten your lower abs, firm your butt & thighs, what foods are good for you and why...even if your meds are really helping you. Seating is limited, so be sure to call to reserve your spot in this **FREE** seminar. Call 636-861-3539. Be sure to sign up for one of my Zumba classes when you call!

Stop The Presses!

I forgot to mention last week that I had another newspaper article written about me, my weight loss experience and now my Zumba classes. It was in a small neighborhood newspaper called the Current News Magazine. It was a very good story. If you are interested in reading it, I have a link to the PDF of the entire newspaper click on the link below. It starts on page 4A. Let me know what you think!

[Current News Magazine April Fitness Edition](#)

Pregnancy Sponsors

Week 16: Dr. Colleen Stratton

Week 17: Sara Marlene-Kluth

Week 18: Julie Wright

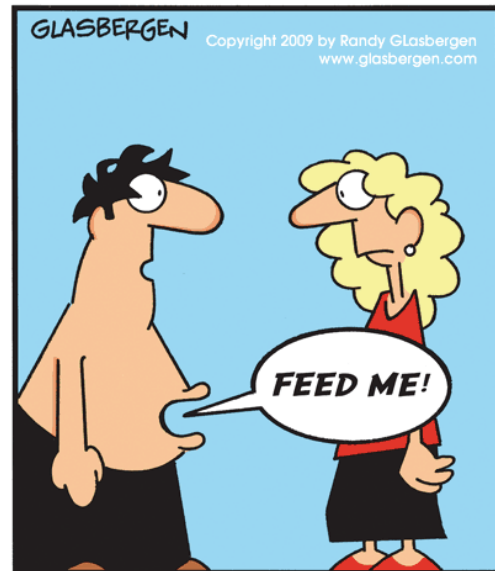
Week 19: Nancy Rice

Week 20: Beverly Mann

Week 21: Arnold Wachsberger

Week 22: Stephanie Duby

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



"Your belly button never does that?"

Recipe of The Week:

Clip & add to your recipe box!

Asparagus, Tomato and Feta Quinoa

Ingredients

1 large sweet potato, peeled
2 tsp canola oil
1/8 tsp table salt (to taste)

Instructions

This one is for my Produce co-op friends...here is a suggestion for all those sweet potatoes you now have!

Preheat oven to 400 degrees.

Spray 2 baking sheets with cooking spray. Thinly slice potatoes with a mandolin or food processor, they should be no more than 1/8 inch thick.

Arrange slices on baking sheets - DO NOT OVERLAP. Brush with oil and sprinkle with salt. Bake chips until they begin to lightly brown, about 15 minutes. Cool on a rack and serve.

Servings: 4
POINTS® Value: 1

Chewin' the Fat

Are you going to find out what sex your new baby will be?

YES! Yes yes yes.
We're going in on May 27th to find out if Alex is

going to have a baby brother or baby sister. I would be lying if I said I wasn't hoping for a girl. I would love to be able to have one of each. However, I am praying for a healthy pregnancy, delivery and baby.

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

Did you honor your mothers, grandmothers, aunts and any other woman in your life that has been a role model to you?