

Quote of the Week:

"Wake up everyday with a dream to make your dreams come true."

- Manoj Lalavat



Fat to Fab



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Food For Thought

Hope everyone had a great Memorial Day Weekend. It was an interesting week for us. Starting with Alex's febrile seizure last Sunday. It's so stressful, I just fell into my old habits of comfort. We got Alex to the doctor on Monday and it turned out he had strep. So we got him on a round of antibiotics. I called my OB/GYN and he put me on a round just to be safe. He spent his birthday, Tuesday the 19th at home with daddy. He had 24 hours of meds in him, so we were able to take him to his favorite restaurant for dinner. DENNY'S! I really did fall off the wagon again. I truly miss my weekly Weight Watcher's meetings. I miss the structure and the program. So my sponsor this week, Julie, really has helped me get my mind back into my program and I feel good. It's going to be a long remaining 5 months.

We had Alex's birthday party on Sunday the 24th. We took him to the [Wabash, Frisco & Pacific Railroad](#) in Wildwood, MO. We had a great day. The weather was perfect, the friends and family were awesome and the day just went so smoothly. Here are some photos from the day.

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.



Product Review

Our friend Tracy Trego-Buttry has found yet another carb lovers product. We all know about the Arnold Sandwich Thins. But some of you out there don't like wheat bread for some reason. Well, here's a new one! It's the new Arnold Whole Grain White Sandwich Thins. They are very soft and perfect for a burger (we use Boca Burgers). It's the perfect ratio of bread vs meat. They are also great for making mini pizzas!



New Family Member.

IT'S A GIRL! We have a new member of our family. We brought her home on Sunday, May 17th. She's so cute. She's all black and her name is Cupcake! That's right! We're now the parents of a bouncing baby GUINEA PIG! We thought it would be good for Alex. He's still a little rough with her, so we have to watch him closely. He doesn't understand she's a live animal. He wants to squeeze her to make her squeak.



The Big Day

The big day is coming! We find out this Wednesday if we're having a boy or a girl. Well, as long as the baby isn't modest and keeping their legs closed. I will be honest, we're hoping for a girl. I would love to have a namesake for my mother, Marilyn, but of course I am praying for a healthy baby. After all, I am loaded down with boy stuff. So a boy would definitely be cheaper. But having a little girl to spend special mother daughter moments would be awesome too. And I think Craig would be a great daddy to a little girl. For those of you that know him, can you picture him having tea parties? Tee Hee! Be sure to read next weeks newsletter for the big news!

I'm on Twitter! [Subscribe to ShrinkingLady.](#)

Pregnancy Sponsors

- Week 18: Julie Wright**
- Week 19: Nancy Rice**
- Week 20: Beverly Mann**
- Week 21: Arnold Wachsberger**
- Week 22: Stephanie Duby**
- Week 23: Glenna Evans**
- Week 24: Katy Brown Hymas**

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

(There's still room!)



“Potato chips aren’t rubbery and blubbery like fat. They’re crispy and crunchy like lettuce. That proves they’re diet food!”

Recipe of The Week:

Clip & add to your recipe box!

Mushroom & Spinach Quiche with Potato Crust

Ingredients

- 1/2 lb Yukon gold potatoes, peeled and shredded
- 3 1/4 tsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 small onion diced

Servings: 6 POINTS® Value: 4

- 8 oz mushrooms, sliced
- 5 oz spinach, washed and dried
- 3 large eggs
- 1 up fat free milk
- 3 oz Gruyere cheese, shredded

Instructions

Preheat oven to 400 degrees. Grease a 9-inch glass or ceramic pie dish with 1/4 teaspoon oil. Toss potatoes with 1 teaspoon oil & 1/8 teaspoon each salt & pepper. Press into an even layer in pie dish, up the sides like a crust. Bake until brown at the edges & dry, about 20 minutes. Let cool. Lower the oven to 325 degrees. Heat 1 teaspoon oil in a large nonstick skillet, over medium heat. Add onion & cook until softened & golden, about 5 minutes. Add remaining teaspoon oil & mushrooms & cook, stirring, until mushrooms release their liquid & most of the liquid evaporates, about 8 minutes. Add spinach & 1/4 teaspoon each salt and pepper, & cook, stirring, just until spinach wilts, about 30 seconds. Let cool slightly. Whisk together eggs, milk & remaining 1/8 teaspoon salt & pepper. Spread the mushroom mixture in an even layer in the pie dish, & top with an even layer of the cheese. Carefully pour in egg mixture. Bake until firm around the edges but still wobbly in the center, about 20 minutes. Let cool, and serve warm or at room temperature.

Chewin’ the Fat

I have a personal question. I’ve lost over 50 pounds and I have a flap of skin over my pelvic region that gets really irritated. Do you experience this?

No question is too personal.

This is the main reason I want to get the skin removal surgery. Yes, yes yes. It not only gets irritated, but it gets infected. And (WARNING! TMI (too much information) ALERT!) it really had a foul odor. I do my best to keep it clean and dry. I use a hair dryer after showering, I stand in front of the fan to let it dry, I use deodorant and/or baby powder. But sometimes, it just doesn’t help. When I get sores, I use diaper rash cream. If you continue to have problems, be sure to see your doctor and have it documented.

Please E-Mail me your questions.
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It’s the unofficial start of summer! Are you prepared for all the parties coming up?