

Quote of the Week:

"Don't look where you fall, but where you slip."

- African Proverb



Fat to Fab



ISSUE 74

MAY 31, 2009

Food For Thought

IN THIS ISSUE

Food For Thought	1
Product Review	2
Zumba For The Cure	2
Ultrasound 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.

I have one word for you...ARGH!!!! It's so frustrating. I start out great...then, somewhere along the line, I fall off. I truly miss my weekly Weight Watcher meetings. There's no "rule" on how much more you should eat when you're pregnant. I didn't gain any weight with Alex because I was on such a strict diet because of my gestational diabetes, so seeing the scale slowly increase is really frustrating me. Who much should I gain? Am I gaining it too fast? Am I gaining enough? Am I really gaining baby weight or is this other weight too? These are all questions going through my mind on a daily basis. I think my MAIN problem is I'm not journaling my food. I started back again today. I'm challenging myself one day at a time. I have a LOT of challenges this week...it's going to be a rough one. But I have committed to journaling and am emailing it to my "sisters". So I can be accountable to not only myself, but to my support team as well. Tuesday is a Cardinal Baseball Game in a suite with food and drink. I know I'm going to have one hot dog, but I'm not going to waste my points on their bun, so I'm going to take my own 1 pt hot dog bun. I don't know what else will be in the suite, so I am actually going to take some of my own nibbles just in case. I know I can drink water, so I'm not worried about that. And the free beer has never been a temptation for me as I'm not a beer drinker. I'll also eat something before I leave for the game so I'm not starving when I get there. I'm also going with my cousin who is in from Washington, he's stationed at Fairchild Air Force Base and my uncle, so I don't have to worry about chasing Alex. I'm going to park my butt in a seat outside and just watch the game, so I don't have to be around the food! Then on Friday is the rehearsal & dinner for my brother Allan's wedding. Then, of course, there's the wedding on Saturday. And my Aunt Pat is making the food, and if any of you were at my wedding, or know my Aunt Pat, you know the food is going to be fantastically good. But I'll do what I've learned, I will probably just eat something before I come and save my points for the CAKE! Who can go to a wedding and NOT have wedding cake? Not me!!! And of course I'll be earning some activity points dancing. But I'm not sure how long we'll be there as Alex is the ring bearer and we will be on his schedule. I may take a blanket and pillow and put him on a couple chairs to sleep. I WANT TO DANCE! I just hope they don't make me bust out some Zumba moves...ok, maybe I do. HA! Well, here is to a successful week of journaling. Not necessarily losing, but just journaling.

WWW.SPONSORMYWEIGHTLOSS.COM

Product Review

I have found a very tasty item for your grill. Unfortunately, they can only be found at Sam's Club. But if you have a membership, please look for them. They are the Member's Mark - Gourmet Asiago & Spinach Chicken Sausage. They are very large and very tasty. I have made them both grilled in a bun and have also used them in tomato sauce for a pasta. The nutritionals on it are: 110 cal / 4.5 g fat / 0 fiber or 3 points each. They also have a Roasted Garlic & Mozzarella variety for the same points value. I have not tried them yet, but I'm sure they are just as tasty. So, my suggestion, is to pick some up for your upcoming summer cook-outs and wow everyone with the flavor and wow your waistline with these yummy sausages.



Zumba For The Cure

There is still time to register for Zumba For The Cure. You've heard me talk about it over and over again, but if you live anywhere near the St. Louis area, this is going to be a fantastic Zumba experience. Just to recap, Zumba For The Cure is a two hour Zumba-thon to raise money for the St. Louis Affiliate of the Susan G Komen Association to help fight breast cancer. It is June 12, 2009 and will be held at Grant Gymnasium at Webster University. And, if you're a Zumba-holic like myself, then what will really be the icing on the cake is that Gina Grant is scheduled to be there! Gina is a top notch Zumba Education Specialist and can be seen on many of the Zumba DVDs and infomercials. She has some great moves and I'm sure will really lend a unique and intense energy. And if you've wanted to see Zumba in action, watch Show Me St. Louis this Friday, June 5th at 3pm. They are featuring Zumba For The Cure on their Plaza and you can see members of our Zumba class shakin' and shimmyin' to get the Zumba vibes flowing. And yes, you will see my pregnant belly wiggling & jiggling. You can either watch it on KSDK-TV in St. Louis, or you can watch it live online here: [Show Me St. Louis Live Feed](#). You still have time to register and come Zumba with us. Click on the Zumba For The Cure logo and register at their secure website using Pay-Pal.



Ultrasound Results

IT'S A BOY! You probably already know that we had our ultrasound on Wednesday and we are being blessed with another baby boy. But what you don't know is that we decided on a name for our little bundle of joy. His name will be Michael Lee. Michael has always been one of my favorite names and it's also the first name of my paternal grandfather, Michael Francis (he went by Frank). Lee is in honor of my mother, Marilyn Lee. But, If it were up to Alex, we would be naming the baby Cinnamon. Don't ask.

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

Pregnancy Sponsors

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

Week 25: Tracy Trego-Buttry

Email me to sign-up for a week.

(There's still room!)



"If pizza is hot enough to burn the roof of your mouth, why isn't it hot enough to melt belly fat?"

Clip & add to your recipe box!

Oreo & Fudge Ice Cream Cake (inspired by the recipe in Kraft Food & Family)

Ingredients

12 Weight Watchers Ice Cream Sandwiches (the rectangles, not the round)
1 small box of Sugar Free Chocolate Fudge Jell-O Pudding
1 package Nabisco 100 Calorie Oreo Cookie Thins
8 oz tub Cool Whip Free, Thawed

Servings: 12

POINTS® Value: 3

Instructions

Pour warmed fudge topping into medium bowl. Whisk in 1 cup COOL WHIP. Add dry pudding mix; stir 2 min. Stir in chopped cookies. Arrange 4 ice cream sandwiches, side-by-side, on 24-inch-long piece of foil; top with half the Cool Whip mixture. Repeat layers. Top with remaining sandwiches. Frost top and sides with remaining Cool Whip. Bring up foil sides; double fold top and ends to loosely seal packet. Freeze at least 4 hours.

NOTE: If you can not find the Weight Watchers sandwiches, or another 2 Point sandwich, you can use a low fat (3 point) sandwich but it will up the Points value to 5 per serving.

Chewin' the Fat

I NEED QUESTIONS....

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

Here's to keeping ourselves accountable this week.