

### Quote of the Week:

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not.

-James Gordon, MD



ISSUE 8

# Fat to Fab



FEBRUARY 2, 2008

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## Food For Thought

**Are you ready for some football?** It's time for "The Big Game". Some people watch for the game. Some people (like myself) watch for the commercials. Still others watch for the food at the parties. Keep your wits about you. Here is a super scary Super Bowl statistic: Average Calories Consumed - 1,200. Be sure you plan your attack before you go! Don't fret! You can work those calories off before bed. The average 150 pound person would only have to do 2 1/2 hours of high impact aerobics to burn 1,200 calories!!! YIKES!

## The Eyes Have It

My surgery went great! I can see great. My vision is getting better and better every day. I'm so excited. But boy is it going to take some getting used to. The staff at TLC was great and really made sure I was comfortable and new what was going on at all times. The worst part are the very unsexy eye shields I have to sleep in until I heal. It's the best gift I ever gave myself.

## Countdown to National TV

It's almost here! My appearance on ***The Rachael Ray Show*** is only a few days away! Do you have your recorders set? The show will air on **Thursday, February 7th**. In the St. Louis area, it airs on **KTVI FOX2 at 10am**. Don't forget to email me and let me know what you think! I hope I didn't embarrass myself too badly. I do remember saying something about fitting in the bathroom on the plane. Yeah, I'm a dork. I'm also going to be interviewed **live** on Thursday, **February 7th** at about **8:20am** on **KTVI FOX2**.

I can't forget to mention that I have interviews coming up on KSDK and KPLR in February too. Once the dates are set, I will let you know!



Me with Biggest Loser Jim on the plane ride to NY - 1/21/08.

## Weekly Weigh In

I got rid of that small gain from last week and sent some of it's friends packin' too!

**Previous Weight: 232.8 lbs**

**Current Weight: 229.2 lbs**

**Weekly loss/gain: - 3.6 lbs**

**55 Week Total Loss: 143.2 lbs**

I have to confess. I haven't been to the gym in 2 weeks. Between preparing for my interviews; filming the pre-video for the RR Show; filming 2 other TV interviews; going to NY for 2 days; getting sick; Craig working his side job and my eye surgery, I just haven't gone. I swear, I'm going back on Sunday!

## Sponsorship Central

### Current Sponsors:

Pounds 141 - 145: Bev Elifritz  
Ruth Bailey

### Upcoming Sponsors:

Pounds 146 - 150: Ben Turec  
Robyn Curtis

Pounds 151 - 155: Kevin Washington  
Dawn Mays

If you haven't signed up to sponsor me yet, there is plenty of room left.

Email: [tracie@sponsormyweightloss.com](mailto:tracie@sponsormyweightloss.com)

## Recipe of The Week:

Clip & add to your recipe box!

### Sweet & Spicy Boneless BBQ Chicken Wings

#### Ingredients

16 oz Chicken breast, skinless,  
boneless, raw, sliced into nuggets  
1/2 cup ketchup  
8 fl oz Coca-Cola Diet Coke  
1/4 cup hot pepper sauce, to taste

**POINTS®** Value: 4 Servings: 4

3 tsp canola oil  
1 tsp table salt  
1 tsp black pepper  
1 tsp garlic powder

#### Instructions

Cut the chicken into nuggets and season with salt, pepper and garlic powder. Heat skillet over medium heat. Add oil to pan. Sauté chicken until half way finished. Remove from pan and cover with aluminum foil. Add Diet Coke, ketchup and hot sauce to the pan and cook slightly until it begins to thicken slightly. Return chicken to pan and continue cooking until chicken is cooked through and sauce thickens to a BBQ sauce consistency.

## Chewin' the Fat

### What do you plan on making for Super Bowl Sunday?

Well, we aren't going to a party this year, so we're going to stay home and watch the commercials...but I still plan on making some Super Bowl comfort food! I'm going to

make chili cheese dogs! Sounds decadent doesn't it? I'm going to use the Hebrew National 97% Fat Free Hotdogs and make my Sweet & Spicy Diet Coke Chili. I'll top with a little bit of melted reduced fat Velveeta. I am going to skip the bun so I can enjoy an extra hotdog! You can find the recipe for my chili on my website. I'll probably make a double batch so I can have extra in the freezer for meals later this week! YUM!!

Please E-Mail me your questions and I'll answer them here.  
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*Keep focused!*