

Quote of the Week:

"A goal without a plan is just a dream."

- Unknown



Fat to Fab



ISSUE 81

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*Thank you for
your continued
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.

Food For Thought

Fail to plan...plan to fail. Boy these words are ringing true in my life right now more than ever. I know we will have a new blessing entering into our lives soon. I also know that I have NO idea what this is going to do to our routine. But I need to prepare as much as I can before the arrival so I can concentrated solely on my family and not waste my time worrying about what to make for dinner. I know I won't have time or energy. So, my plan is to do some batch cooking in the next couple of weeks. I'll have to go through my list of favorites and see what freezes well. I'm lucky in the fact that my in-laws gave me a vacuum sealer for a gift and it REALLY helps keep things in the freezer a lot longer. That way, all I have to do is pop it in the microwave and I'm done! I need to also take some time while (hopefully) quietly bonding with my new son to write a menu plan for the week. Any of you have any tips or tricks you want to share with me on what you do to plan your meals?

Food For Thought

Saturday, August 29th was a sad day for me. It was my last day instructing until after the baby arrives. I actually sat in the parking lot and cried before I went into the gym. I love my girls. We have so much fun together. I hope they keep on going while I'm gone. I know I'll be coming up with new routines while I'm gone and when I'm released, I'm going to "bring it" and make them sweat!

Thanks so much ladies for all your support and for being there week after week. My class isn't for me, it's for all of you and I can't wait to get back to you all! (and yes, that's a stripper pole in the middle of the dance floor.)



Product Review

“Beans beans the musical fruit”... I am so excited! I was at Walgreens looking for something to supplement my turkey and cheese sandwich. I got some Baked Lays, but I wanted something more. So, standing in front of all those chips and dips, I passed by the cheese dip. I passed by the creamy spinach dip. But I had to pick up the Frito brand Bean Dip.

Oh...how I loved the Frito brand Bean Dip. Man was I pleasantly surprised when I read the nutritional information. 2 Tablespoons of dip is 35 calories / 1 gram of fat / 2 grams of fiber. That's 1 Point! What's better? A double serving, 4 Tablespoons (or 1/4 cup) is STILL 1 Point! So, I counted out my serving of chips and measured out my double serving of dip and enjoyed a 3 point supplement to my 3 point sandwich!

You could also sprinkle with some fat free cheese and microwave and serve with some baked tortilla chips. YUM! Now if they would only make some Baked Fritos. (as Homer Simpson would say... “Mmmm...Fritos.”



Pregnancy Update

Thirty-three weeks down. 7 weeks left. I just can't believe how fast this pregnancy has gone. Fast and smooth. I couldn't have asked for a better pregnancy. So, here's the run down and the game plan. So far, I've gained 55 pounds. I'm happy with that. I'm not going to even suggest it's all baby, but I know how to take off the weight and I can't wait to get back in my weekly routine. Although I know it's going to be different with a Kindergartener and an infant. I am going to have to take my planning skills and put them into action. I had a doctors appointment on Tuesday, September 1st and we physically scheduled the C-Section. It's actually going to be on Monday, October 19th. I know it will be here much faster than we expect. Luckily we have just about everything we need. I'm so very grateful to my Mother & Father-in-law. They arrived at our house the weekend with a load of diapers and some wipes. I'm going to try to keep stocking up. I just pray that I don't need to buy formula for this baby. That would be a very nice money saver! (and it helps with the weight loss too!)



Pregnancy Sponsors

Week 33: Kimberly Richey

Week 34: OPEN

Week 35: Tracy Trego-Buttry

Week 36: Dawn Mays

Week 37: Julie Wright

Week 38: Jill Maria-Tanking

Week 39: Tracy Trego-Buttry

Week 40: Craig Sanderlin

We're in the home stretch!



"If you are what you eat, I'd rather be thin like a French fry than round like a head of lettuce!"

Clip & add to your recipe box!

Recipe of The Week:

Summer Lasagna (passed to me by Julie Wright on Happy WW Losers Yahoo Board)

Ingredients

1 8oz can tomato sauce	1 cup ricotta cheese
1 medium onion, chopped	1/2 cup mozzarella cheese
1/4 tsp basil leaves, chopped	1 tsp parsley flakes
1/4 tsp salt	3 medium zucchini (9" long)
1/4 tsp pepper	1 large tomato, sliced
1/4 tsp oregano, chopped	2 Tbsp parmesan cheese

Servings: 6
POINTS® Value: 2

Servings: 4
POINTS® Value: 4

Instructions

Combine tomato sauce, onion, basil, salt, pepper and oregano. Set aside. Combine ricotta cheese, mozzarella cheese and parsley. Set aside. Peel zucchini and cut off the ends. Slice lengthwise into strips and arrange in 8x8 baking dish. Cover with wax paper. Microwave the zucchini on high for 3-4 minutes. Rearrange slices and cook an additional 3-4 minutes or until fork tender. Drain liquid and place zucchini on paper towel to absorb any excess moisture. Let it cool slightly. Leave 4-6 slices on bottom of dish, spread cheese mixture over the zucchini and then layer with sliced tomatoes. Spread half the tomato sauce mixture over the sliced tomatoes. Repeat layers. Microwave, uncovered, at 50% power for 20 to 25 minutes or until zucchini is tender and the mixture is heated through. Let stand 5 minutes before serving.

Chewin' the Fat

Looking for some questions...anyone? Anyone?

Please E-Mail me your questions.
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Summer is unofficially over, but that is not excuse to go into hibernation mode.