

Quote of the Week:

"You're braver than you believe, and stronger than you seem, and smarter than you think."

- Christopher Robin to Pooh



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Fat to Fab



JANUARY 13, 2010

Food For Thought

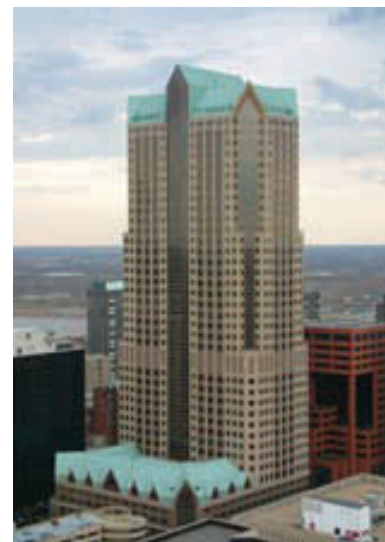
Persistence has it's rewards! Well, I was right on target all last week. I weighed, measured, journaled and did everything right last week. I was POP (perfectly on plan) all week last week and at weigh-in on Saturday I was rewarded with a 6 pound loss at the scale. Now, that's a bit more than I would like while breastfeeding. I didn't eat any of the 27 activity points I earned, so this week, I'm going to start eating at least half of my activity points. It should still render a loss, but just not as large. Now, to be honest, this past weekend was not quite as successful. I have started over again. That's what I love about it. If I'm up next week, I have no one to blame but myself. Also, this last Saturday was my 1 year anniversary of losing 200 pounds. I did some reflection this past weekend and I'm so happy with my new self.

Mastering the Met

The training continues. Our group continues to grow. So far we are up to 6 members...possibly more! Last week we did it in 33 minutes. This is week 2 and we already trimmed 7 minutes off our time. This week we did it in just under 26 minutes (on average). Karen is leaving me in the dust and her 13 year old daughter is thinking of joining our team. And I'm so proud of Dianna! She didn't think she could do it and we were there, cheering her on...she did it! I'm sending out another request for donations. I've only raised \$10 for my stair climb. PLEASE consider donating...even \$5 helps.

I appreciate your support!

<http://www.tinyurl.com/masterthemettracie>



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SURGERY FUND TOTAL

\$00,687.06

*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.

Help Spread The Word

Do you know someone in need of some weight loss support? Have them sign up for my newsletter. I'm getting close to 300 subscribers. I want to help as many people as I can. So, if you know someone that would be interested, have them email me to subscribe. **Be sure they include your name & email address.** The 300th subscriber and the person that referred them will both receive a \$10 gift card to Subway! Let the subscribing begin!

Be a Big Loser & Win!

Ladies - There's still time! We had to cancel our meeting last Thursday because of the weather. So we rescheduled for this coming Thursday night. If you are interested in losing weight in a fun, competitive atmosphere and participate in a weekly support group with me, there is still time to sign up for "The Biggest Loser" at Flex Health & Fitness. The cost for non-members is \$10 a week for the 12 week challenge. You can also partake of special discounts for participants. And what are you fighting for? A 6 month gym membership. Sounds like a deal to me! We have one more informational meeting this Saturday at 11am. Please call Flex at 636-861-FLEX (3539) and reserve your spot. If you can't make the meeting, no worries, I can email you information. But hurry! The 12 week competition starts the week of 11/18.



New Food Find

I consider myself some what of a cottage cheese junky. My mom got me started on the curds and whey at a very early age. And I'm PICKY when it comes to low fat and fat free cottage cheese...and large curd? YUCK! Well, a couple of weeks ago there was a coupon in the paper for the new Fiber One cottage cheese. I cut it out and took it with me just in case it was at my local grocery store. Low and behold, it was! I read the label (did you know you can learn a lot from those labels?) and it said for 1/2 cup it was 80 cals / 2 fat / 5 fiber. That's only 1 Point! Well, in my opinion, Fiber One had a good track record. The cereals are wonderful, the yogurt is awesome...so I decided the try it. It was pretty pricy, but in my book, WELL worth it. The only bummer is it only has 4 servings...I eat 2 servings at a time, so it went quick.



Follow me on Twitter: [ShrinkingLady](#) or Facebook: [Tracie Zwick Sanderlin](#)

Sponsorship Central

Here we go again! I have 65
pounds to lose...
who wants to help?

Pounds 6-10: **Jill Maria Tanking**

Pounds 11-15: **Sharon Eberspach**

Pounds 16-20: **Katharine Del Rizzo**

Pounds 21-25: **OPEN**

Want to sign up? [Click here!](#)

Recipe of The Week:

Stuffed Acorn Squash

Ingredients

1 lb Jimmy Dean Reduced Fat Breakfast Sausage
3 medium acorn squash - cut in 1/2 with seeds removed
1 cup Classico Tomato & Basil pasta sauce
1/2 cup parmesan cheese
1 1/2 tsp fresh grated nutmeg (divided)
1/2 tsp ground sage
2 fresh garlic cloves, minced
1/2 small onion finely chopped.

Instructions

Preheat oven to 375 degrees. Cut acorn squash in half lengthwise and remove seeds. Place cut side down on baking sheet (with sides). Bake 40 minutes or until tender. In the meantime, brown sausage, onion and garlic in large non-stick frying pan sprayed with non-stick cooking spray. Add sauce, sage and cheese. Flip squash over and sprinkle each with 1/4 tsp nutmeg. Evenly divide sausage mixture between 6 squash halves. Bake 375 for 10 minutes.

Servings: 6
POINTS® Value: 5



"They tried adding healthy snacks to the office vending machines, but all that rotting fruit made the candy bars taste bad."

Clip & add to your recipe box!

Chewin' the Fat

"I don't know how you do it all ~
work, nurse, newborn, 5yr old,
husband, home, cook, shop,
clean, laundry, and
ZUMBA! How in the world do
you truly do it all?"

Well, I have two words...Craig

Sanderlin. I am so blessed that he allows me the flexibility to do as much as I do. Even when I'm at home, I may not be "here". But to be honest, we are both rather lax when it comes to cleaning. Only when absolutely necessary. We have a very cluttered house...but there are more important things to me than tidiness. I do have a 5 year old and now a 3 month old, so we have a lot of stuff...but if it wasn't for Craig, I would be lost.

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

The weather is cold outside, but that's not an excuse! Get in your exercise!