

# Projects

## Thoughts & Ramblings

**March 13, 2023**

Hello Friends!

I hope this finds you all well! I also hope you had a great week! Well, I was worried about my weigh in since I ate EVERY MEAL OUT the entire weekend – from Friday to Sunday...I guess I was more intentional than I gave myself credit for. I lost .4! That is a good feeling to know that I can make smart choices while eating out. I even had a bit of a splurge meal (burger and fries) but made the decision to only eat half of it -and let me tell you – half was ENOUGH. It was so delicious that yes, I could have eaten the entire thing, but I was intentional – I ate until I was not quite full but very satisfied. I ate slow. I chewed my food, I truly tasted my food. It is amazing how much that makes a difference.

So if you are struggling with portions and eating too much, SLOW DOWN. Look at your food, smell your food, truly taste your food. Chew it, don't inhale it. I know it sounds crazy but it really helps!

Remember, eat what you love and love what you eat!

Fondly,

Joan

**February 25, 2023**

Hello Friends!

I hope this finds you all well! I also hope you had a great week! I did not weigh this week, my scale needed a new battery and I did not have that particular kind in the house! I'm not worried about it, I had a great week and I'll just weigh next week. It is the season of Lent for Christians all around the world. A time to fast, pray and give alms and sacrifice. For Lent this year, I am doing several things in those categories, but something I am doing is trying to simplify my life a bit. We are pretty simple people, but there are still a few things that can be improved on. Simple does not have to mean boring! We are realizing that we don't need all the "latest and greatest" to be happy, healthy and productive. We don't need to fill out homes with "stuff" that we will never use but we bought it because it's either cheap, cute or cool (I'm looking at you Temu!) and we don't need to buy expensive "diet" food (all the things that social media influencer tell you you need to be successful) that is full of not good for you ingredients. Just keep it simple. Keep our homes simple, our food simple and our hearts and minds simple.

Remember, eat what you love and love what you eat!

Joan

## February 4, 2023

Hello Friends!

I hope this finds you all well! I also hope you had a great week! I was down another pound this week. I am so very happy with that.

I feel like my entire thought process on food has shifted a bit. Lately I have been very intentional with my eating. Even when I eat sweets/desserts. I eat, but don't stuff myself, even if there is counted food still left – if I am full and satiated, I have been leaving it there. I also haven't been

“pantry hunting” for something to eat just to eat. I have been so intentional and it feels really good! I am not denying myself I am just making sure I am truly hungry and truly want what I decide to eat!

I hope you all have a great weekend and week ahead! Remember, eat what you love and love what you eat!

Joan

## **January 28, 2023**

Hello Friends!

I hope this finds you all well! I also hope you had a great week! I was down 1 pound on the scale, so that is a big win for me! I hope to keep it going through this week and see another loss. We do have an event on Sunday, but I think I will be fine. I will eat mindfully and keep busy socializing! I will focus on the family, friends and fellowship and put the food as an afterthought!

I hope you all have a great weekend and week ahead! Remember, eat what you love and love what you eat!

Joan

## **January 13, 2023**

Hello Friends!

Are you back on track after the holiday season? I am! I had a great week on plan and on the scale! I was down 2.2 pounds! This week is another toughie – it’s Doug’s birthday and we have 2 celebrations. So far, so good. I’m fine in the moment, it’s the leftovers that get me! I will be sending ALL the leftover cake home with our dinner guests!

So friends, if you are not back on track, what are you waiting

for? The longer you wait, the harder it's going to be to get back to it. NOW is the time! No more "I'll start Monday", no more "after such and such celebration", no more excuses – let's GET IT DONE! We can do this!

Remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 7, 2023**

Hello Friends!

I figured this week on the scale would be tough, and it was! I was up 2 pounds. I don't know why, but when the boys are home I struggle so hard to stay on plan! But now the holidays are behind us, all the junk food is out of the house and I am FOCUSED again! I also feel better after eating clean for just a few days – I know when I eat too much sugar, processed foods, seed oils, etc. I feel yucky, so why do I do it? Will I ever learn? I will win this battle!

Remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 1, 2023**

Hello Friends!

Merry Christmas and Happy New Year! I hope you all had wonderful, magical holidays. I know I enjoyed and am still enjoying them! But, I am ready to start this new year off

RIGHT! I am dangerously close to my WW goal and I'm not comfortable with that. I like a little cushion and I like the way I look and feel when I am about 8 pounds under my WW goal. So, that said, I am HITTING IT HARD. I have been allowing myself a little bit too much grace this last month, and I feel it. I want to get back to the good, whole healthy eating that my body is used to and craves. I think I had more sugar this month than I have had all year and boy do I feel it! So, no regrets, not beating myself up, just putting it behind me and looking FORWARD! We got this my friends, we got this!

Remember, eat what you love and love what you eat!

Fondly,

Joan

## December 10, 2022

Hello Friends!

We are deep into the holiday season! I had a small loss on the scale this week – down .2 – I'll take it! My goal until the new year is to maintain so a loss is a bonus. Easy menu this week since we are in the "busy time"! Need some inspiration for the holidays? Check out my video for some tips on navigating the food through the season! Here you go: <https://youtu.be/mt2eDmqjeI4>

Remember, eat what you love and love what you eat!

Fondly,

Joan

## December 4, 2022

Hello Friends!

I hope you had a wonderful Thanksgiving holiday! Now on to Advent/Christmas! I had a shocking weigh in after Thanksgiving and the boys being here – I was down .8 – talk about surprised. It was great motivation to have another great week before the holiday season really ramps up. I have a video coming out on my YouTube channel about Holiday Tips and Hints – it will be up Sunday morning – make sure you check it out as we start moving into the holiday season. Have a great week!

Remember, eat what you love and love what you eat!

Fondly,

Joan

## November 20, 2022

Hello Friends!

I hope you all had a wonderful week! I had a great week but the scale didn't reflect it! But, ya just gotta keep the faith and keep going! Are you ready for Thanksgiving? Do you have a plan? I plan on having a low point/low cal breakfast and saving all the points and calories for dinner. I plan on eating everything I want, but eating it all IN MODERATION! There is always so much good food and a taste of everything works for me – even dessert! So, go in with a plan, stick to it as best you can and if you don't do as well as you hoped, start again the next day! Remember, it is a holi-DAY, not a holi-WEEK! Right back to it the next day!

Remember, eat what you love and love what you

eat!

Fondly,

Joan

## **November 12, 2022**

Hello Friends!

I hope you all had a wonderful week! I had a great week of eating and boy did it show on the scales – down 2 pounds! Why am I always amazed that when you stick to the plan, the plan works! This week going forward I hope to keep it going. I really was very intentional with my eating – no mindless snacking or just eating for the sake of eating. I am hoping I can do it again this week!

Remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 29, 2022**

Hello Friends!

I hope you all had a wonderful week! I had a good week on the scale – down a pound this week. I am SO TIRED of the up and down yo-yoing. I just need to get on course and stay on course! I feel like I have been “lazy” lately. This week was really great and I am hoping to use that “high” to keep things going. If you have been on a weight loss journey for any length of time you know sometimes you get tired – tired of counting points or calories or constantly thinking about what goes in your mouth. Sometimes it’s hard to keep the motivation. A good day, a good week or a good weigh in can go a long way in getting the “mojo” back! So give yourself props

for a job well done and keep it going!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 21, 2022**

Hello Friends!

I hope you all had a wonderful week! We had a super busy week dealing with new phones, having the kids over for dinner and trying to get things ready for the colder weather (the yard, the garden, the chickens). We had a big dinner with the boys and went out with our besties – I managed to stay the same! I was sweating it out – lol. This week we have nothing planned, so I am hoping for a great week!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 15, 2022**

Hello Friends!

I hope you all had a wonderful week! I did! I got to spend time with both my boys! So, a few indulgent meals and treats were had – I reigned it in and did ok on the scale. I was down .4. Yes, I had a few treats, but I did it in moderation. We all shared desserts and apps, I got “extra smalls” and really was mindful of what I was eating. Hoping to continue that this week!



I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 8, 2022**

Hello Friends!

I hope you all had a wonderful week! It was a bit of a rough week on the scale! I was up, but I'm not surprised – too many treats for sure! But, time to get tough again. I have challenged myself to kick butt before the holidays are upon us. It is nice going into the holidays with a bit of a cushion! So let's do this my friends! Lose it now so we can maintain and glide through the holidays!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 1, 2022**

Hello Friends!

I hope you all had a wonderful week! Another great scale week for me, down another 2! But, still snacky! I am now reaching for grapes/watermelon instead of crackers/pretzels/cheese, so that is a step in the right direction! It's getting better. Progress, not perfection. I find that if I keep a cup of hot tea ready at all times, then when I feel the urge to munch, I just sip! So far, so good! Do you have any tricks to keep from snacking?

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **September 25, 2022**

Hello Friends!

I hope you all had a wonderful week! We had a busy week but a good one! I had a great loss on the scale – 2 pounds, but have been super snacky this week. I don't think I'm hungry, just picky. I swear I get like this when the seasons change! I need to reel it in a bit and be more mindful. If I feel I want to snack, my plan is to put the food out that I think I want to snack on, and not touch it for 5 minutes. If I still want it after 5 minutes, I'll wait another 10, after that, if I still want it I will have it. I just don't want to eat without really thinking about it – I want to see if I am truly hungry. We will see if it helps!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **September 18, 2022**

Hello Friends!

I hope you all had a wonderful week! Things have been crazy around here. House guests, a sick dog, a birthday, lots of "happenings". And let me tell you, the scale showed it! I was up 2 pounds this week. I just can't seem to get in the groove. I have been crazy hungry! So trying to reel it in

but really struggling. Quitting is not an option, so I just dig in and keep going! Things may not be perfect, but progress is being made!! Keep going, my friends, keep going!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **September 2, 2022**

Hello Friends!

I hope you all had a wonderful week! So after all the things last week, I ended up gaining 1 pound. Considering, I don't think it's too bad. I am getting back on track but really struggling with sugar. Once I start, it's tough to stop! So I am weaning, little by little and reminding myself I don't need a sweet treat everyday! It's getting better! We have lots going on this holiday weekend, but my goal is to stay on track and in control! I hope you have a great holiday!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **August 27, 2022**

Hello Friends!

I hope you all had a wonderful week! We had a rough week. Our dear cat, Smalls, was diagnosed with a mass on his heart

and we had to make the tough decision to end his suffering. So, meals that were planned didn't happen because we just didn't feel like eating. Adam went back to college so there were some eating out celebrations and special treats and just general craziness. And now, we are away this weekend for a wedding. So, a bit off track, but not derailed! I will make the best decisions I can at the wedding and when we get home, I will start fueling my body with the good, whole, healthy food it needs! It's life, it happens, we need to learn how to handle it!

I hope you all have a great week, and remember, eat what you love and love what you eat!

Fondly,

Joan

## **August 20, 2022**

Hello Friends!

I hope you all had a wonderful week! This week is going to be a quick easy meal week. We have college move in, still in harvest preservation mode (another 100 ears of corn and endless pounds of tomatoes!) and an out of state wedding thrown in (6 hour drive!). So things need to be simple, but also healthy and delicious. I don't want to be tempted to order out since we will be eating out while on the road and at the wedding.

I have a plan, I hope to stick to it and be mindful. I will enjoy myself at the wedding, but I will focus on family, friends and fellowship, NOT the food.

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## August 13, 2022

Hello Friends!

I hope you all had a wonderful week! Very quick hello this week – we are insanely busy trying to help Andrew get his classroom set up, get him moved into his grad school community house and also getting Adam ready to move back to campus! Not much down time here! But, always time to make healthy meals – easy, but still good whole foods to nourish us during this busy time. Does the plan always work? Nope, but at least there is a plan and if it works *most* of the time during these busy weeks, then that is a win to me! A little planning and prep will keep us from ordering out food too much – will we go out and grab a bite when we are helping Andrew with his classroom or helping Adam to move to campus? Yes we will – but it's planned for and fit in. When we are home we have a plan to cook our meals and with some forethought and planning, we can do it! It's better for our health, for our waistline and for our wallets! So remember, when things get busy, make a plan!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## August 6, 2022

Hello Friends!

I hope you all had a wonderful week! I had my second week of double tracking points and calories this week and once again, it paid off – I was down 2 pounds! I can't believe it. I am

going to keep going with the double tracking for a bit just to collect more data. I am tracking with the My Fitness Pal app. I have the free trial version right now – not sure if I will purchase it or not once my free trial is over – it depends on what is happening with the tracking. I am learning a lot about exactly what I am eating macro wise – it's pretty interesting! I hope you all have a great week!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## July 30, 2022

Hello Friends!

I hope you all had a wonderful week! So, how did the first week of double tracking go? I am counting points and calories. It was eye opening for sure! I am over points most days, but wayyyyyy under calories. That said, I lost 3.2 pounds this week! I am going to continue double tracking for the next few weeks. I will say this, it is a bit more work, BUT, I feel so “free” and less restricted in my eating. If I want that 90 calorie (but 5 point) ice cream bar, it's much easier to fit in. If I want to use 2 tsp of butter instead of 1 or  $\frac{1}{2}$  an ounce of cheese or a “real” bagel for breakfast, it's much easier to fit in. So, we will see what the next few weeks bring. I love WW, I always will, but sometimes we need to shake it up a bit!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## July 23, 2022

Hello Friends!

I hope you all had a wonderful week! We have had so many celebrations this summer! This weekend we get to stay home all weekend! So much easier to stay on plan when I am cooking for myself and eating at home! I am trying a little something different this week – I am double tracking my points and calories. I just want to make sure my body is getting all the nutrition it needs! I have been struggling with the same 8 pounds for months now! I'm anxious to see what the results are at the end of the week. I'm not going to lie, I'm a bit nervous to see the results! I am trying to find a good balance between points and calories! I will let you know what happens next week!!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## July 17, 2022

Hello Friends!

Sorry this is so late – super busy weekend! Busy but fun with a big family party. I did “ok” at the party. Ate a bit more than I wanted to, but then remembered how yucky I felt the last time I overate, so I made sure NOT to do that this time! And it worked! Not sure what the scale will say this week, but I am ready for it – good or bad! We have to just keep on going no matter what obstacles stand in our way!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## July 9, 2022

Hello Friends!

I hope you had a great week! I had a rough one! I went wayyyyyyy off track on Tuesday and really paid for it – on the scale and how I felt. It served as a good reminder of how HORRIBLE my body (my whole body – head, stomach, joints...) feels after way over eating! Now I need to remember that feeling when I \*think\* I want to binge/over eat again.

But the important thing is I was right back on track the next day! Boy do I feel better when I eat right!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## July 2, 2022

Hello Friends!

I hope you had a great week! I was a bit surprised I was up .4 this week. I expected a loss. Not expecting a loss next week – too many treats and BLTs this week! But I will keep plugging along! If you are in the USA, I hope you have a wonderful 4<sup>th</sup> of July – try to be mindful if you are at bbqs and picnics! Make a plan and make that plan work for you!

I hope you all have a great week and remember, eat the food you love and love the food you eat!



Fondly,

Joan

## June 25, 2022

Hello Friends!

I hope you had a great week! This was a good weigh in – for not eating at home a few times I was still down .2! A loss is a loss, I will take it. I have been soooooo picky this week. Not hungry, just picky. I need to get that under control. Luckily, we have no plans to go out this weekend, so hopefully I can undo any damage I did with my pickiness!

I struggled with the menu this week – not sure why – just wasn't feeling very inspired – I think it's because Andrew moves into grad school this weekend. I only had him home for a few weeks. I just love when all our ducks are in the pond!

I hope you all have a great week and remember, eat the food you love and love the food you eat!

Fondly,

Joan

## June 19, 2022

Hello Friends!

I hope you had a great week! I feel soooooo good this week. And boy did it pay off! I was down 4 pounds this week!!! I was very focused, listened to my body, ate when I was hungry, fueled my body with good, whole, foods and boy, did it pay off! I stopped listening to the clock – 9am, time for breakfast, 12pm, time for lunch – and started listening to my body and my hunger cues! I plan on continuing that this week too. I hope you had a good week as well. Remember – eat what

you love and love what you eat!

Fondly,

Joan

## **June 11, 2022**

Hello Friends!

I hope you had a great week! I feel sooooo good this week. After last week with all the BLTs, I seem to have that under control. I feel like I'm in a "good place". We have a celebration weekend coming up the next two weekends, but I am going in with a plan! We will see how it all shakes out. Have a fantastic week my friends and remember, eat what you love and love what you eat!

Fondly,

Joan

## **June 4, 2022**

Hello Friends!

I hope you had a great week! I have been struggling a bit with BLTs – bites, licks and tastes. Not sure why, that is usually a winter thing for me, not summer. I'm so busy in the summer that I don't have time to pick much! I am trying to get it under control. It just goes to show that no part of this journey is easy – if you are just starting out, in the middle or in maintenance – each and every step is hard and has it's struggles. The main thing is DON'T GIVE UP! Keep on going! Have a fantastic week my friends and remember, eat what you love and love what you eat!

Fondly,

Joan

## May 21, 2022

Hello Friends!

I hope you had a great week! Well, I figured I would have a gain after our weekend of celebrating, but I didn't expect it to be more than 3 pounds!! But, I didn't let that derail me, I am back on track after a weekend away. I did very well while away, but eventually 3 days of restaurant meals catches up with you! I am actually excited to weigh in next week because I know some of those pounds will be gone! Life happens sometimes and we need to learn how to accept it, navigate it and get back on track. We can't let one weekend celebration turn into a week long one, or a month long one. It's ok to splurge once in a while, we just can't make it a regular occurrence!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## May 15, 2022

Hello Friends!

I hope you had a great week! Weigh in this week was great! I was down 1.8. I'm sure this week with all the traveling and graduation festivities, I will not see a loss...but...that's ok. Life happens. I plan on eating the cake Saturday night! We will be eating all meals out this weekend, but all but Saturday night will be "replacement" meals – nothing high point, a "regular" meal, just replacing what I would make at home. Saturday night will be a "celebration" meal – maybe

there will be appetizers, maybe a more indulgent dinner...and there will definitely be cake. But, even though it will be a celebration, I will make good choices – I won't go off the rails and it won't be a free for all! We have to find the balance. Life will happen, celebrations will happen, we just have to know how to handle them!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **May 7, 2022**

Hello Friends!

I hope you had a great week! It's been a week. I had a very unexpected gain on the scales this week – I was up 1.2. Honestly, I was surprised. I expected to lose a little if not maintain. But, that will not mess with me – I have an even greater resolve to do well this week despite LOTS of meals out over the next 2-3 weeks. I have been losing and gaining the same few pounds since last winter – something has to give! I am still at/under goal, but not my PERSONAL goal and I feel uncomfortable. So, here's to spring, new beginnings and a great weight loss attitude!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# May 1, 2022

Hello Friends!

I hope you had a great week! We had a crazy week but I still managed to drop .2! This next month coming up is filled with lots of celebrations, weekends away and meals out. I need to keep a strong focus. It's so easy to say, "well just this once...." And once turns into twice, and twice turns into 3 times and so on. It is so easy to go back to bad habits. So, here is to staying focused and keeping the eye on the prize!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# April 24, 2022

Hello Friends!

I hope you had a great week! I was up on the scale this week after Easter, but have a super strong mindset and I am slaying the week! I plan on having a great week and great weekend and being down on the scale! Summer is coming and so is beach weather – I can't hide in a tankini and I want to feel comfortable and confident! LOL. Let's keep our eyes on the (bathing suit) prize!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

## April 18, 2022

Hello Friends!

I hope you had a great week! I did great up until Easter dessert...pick, pick, pick....But, right back on track. My mindset has not been where it needs to be lately, so I'm working on it. Once you get out of the mindset, it's not easy getting back! I feel like I'm spinning my wheels. But, nothing like some warm weather and less clothes to bring you back to reality! Let's slay this week and slay this spring!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## April 9, 2022

Hello Friends!

I hope you had a great week! I had a GREAT week – I was down 3 pounds! But....this week I can't shut the pie hole! I am SO, SO MUNCHY! Not sure what is going on with that. I am trying hard to reign it in and munch on fruits and veggies. Not sure what is going on, but I'm trying to figure it out! It's all we can do, we can just do our best!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## April 2, 2022

Hello Friends!

I hope you had a great week! Still plugging along over here with my little .4 losses! But a loss is a loss! I weighed in at my studio this week and I'm still "free". I really need to get back to my personal goal to feel better about myself. So I will continue to work hard, stay focused and keep on trying!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## March 26, 2022

Hello Friends!

I hope you had a great week! We did – we were very busy but it was good! Now that spring is here it seems all our weekends are booked (or overbooked!) And being on the run a lot means meals/meal times may not always be what we want them to be! So what do we do? WE PLAN!!! Friday night starts a Marriage Prep weekend for us (we are a mentor couple for engaged couples at our church). So, Friday night is pizza at prep – easy for me to fit in since it is a fasting day for me. But if it wasn't a fasting day, I would fit the pizza into my points by having a low or zero point breakfast and lunch. With the zero point foods available, it's pretty easy to have great meals that not only fuel us for the day, give us the nutrition we need, but satisfy us too! Saturday I am in the same situation – but...I'm not sure what is being served for dinner so I want to make sure I have points available, so once again – low point breakfast and low point lunch! It just takes a little bit of planning. Like I always say – make

plans, not excuses!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **March 19, 2022**

Hello Friends!

I hope you had a great week! What a week! Adam and Grace were here over the weekend and boy did we have fun! But, we ate out – A LOT! I made great choices, kept it in check and ended up staying the same! I am ok with that. A bit disappointed that I didn't lose anything, but at least I didn't gain!

This week's WW Topic was all about having the right people in your "circle" – those that will stand behind you and encourage you – those that want you to succeed! So thank you all for being in my "circle"!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **March 13, 2022**

Hello Friends!

I hope you had a great week! What a week! We had so much fun with the boys home on spring break! We had a few too many



treats and not enough workouts – lol. I had a one-pound gain, but I'm ok with that. It is life and sometimes life happens! I am confident that I will get it off next week! We have a crazy weekend with Adam and his girlfriend here – lots of eating out and take out, but I will make great choices and make it work!

There will always be challenges, but how we face them is what is important – that's what makes this a lifestyle and not a diet – fitting the program into your life, not your life into the program!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **March 5, 2022**

Hello Friends!

I hope you had a great week! I had ANOTHER loss! Small, .4 but still a loss! I am hoping with the season of Lent upon us, I will have many great weeks ahead. For me, Lent is about fasting, sacrificing and prayer – the perfect combo for me to focus and buckle down! I want to keep my “losing streak” going! Cutting this short because my boys are home for spring break and I am spending every minute I can with them!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## February 27, 2022

Hello Friends!

I hope you had a great week! This week's WW Topic was about setting a goal weight. The jist of the lesson was not to look at the big picture, but break down the total weigh loss needed into smaller goals. That way, if you have a lot to lose, you will not be overwhelmed by the number and get discouraged. You can apply this to anything in your life! If you want to declutter your house, don't spend 4 days straight doing it, you will burn out. Small 15 minute sessions – you will be amazed what you can do in 15 minutes! Same with meal/menu planning – if it overwhelms you, just do 1 meal and build up to a whole day! Baby steps! Apply this with anything that overwhelms you and you will get through it!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## February 19, 2022

Hello Friends!

I hope you had a great week! I had a rough week – wayyyyy to many desserts and treats over the weekend. But, back in control – actually, more in control than I have felt in a long time! We have a crazy weekend ahead with a fundraising luncheon, an anniversary party and a day away in Lancaster – I need to stay focused and in control for sure! I'm going in with a plan – wish me luck!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## February 12, 2022

Hello Friends!

I hope you had a great week! Pretty good week here – still doing great on the water, doing great on meals. I need to stop the little “bites, licks and tastes” – I am working on it! It’s getting better. This week should be pretty easy to manage, as of right now nothing too challenging. Hoping it stays that way. So far, so good on our “no eat out February”, but I gotta tell ya, I am missing a night off – LOL!

But we are almost halfway through, so we can make it!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## February 5, 2022

Hello Friends!

I hope you had a great week! So far so good for me. Still killing the water! It’s been a bit of a rough few days, but I have to say, I’m proud of myself. One of our chickens, Jennie, was diagnosed with a very large tumor in her abdomen. We had to put her down. I am generally not an emotional eater, but boy, did I want to dive head first into a big bowl of ice cream. But....I didn’t. Eating ice cream would not have brought Jennie back. It would have made me feel better for

about 5 minutes, but that feeling would not last. Food does NOT fix feelings. So instead, I kept myself busy and kept my mind occupied. It was a good feeling to stay in control.

So just remember, stress or sadness does not cause us to eat. Eating is our reaction to the stress/sadness. So, we need to learn to change our reaction. It doesn't happen overnight, but trust me, it can be done!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 29, 2022**

Hello Friends!

I hope you had a great week! So far so good for me. Still killing the water! It's a struggle on the weekends, but I'm working on it. So in January, we did a "no waste" month – we tried to use every bit of everything and have been really successful! In February, we are going to do a "no eat out" month! Wish us luck – we love to do take out a few times a month. I hope you find something on the menu that looks good to you!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 23, 2022**

Hello Friends!

I hope you had a great week! So far so good for me. I'm still having trouble nailing down this Personal Points Plan. I don't feel I'm eating much differently than I did on Purple, I just don't feel as confident! But, I'll keep plugging along. Truth be told, I'm not in love with it. But, I'll keep going!

One great thing is my water intake – I have been KILLING it this week! I find I need to get it in early in the day. Hoping I keep up my streak! I hope you are all doing well!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 15, 2022**

Hello Friends!

I hope you had a great week! Its been a bit crazy here....Doug and Adam both tested + for Covid, but Andrew stayed negative! Thank God, we all had very mild symptoms.

That said, I did not let it derail me this week, I stuck to the plan and lost 1 pound! I could have easily used Covid as an excuse to eat what I felt like eating – an “oh woe is me” moment....but I didn't! I really think that part of the reason we had such light symptoms is that we exercise regularly and eat good, healthy, whole food! So, I wanted to make sure I fueled my body with great food to help fight the virus!

So remember, it's easy to “stress eat” – but it's not the stress that makes us eat. Eating is our reaction to stress. You need to change the reaction! Not easy, but doable – you got this!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 8, 2022**

Hello Friends!

I hope you had a great week! 2022 has been great with my eating so far...but, now, like so many others, I tested positive for Covid! I am feeling fine. I feel like I have a very mild cold. I am so very thankful I am not super sick.

I could easily use this as an excuse to eat whatever I want. But I WILL NOT. I will stay on plan, not have a food pity party and make it a great week food wise. We have to control the things we can (what we eat) and let go of the things we can't control (getting covid). We can't let the things we can't control take over our lives and make us spiral out of control on all levels. By eating well and fueling my body with good food, I know I am doing good for me. So, stay safe, make good choices and be healthy!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **January 1, 2022**

Hello Friends!

Happy New Year! Well, we are almost through the holidays. I did something I have never done during my journey. I did not weigh in this week. I know I had a gain, and I just was not in the right "head space" to face the scale right now. I am back on track and feeling good. I know it will take me longer to lose the pounds I put on than it did to put them on, but, I will DO IT! I am looking forward to getting all the junk out of the house and out of my sight! It's hard to be strong when it is staring you in the face! But, we are strong, we know what we have to do, we just have to do it! New year, better me.

Remember, eat what you love and love what you eat!

Fondly,

Joan

## **December 25, 2021**

Hello Friends!

Merry Christmas! Well, we are almost through the holidays. Another week or so and we are clear! We still have about 4 celebrations as we celebrate the 12 days of Christmas, through the Epiphany. But, the main Christmas celebrations are over. Now to tackle a few small ones and New Years. I can guarantee you that come January 2, I am HITTING IT HARD. No more crap! We got this, friends!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## December 18, 2021

Hello Friends!

I hope you had a great week! My week went well! I was ON POINT this week and dropped 3.6 pounds! I couldn't believe it. But so far, this week has been a cookie/sweets struggle. I managed to wrangle it in today. Hoping to keep the control over the weekend. Holidays are tough, my friends! We have SOOOO many social obligations that involve dinner/meals next week....I won't lie, I'm nervous. But, I will stay focused, do my best and not give up!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## December 11, 2021

Hello Friends!

I hope you had a great week! My week went well! I was down 2 pounds at weigh in! Now to just keep the train on the tracks. I had a little issue with some cookies the other day. I just have to face facts that I cannot have them in the house. I have no will power at all! This time of year is so hard. I just want to bake all the things. So, I have been baking but donating the baked goods! Best of both worlds, right?

So friends, identify the triggers, stay away from them and make good choices! A treat here and there is ok, but once it



becomes a habit, it's not a treat anymore! Keep it in check and we can DO THIS!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **November 28, 2021**

Hello Friends!

I hope you had a great week! I hope you had a wonderful Thanksgiving. I ate everything I wanted to, and my plan was to be s on program Friday, but...life has other plans. It was so hard with the boys home for several days – lots of company, too many treats. They go back to school tomorrow and BOOM – back on plan like it's day 1! That's the beauty of this program – we are given points to spend and we chose to spend them how we wish (I spent mine on stuffing, carrot casserole and PIE!) Christmas is coming, so time to buckle down for the next two weeks or so and stay motivated!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **November 20, 2021**

Hello Friends!

I hope you had a great week! So, how did your first week on WW Personal Points go? Mine went well! I lost 1 pound this week. I jumped on the scale Monday morning and I was down 3

pounds....but we had take out (sodium bomb!) Monday night. So, my official weigh in on Tuesday was down 1. I am thrilled with that!

I am really liking the new plan – I feel it's very flexible and I like that I can earn a few extra points for healthy habits. I treat it as a challenge to eat my veggies now – lol. I'm anxious to see what happens moving forward. I may change up a few of my zero point selections when I re-evaluate in a few weeks. I know I will change up the selections seasonally. That's an awesome part of this plan – it's customizable!

I hope you all have a wonderful Thanksgiving – you all are one of the many things I am thankful for!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **November 12, 2021**

Hello Friends!

I hope you had a great week! I was sure I was going to have a great weigh in – I had a great week! And, I did! Down 1.6! I was so focused! Hoping for another great week this week.

If you are a WW member, you know the new plan rolled out this week. So far, I like it! But, I am worried about the crazy amount of “extra” points you can earn. If I were to eat all the weekly points I earn, I know for certain I would have a gain. I plan on using some of my “base” weeklies, but certainly not all of them. I was on the Purple and had 16 daily points. Now, I have 19 dailies, but I have “lost” a few zero point foods. And, many of my favorite “staple” foods

have gone up in points! But, I will work with it!

Here's hoping we all do well, we are all reinvigorated and ready to face the holidays a few pounds lighter!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **November 7, 2021**

Hello Friends!

I hope you had a great week! I was sure I was going to have a great weigh in – I had a great week! But...the scale was not kind. I was up 1.4! I was very shocked. But, I didn't let it get to me, I dug deep and kept going. So far, this week has been awesome. I have made amazing choices, some sacrifices and lots of good swaps. Here's to a good weigh in this week!

As most of you WW people know, the new plan rolls out on Monday. It's Personal Points. You get to pick your zero point foods from a presubscribed list. Your foods and your daily/weekly points will be tailored to YOU! I am anxious to see how this all goes. It's going to be near impossible for me to give you the points for recipes, as everyone's points will be different, depending on the zero point foods you select. So, it will be a learning curve for all of us! But, we will all get through it together!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# October 31, 2021

Hello Friends!

I hope you had a great week! My weigh in was meh. I was up .2. So basically stayed the same. I'm not sure why all of a sudden the weekends are tough for me. It was never like that the first 2.5 years of my journey. So I need to figure out what is going on and reset my "weekend mind". We have been pretty busy and "social" lately on the weekends, and I'm sure that is contributing to it. But, no excuses, I need a plan, not an excuse! So, this week and this weekend, I will focus on what I need to focus on and make it successful!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# October 23, 2021

Hello Friends!

I hope you had a great week! Weigh in this week was ok! I stayed the same. I'm ok with that ☐ A loss would have been better, but staying the same is better than a gain! As always, I need to stay strong over the weekend – I can't let it be my "weak-end". I plan to stay busy, stay on track and keep doing what I'm doing!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# October 16, 2021

Hello Friends!

I hope you had a great week! We had such a busy week and a very busy weekend ahead! I really need to stay focused this weekend. We have a food truck event at church, pinochle tomorrow night and a few other things. I WILL NOT CAVE! I will make smart choices. I watched a video from Kim at A Girl and Her Phone and I think it will really help. When I go to reach for the candy at pinochle or not make the best food truck choice, I am just going to hear all of Kim's words in my head. Here is the video I am talking about: <https://youtu.be/IF24Ee4DCJA> Go give it a watch – it's a good one!

So, I will be strong this weekend – it is my promise to myself.

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

# October 9, 2021

Hello Friends!

I hope you had a great week! We had such a busy week and a very busy weekend ahead! I was bummed to have gained .8 this week. I really thought I was going to see a loss. But, keep on going! This roller coaster just needs to stop!

I'm hoping with fall arriving, that we will get back on a good schedule – not so many “fun” days -but, so far every weekend has been booked! I just need to pay attention to what I am doing/eating and stick to the plan!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **October 2, 2021**

Hello Friends!

I hope you had a great week! My week went well. All my hard work finally paid off – I had a great loss of 2.6 pounds this week! I plan on keeping it going this week!

A YouTube friend of mine recently did a video on “worthiness” and it really got me thinking. Don’t wait until you “get to goal”, “lose 5 more pounds” or “fit into those jeans” before you start loving yourself and realize that YOU ARE WORTH IT. Love yourself for who you are now. Once you start to realize your self worth, things will fall into place. When you realize you are with the extra money for good, nutritious food, you will eat better. Once you realize you are worth the extra time to prepare a beautiful, healthy dinner, you will feel better. Once you realize that everyone will survive when you escape to the tub or porch or out for a walk for 30 minutes of self care, your attitude will be better. Realize you are with the extra time and effort and everything else will fall into place.

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## September 25, 2021

Hello Friends!

I hope you had a great week! My week went well. I was bummed about my weigh in – I stayed EXACTLY the same. To the ounce. But I'm hoping the great week(s) I had will catch up on the scale this week. We have some eating out events this week, but I plan on making great choices and staying on plan. I know I can do this!

I'm looking forward to some cozy fall dishes that are on the menu this week – especially crock pot pumpkin oatmeal and beef stew! Those things scream fall to me!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## September 18, 2021

Hello Friends!

I hope you had a great week! I did. After my big gain from all the celebrating last week, I really needed to be focused. I did great all week, until the chocolate covered raisins came out while we were playing cards! Where was my self control? I'll tell you where it was – it was OUT THE WINDOW! That is what I'm going to focus on this week, self control. Little pieces of candy are my absolute weakness – M&M's, chocolate covered raisins, chocolate covered nuts – you can put a whole candy bar down and I won't touch it, or even a mini candy bar that needs to be unwrapped – I'm fine with those – it's the darn unwrapped, "finger food" type candy that gets me EVERY.SINGLE.TIME. So now, I need to work on that. It's a

journey, it's a process. I won't give up, I'll just get better!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan

## **September 12, 2021**

Hello Friends!

I hope you had a great week! I did. Felt like I was on plan and in control. We are heading away this weekend – so that will be hard. One or two meals out is pretty easy to work around, but a whole weekend with lots of family...and birthday cake...not so easy. But, I will make good choices, I will eat mindfully and not binge! Yes, this is a celebration weekend, but 1 celebration meal will do, not 6!

It's not easy, but it's worth it!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **September 4, 2021**

Hello Friends!

I hope you had a great week! This week is gonna be insane!



Back to work full time after a summer (mostly) off. I probably should have used the crock pot a lot this week or did some meal prepping...but, I like a challenge – lol. I need to keep focus all week and roll over as much as possible – we are going away for the weekend next weekend and there will be birthday cake involved ☐. I will plan for it, eat it, enjoy it and move on. No regrets! This is a lifestyle, not a diet and in my life, there will be cake once in a while!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## August 28, 2021

Hello Friends!

I hope you had a great week! I did. I am looking forward to a “downtime” weekend this weekend. I need a rest. I’m also looking forward to the menu this week – lots of good stuff coming up! I am trying a new recipe this week – Chicken Supreme, looks simple but delicious. I made a soup last week – rare for me in the summer – and boy was it delicious! I highly recommend it. I also did a cook with me video for it – check it out: <https://youtu.be/qXKFZFaFbjg>

Almost time to start thinking of soups and stews – summer is ending too quickly for my liking! How about you – summer or winter?

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

pulvinar dapibus leo.

## August 21, 2021

Hello Friends!

I hope you had a great week! I'm coming to you from a moving car again – lol. We are on the way to Maryland to move Adam into his dorm for the year. So once again, we will have meals out. I was very proud of my choices last weekend, and I intend to make great choices again. You have to remember the difference between a replacement meal and a celebration meal. I made a whole video on that – check it out here: <https://youtu.be/6su4Ui5VXxE>

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## August 14, 2021

Hello Friends!

I hope you had a great week! I'm coming to you from a moving car – lol. We are on the way to Maryland to move Andrew into his campus apartment. It's been a tough week. I've been very "picky" this week. And, last night I was attacked by  $\frac{1}{2}$  a donut! It was ugly. But, it's a new day. It's going to be a tough weekend – lunch/dinner out today and dinner out tomorrow for my mother in law's birthday. But, I will make the best choices I can. That's all we can do. Be aware, survey the choices and make the best decision. The best decision may not

be the one we want the most, but that's when we have to decide what we want more. That decision can change based on our mood, our day and our attitude. And that is ok. We don't always make perfect decisions (the donut last night after a high point dinner), but we suck it up, accept it and move on! We got this!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **August 8, 2021**

Hello Friends!

I hope you had a great week! So far, so good for me. I was up 1 pound this week – that was after a long weekend away with 7 restaurant meals! I'll take it. I know I can get it off. The only thing I'm concerned about this week is poker night on Saturday – it's not a regular dinner – it's all dips and "picky" food. I do better with dinner that gets served and put away vs. picky food that stays out all night! But, I will be strong and I will enlist Doug to help by being the food police! Sometimes we all need a little help!

I'm looking forward to several things on the menu this week – especially the Garlic Butter Steak – it's a new recipe and I hope it's as good as it sounds!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

# July 31, 2021

Hello Friends!

I know this is early this week – we are heading out of town for the weekend but I wanted to get this done!

It was another great week staying on plan, and it showed on the scale! I was down 2.6. I am hoping to just maintain this week with being away for several days. I will eat mindfully and watch my portions! But, eating about 7-8 meals out is tough!

The menu this week is all Andrew – lol. He set each dinner since this will be the last week he is home before returning to school. We have Adam for a few more weeks ☺

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

Joan

# July 25, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

What a GREAT week last week! I felt great, did great on plan and on the scale! I was down 4.2! I'm sure it was a combo of water weight, tracking everything and switching things up (I switched to purple to shock my body a bit). This week has been great so far. I am staying laser focused this week because we are going away for the weekend on Friday and I want

to bank my weeklies for a few indulgences while we are away. I am tired of making excuses, I am making PLANS and sticking to them!

Excuses are easy, but pay no dividends. Plans are tough, but the rewards are GREAT!

So, make a plan, stick to it (yes, it's hard, but you can do it!) and let's make this an amazing week – on and off the scale!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **July 17, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

This week was VERY different than the last two! I have a fire in me. I feel like I did back in February of 2018 – I am ready to SLAY WW! I feel so in control and so good about my days! I just keep reminding myself – it only tastes good for a second, but it sticks to the hips forever! I have treats built in, those were not the problem, it was the mindless snacking, the hand in the chip bag that did me in. None of that this week! If it's not planned for, it's not happening! So, hoping for a great weigh in this week!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## July 10, 2021

Hello Friend

Happy Saturday! I hope this finds you well. I hope you all had a great week.

I need to keep my hand out of the tortilla chips. I do so well all week, then "pinochle night" comes and it is like I forgot everything I have learned. And on top of that, we have a night out tonight too where there will be tons of snacks and then a birthday party tomorrow! UGH!!!!!! I am making a promise to myself RIGHT NOW that I WILL NOT over indulge. The "social" struggle is real my friends. It's so easy to have a gathering and just sit around and "snack". And even with each bite, I know I need to stop. I need to take back control. I can and I will.

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## July 3, 2021

Hello Friends,

Happy Saturday! I hope this finds you well. I hope you all had a great week.

Happy 4<sup>th</sup> of July!! Are you going to cookout or party? Do you have a plan? We are going to my brother's. We are having the traditional picnic fare. My plan is to have a 0-2 point breakfast and a zero point lunch so I have all my points to

spend on dinner. That's the beauty of WW – with zero point foods (eaten in moderation, of course), you can plan out your day for parties, higher point meals, or special treat now and then! So, make a plan, eat mindfully, get some movement in and have a safe and happy 4<sup>th</sup>! God Bless America!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **June 26, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

Well, so far, so good for this week. I really feel good and in control. I feel like I have my mindset back and I am ready to get this 8 pounds off. Every time I want to grab for something mindlessly or help myself to an extra portion, I stop, pause and think about what I am doing. I am being in moment with it instead of just doing it. It has really, really helped.

So if you are struggling. Stop. Pause. Think and THEN react. Be in the moment, know what you are doing and why. We can do this.

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

# June 19, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

Whew last weekend was tough! We had Chinese Friday night, pizza Saturday night and Adam's birthday (with cake and ice cream!) Sunday. It was quite the indulgent weekend. But...guess what? I lost 1 pound!! How did I manage to lose when we had such a weekend? PORTION CONTROL! I had my normal Chinese take out order – nothing fancy, just my normal beef with broccoli. I kept the points low for breakfast/lunch on Saturday and enjoyed 2 slices of pizza and even part of a cookie. I stayed away from the sugary drinks, the other desserts and all the chips. I did not miss them, the pizza was so good and satisfying. And on Sunday, again, I watched my points during the day and enjoyed a veggie filled steak dinner (Adam's bday choice) and even cake and ice cream – a small piece of cake and a small scoop of ice cream – just enough to thoroughly enjoy it and not feel guilty!

It is ALL ABOUT PORTION CONTROL! Is it always easy? NOPE, but boy is it worth it!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

# June 11, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.



So, that .2 I lost last week? I found it again this week. Hoping that this week is a better one! We have a busy weekend, and some celebration meals – that worries me a bit. Lately, I have not been the when it comes to celebration meals – I have gone a bit overboard. But, I am bound and determined to keep it in check!

The small lunches have been great for me. I am really glad I have made that switch to a nice light lunch. I am enjoying my dinner more and not feeling overstuffed! So I am definitely going to continue that!

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **June 5, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

Weigh in was ok this week. I lost .2 It's better than a gain! I feel like I am just treading water lately. I need to take the bull by the horns and drop about 5 pounds. I am not over goal, but I'm not where I want to be either. And there is no one to blame but myself. I have been letting my weekends be my "weak ends".

I also realized why I struggle so much with lunch. I'm not usually hungry! I don't eat breakfast until about 9:30, we eat lunch at 1:30 and I eat such a great breakfast, I'm not really hungry for lunch. So this week, I am going to plan just a light lunch – a small salad, a fruit salad, just something light to hold me until dinner. We will see how it

goes.

Have a fantastic week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **May 29, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

It was a rough one for me. I knew weigh in was not going to be pretty. I just had zero control over the weekend. ZERO. But, it's a new week. It hasn't been perfect but it's been better. I just need to really focus on the holiday weekend!

That said, go in with a plan for the weekend. Write it down. Hang it up. Read it often. We can do this. We can stay IN CONTROL!

Have a safe and healthy holiday weekend!

Fondly,

Joan

## **May 22, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

Summer is coming! Do you think summer is an easier time or a more difficult time to stay on plan? I'm torn on my answer!

Here are my reasons:

***Reasons it is easier:***

Lots of fresh (zero point!) produce

It's too hot to eat – so lots of fruit, salads and grilled chicken!

Less clothes to hide behind, so we tend to be more careful about our eating

Nicer weather so we are more apt to be outside and moving more!

***Reasons it is harder:***

PARTIES/BBQs! 'Nuff said

If the weather is hot, we don't feel like cooking, so take out it is

Lives tend to be busier, so less time for planning/cooking meals

Summer is a great time to eat ice cream :0

So, whatever you think about summer – harder or easier, that is your reality and there is not right or wrong answer. We just have to remember to not make excuses and just do what needs to be done (yes, I am shouting at myself! LOL)

I hope you all have a wonderful and HEALTHY week! Remember, eat what you love and love what you eat!

Fondly,

Joan

# May 15, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

This was a rough week! We had the stomach bug pass through our house and it was NOT fun! I did manage to keep my eating in check. Its funny, you think it would be easy because you don't want or can't eat, but then when you are feeling better, it's not the protein and fruits and veggies you want – it's the soft and mushy (and often high point) comfort food. I probably ate a few too many pieces of toast, but I counted it and moved on. Sometimes you just have to do what you can to fuel your body. We are in this for life, for the long haul, not every week will be perfect and we have to learn to accept that. Now that we are feeling better, we will go back to eating better. We can't beat ourselves up.

I hope you all have a wonderful and HEALTHY week! Remember, eat what you love and love what you eat!

Fondly,

Joan

# May 8, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

So far, so good for me this week. I feel good and I feel focused! I just need it to last through the weekend. While I was losing my weight, I NEVER struggled on weekends, now it seems like it's a constant struggle! I'm not sure what changed! But I will tell myself over and over this weekend

that I need to be strong! I want to have a great week on the scale. No one is in control of that except me!

Have a great week everyone, remember – eat what you love and love what you eat!

Fondly,

Joan

## **May 1, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

I have been so hungry this week. I have been really good about keeping things in check – but it hasn't been easy! But, I am committed! I really want a good weigh in Tuesday. I definitely have maintenance nailed, but now I need to be back in “loss” mode to drop a few pounds. I just can't seem to wrap my head around it. But, I know I can do it and I won't give up! It's all about mindset and determination! I know HOW to do it, I know I CAN do it, I just HAVE to do it! Easier said than done, right?

Have a great week everyone, remember – eat what you love and love what you eat!

Fondly,

Joan

## April 24, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

I am EXHAUSTED! It's been a long week. My eating was so-so. Too many bites, licks and tastes. But, hoping for a great and focused weekend! It's late Friday night and we have to get up early tomorrow to get started on the coop, so no words of wisdom this week – I'm falling asleep typing this.....

Have a great week, stay focused and stay kind!

Fondly,

Joan

## April 17, 2021

Hello Friends!

Happy Saturday – or Friday night! We are away, so this was the best time for me to take care of this! I hope this finds you well. I hope you all had a great week.

My week was so-so. I managed to avoid “birthday donuts” that one of the babies brought on Wednesday, but on Thursday, one of the Mommas brought me a “special” donut from a very famous (around us) bakery and Doug and I split it. And it was good. But, I went over points. And then the weekend with being away and eating out. Somethings gotta give! I need to get my head on straight! But, as I type this, we are getting ready to

head to dinner out, and I just need to be careful. I can do this. I have done it for years, I know what to do, I just have to DO IT. I got this, right? Wish me luck...send me low point vibes....

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## April 10, 2021

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

So, if you saw my weigh in video, you know I had a HUGE gain. But, I totally deserved it. I own it and I will fix it. I have been right on point this week and I'm looking for a loss next week! I need to stay focused on Saturday. We play pinochle with my brother and sister in law almost every Saturday night, and that involves dinner and dessert. Dinner is never a problem....dessert on the other hand. But I am going in with a plan. We are having tacos for dinner, I am making ground beef and chicken. I am going to make a nice chicken taco salad and save most of my points for dessert! By having it in salad form and using chicken, I will save a ton of points and use those toward the deliciousness that my sister in law is bringing! This is a lifestyle, these Saturday nights are part of that lifestyle, so I need to learn how to

make it work! And, I love dessert



So remember, it's

not off limits – just fit it in, watch your portions and TRACK it!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **April 2, 2021**

Hello Friends!

Happy Saturday! I hope this finds you well. I hope you all had a great week.

With the holidays – both Passover and Easter upon us, we need to plan for some special dinners! My plan is to have a low point breakfast and save all my points to use for dinner. I plan to have a bit of everything on the table. I will watch my portions, eat until satisfied, track it all and call it a day. Just remember, holiday food on the holiday, regular food on regular days. Give the leftovers away! Stay strong, we can do this. There will always be a celebration, a holiday or a special event. We will have to learn how to fit them in and navigate them. We can do this!!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **March 27, 2021**

Hello Friends!



Happy Saturday! I hope this finds you well. I hope you all had a great week. So, my week was not perfect, but it was better the one before! Progress, not perfection. I feel like I'm getting my mojo back – slowly, but it's coming.

The most important thing to remember with ANY journey – weight loss or other is to just keep moving forward. You don't have to go at a crazy fast pace, forward progress is enough. And, if once in a while you stumble backwards, that's ok too – as long as you put in the effort to change up the direction and start moving forward again. One foot in front of the other...one step at a time...one meal at a time. We got this!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **March 13, 2021**

Hello Friends!!

Happy Saturday! I hope this finds you well. I hope you all had a great week. Just a quick note – my boys are coming home for the weekend, so I have things to do to get ready! I really feel a bit “out of sorts”. I need to get my focus back. It's so easy for me to give advice and help other people, but sometimes I have a tough time listening to myself! And I'm sure with the boys home this weekend, there will be some “treats” – I need to reign it in. I have a plan, I just need to stick to it! We all know what we NEED to do, but boy, sometimes it is hard just DOING it! I need to go back and look at my monthly goals and focus on them, that will spell success for me! Do what you need to do to be successful this week!

Have a very happy, healthy and safe week and remember – eat

what you love and love what you eat!

Fondly,

Joan

## March 6, 2021

Hello Friends!!

Happy Saturday! I hope this finds you well. I hope you all had a great week. I had a rough one. Lots of picking and “bites licks and tastes” and it showed on the scale! But, sometimes that happens. What happens next is what is most important. We can let one bad meal turn into a bad day, we can let a bad day turn into a bad week, we can let a bad week, well...we can let it undo all the good we have done. The key is not to let that happen. Yes, bad meals and bad days and even bad weeks will happen. But we need to reign it back in and stop it in it's tracks. We have to remember the reasons we started this in the first place. We have to remember how good we fill when we are on plan, we have to remember our WHY.

We have the tools to stop those slip ups in their tracks, we just need to use them! Sometimes that is easier said than done. But we are strong, we are capable and we have a goal! We can do it!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## February 27, 2021

Hello Friends!!

Happy Saturday! I hope this finds you well. I hope you all had a great week. I will keep this short because it has been a LONG LONG week and I am falling asleep as I type this! I had another great weigh in – lost 1 pound for a total of 7.2 for the month! Just one more and I'm in my "happy range". I had a few rough days this week – I was a bit too picky – but have reigned it in. I am looking forward to the weekend to "recharge" a bit. I need some rest.

Rest is so very important on our journey. When we are overtired, we tend to overeat – we are too tired to prepare food so we order out – usually something we would not prepare at home. We are then so relaxed from not cooking, we tend to over eat. It's a vicious cycle.

So, rest up, make a plan and slay this coming week!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## February 20, 2021

Hello Friends!!

Happy Saturday! I hope this finds you well. I hope you had a great week MORE SNOW here in NJ! So, in the beginning of the year, I made a decision to "clean up" our diets a bit. Really cut out processed foods, sugar free foods, etc. I will NEVER be perfect (I am not giving up my orange queso cheese!) but I strive to do better! I want 85-90% of our diet to be "clean". So, I have really been cooking from scratch A LOT!

I am making bread (check out the Sandwich Bread recipe of the website), eating fresh veggies more than frozen and really being aware. I am even going to make homemade cream cheese next week!

I really got serious about 3 weeks ago. I have been using mostly real butter, real maple syrup, and really focusing on items with only 3-5 ingredients that I can pronounce! And still staying in my points! And guess what – I feel better I'm sleeping better, feel much more full and satiated and I have seen a loss on the scale 3 weeks in a row!! Big losses – 3.2, 1.8 and 1.2! I am anxious to see what happens moving forward.

Is this lifestyle for everyone? Nope. And that's ok. We all have to travel our journey our own way – there is no right or wrong, as long as what you are doing feels right for you.

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **February 12, 2012**

Hello Friends!!

Happy Saturday! I hope this finds you well. I hope you had a great week! I did. We even had a snow day in there! It was a nice day to make a big pot of soup and get a bit ahead on a few loaves of bread for the week and to put in the freezer! This cooking (mostly) whole foods from (mostly) scratch is tough – lol. Luckily, I love cooking! But, the results are paying off. I really feel so much more satisfied and satiated and I'm not "foraging" after meals. It's amazing that one slice of homemade bread satisfies me more than 3 slices of the light bread I was using. And, I was down 1.8 this week, that

is 2 nice losses in a row! Now, is this for everyone? Absolutely not. Heck, I'm not sure its even for me in the long run, but I knew I needed to give it a shot. Am I perfect with my food choices? Nope, but that's ok, progress, not perfection. I don't know if it's coincidence, but I am sleeping better, feeling better physically and have a ton more energy. So for now, I will keep it up and try to keep improving! I also feel a great sense of accomplishment! Ok, time to get this posted – I will talk to you soon!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **February 5, 2021**

Hello Friends!!

Happy Saturday! I hope this finds you well. How was your week? Mine was pretty good. Nice and on plan. I was lucky enough to have 2 snow days this week, so I got a ton of stuff done! It was awesome. I did LOTS of cooking. We are really trying to do as much from scratch as we can, so that requires lots of time in the kitchen – but I'm ok with that, since that is my happy place! I'm excited about the menu this week – lots of new recipes and some old once that I haven't made in a while! I'm anxious for Friday to try the Poppy Seed Chicken! I hope you see something you would like to eat this week!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

# January 30, 2021

Hello Friends!!

Happy Saturday (Friday night – I’m early!) ! I hope this finds you well. How was your week? My weigh in was great – down 3.2! I was very focused and on plan. I am feeling a whole new energy! I can’t wait to tackle this week too! I am feeling like I was in February of 2018 – so fresh with a great mindset! I found that mindset again. Thankfully, I am still under goal, just not where I like to be. Hopefully, with my new mindset, I will be right back in my “happy place” soon. Moral of the story, if you are struggling, just take yourself back to that first day, week, month, 10 pound loss...whatever it takes to get your mindset “reset”. Remember your “why”. Remember what it was that had you on FIRE to follow the plan. Get that mojo back! It’s there, you just have to wake it up! We can do this. We know what to do and how to do it, we just have to START! I am here for you...any problems or questions, please reach out!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

# January 23, 2021

Hello Friends!!

Happy Saturday (Friday night – I’m early!) ! I hope this finds you well. How was your week? Mine was OK. My weigh in wasn’t so great – up a pound this week. But, I am back on the wagon – it’s like a switch was flipped in my head. I feel so

energized, like the first week when I started WW – back in Feb 2018. I have that renewed sense of “I CAN DO THIS!” So, so far so good since Tuesday. I need to keep it going – especially through the weekend! We will be on the road almost all day Sunday. We are taking the boys back to school, so that is 6 hours round trip! I plan on packing lunch to eat in the car and we will probably do take out on the way home. I have a plan and I’m sticking to it. I want this week to be GREAT! What do you want from this week? Do you have your MoJo back????

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## January 16, 2021

Hello Friends!!

Happy Saturday! Can you believe January is already half over?? It’s going so fast! Are you still reeling int the “newness” of the new year? I am – going strong on decluttering and organizing and getting my house “set”. I heard something on a video that stuck with me – “if it takes less than a minute, just do it”. Don’t throw the dirty clothes on the floor, put them in the hamper – it takes the same amount of time. Wash the plate or put it in the dishwasher instead of leaving it on the counter – you will be happier when you come into a clean kitchen in the morning. Grab a piece of fruit instead of a cookie – better choice, same amount of effort. Take the stairs, park further away, get up a few minutes earlier to get some exercise in. Spend a few minutes investing in YOU, YOU are worth it!

Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## January 9, 2021

Hello Friends!!

Happy Saturday! So we are a few weeks into the new year – how is it going? Did you set goals and intentions? If so, how are you doing with them? So far, so good for me on most. I'm still struggling with getting my lesson plans for my littles one done a week ahead of time. But, I'm a work in progress and as long as I am moving forward I'm happy with that! As far as health/weight loss goals, I am doing well – really working on getting my water in and keeping the BLTs (bites, licks and tastes) in check.

Tomorrow is Doug's birthday and he wanted brownies instead of a cake, so Adam is making his famous brownies -they are quite high in points, but amazing. I will plan for it, have a small piece and move on. The recipe only makes an 8x8 pan, so there won't be a bunch hanging around for days like there would be if I made a cake!

Life is all about balance. Sometimes we eat the salad, sometimes we eat the brownie. Sometimes we run 5 miles, sometimes we sit on the couch. But it's not balance when we eat nothing but salad or brownies or injure our bodies by pushing too hard, or not care for our bodies by being an eternal couch potato. Balance is not easy to achieve, it takes work, but once you find it, everything falls into place. So work towards it, take your time, find your groove! We can do this!



Have a very happy, healthy and safe week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **December 31, 2020 – Happy New Year!**

We are moving forward into 2021 – time to stop, think about what we want out of the coming year and how we are going to go about making it happen. I love setting goals and working toward making them happen. I saw a great graphic with guidelines to setting goals and I thought I would share. There are 6 steps to setting your goals/intentions.

### **1. Plan/Reflect**

What do you really want to achieve? Don't worry about what other people think you should do – what do YOU want to do? It can be as simple as remembering to brush your hair in the morning or as big as training for a marathon – as long as it is important to YOU.

### **2. Write Them Down**

Writing them down makes it “real” – putting pen to paper is a commitment.

### **3. Keep Them In Sight**

Put that piece of paper where you will see it everyday – several times a day. It will be a constant reminder of what you want to achieve. If you can see it, you will remember it and strive towards it. If it is tucked away, it could easily be forgotten.

### **4. Keep Them Positive!**

Instead of saying “I want to lose 20 pounds”, say “I want to

weigh less at the end of 2021 than I did at the end of 2020". Instead of saying "I need to throw away all the junk and clutter on my dining room table", say "I want a nice clean table so we can eat as a family around the table".

#### 5. Revisit/Adjust

What is working? Are you moving forward? Do you need to adjust or make changes to help you succeed?

#### 6. HAVE FUN!

Remember – don't stress – Progress, not Perfection!

Have a VERY happy, healthy and safe NEW YEAR! Here's to 2021!

Fondly,

Joan

## December 19, 2020

Hello Friends!!

Happy Saturday! T – 5 days until Christmas! Are we ready? I mean are we ready with more than just presents, cards, decorating...are we ready to face food challenges? I am really fighting the "munchie bug" right now. I am hoping the holidays don't make it worse. I just need to be mindful. We can have the snacks, or a cookie or a treat, but we have to reel it in. We can fit in one snack or one cookie – the problem occurs when we over do it. I know, I know, easier said than done. But we have the will and we have the tools. What we do with them is up to us. Whatever your decision is – to hold back, to indulge or to overindulge – just make sure you own it. We got this! Have a wonderful Christmas and a wonderful holiday season! Thank you so very much for all of your support – without all of you, there would be no JPP!

Fondly,

Joan

**December 12, 2020**

Hello Friends!!

Happy Saturday! How are your holiday plans going? If you celebrate Hannukah, you are in the midst of your celebration, if you celebrate Christmas, crunch time is coming! I'm definitely behind this year. We are really limiting out going out, and I'm so used to just popping from store to store in one day to finish up – I need to make a list, see what I need to do and try to do most of it this weekend, online. My eating has suffered a bit this week – lots of unexpected things popping up that messed with my menu, so too many take out nights. I'm feeling it – very bloated – yuck. So this week I kept it really simple in hopes to STICK TO THE PLAN. It is so easy to go back to “old ways”. I need to focus, remember my why, keep putting on my “super skinny jeans”, not stretchy pants and just breathe!

How are you all doing with the holidays? I thought it would be easier this year without all the parties, celebrations and outings, but I think it's harder! But, we know what we have to do, we just have to pull up our big girl panties and DO IT! LOL.

We got this!

Have a great week and remember – eat what you love and love what you eat!

Fondly,

Joan

## December 5, 2020

Hello Friends!!

Happy Saturday! How was your week? Mine was ROUGH. My planned meals didn't go quite as planned (I started back to work full time for the first time since March and forgot how busy my days are!), and I have just wanted to pick, pick, pick this week! I need to get it together! My goal is to maintain over the holidays and with the picky, that won't happen! I need to remember my WHY and keep it close. This is my 3<sup>rd</sup> Christmas/Holiday season on WW and honestly, I can't remember struggling like this before – I'm going to blame it on 2020! But, I know I can't blame anything or anyone – I need to own it and own it I will! You have heard me say, just because I have been at goal and Lifetime for over 2 years, every day is still a struggle! So, let's finish strong and do this!

Remember – eat what you love and love what you eat!

Fondly,

Joan

## November 28, 2020

Hello Friends!!

Happy Saturday! Just a quick hello this morning – I am on a mission – we are decorating for Christmas and it is a 3 day process here! How was your Thanksgiving? Mine was nice – different but nice. I did great with the “food” portion of the day, but struggled with the desserts. I picked wayyyy too much. Such a weak spot for me. But, that is behind me and we can start fresh. I expect a gain on the scale this week, and that's ok. But I'm not going to let a day or two of not so great choices turn into a week or a month of them! It's never too late to get back on track! So, if you need to get back on

– JUST DO IT! You got this!

Have a great week and remember – eat what you love and love what you eat!

Fondly,

Joan

## November 21, 2020

Hello Friends!!

Happy Saturday! My heart is very full this morning – my boys came home from college yesterday! When they left in August I never expected them to make it the whole semester – I thought for sure Covid would have closed them down. Their school did such a great job during this pandemic. I just hope and pray that they can return to campus as scheduled in January. I miss them when they are gone, but they need to be on campus!

So this week, I am making some of their favorite breakfasts/lunches/dinners – I need to spoil them a little



I am trying to keep the menu easy through the holiday season – no to need to add extra stress on myself – as long as we are eating good, healthy meals, I'm ok with keeping it basic and easy.

Keep it basic. That applies to all areas of our journey. It's so easy, especially in the beginning, to get caught up in making things more complicated than they need to be. We see WW people on YouTube and Instagram or Facebook buying all kinds of different food to try and keep points low and we think that is what we need to do! Please don't feel that way! You can be successful by just shopping in the regular grocery store. It's easy to get caught up in the excitement

of new products – but just ask yourself “am I going to buy this/eat this/order this for the rest of my life and are the ingredients something I want to keep using” because whatever you eat to lose the weight, you need to eat forever to maintain the loss – if the answer is yes, that’s fine. If it’s no, then don’t feel bad about it. We all have to make the choices that are best for us!

So, if keeping it basic works for you, feel no pressure over the holidays to be the next Martha Stewart – if keeping things easy and simple is what keeps you on track, GO FOR IT!

Have a great week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **November 14, 2020**

Hello Friends!

Happy Saturday! I hope everyone had a great week. Do you realize the holidays are just around the corner? A few weeks ago I talked about starting to think about a plan – do you want to continue to lose, just maintain or will you be ok with a small gain? Whatever you chose and whatever you are happy with are PERFECT! This is your journey, no one else’s and you have to do what works for you!

I am hoping to lose, but will be happy to maintain. I would like to drop a few in the next few weeks to go into the Christmas holidays a bit down. But dealing with these hormonal/peri menopause issues are causing havoc! Whatever you decide, make a plan, write it down, look at it often and remember your WHY!

We can do this!

Have a great week and remember – eat what you love and love what you eat!

Fondly,

Joan

## **November 7, 2020**

Hello Friends!

Happy Saturday! I hope everyone had a great week. Our week started great and then went downhill fast. If you saw my YT video or are a part of my FB group, you already know we lost our little Chloe this week – she would have been 12 on January 2. She had cancer. We are so very sad. A piece of our family is gone. And our other dog, Arya is really sad. But, I will say I did not let it derail me! I did not eat my emotions. Doing that would only give me more to be stressed/upset about. It took me YEARS to learn this. It's not easy, but it's worth it!

I have quite a few new recipes I am trying this week – I hope they are delicious – lol. I don't try out things before I post them – I don't have the time or money for R&D – I just make 'em the night we are supposed to eat them – I have had some wild successes and some major failures. Just like with everything in life. Sometimes we have to fail so we can succeed. Failure is part of life – with everything – recipes, our weight loss journey, friendships, tests in school. It makes us more resilient and better to handle life when we are thrown a curve. So, if you are having a rough week, accept the “fails” and use them to better yourself next time!

Have a great week and remember – eat what you love and love what you eat!

Fondly,

Joan

## October 31, 2020

Dear Friends,

Happy Saturday! How was your week? Mine was so-so. Could have been better, could have been worse. The most important thing is that I know where I went wrong and will work to make it better next week. These hormonal issues are killing me.

Sometimes, there are things out of our control. We can do all the right things – drink our water, stay within our points, and exercise and the scale still does not move in the right direction. We control what we can, but sometimes that is not enough. Sometimes there are things working against us that we have no control over. I am dealing with this now with perimenopausal hormonal issues. It's so hard. It would be so easy to say "forget it" and go back to my old ways out of frustration, but I WON'T DO IT! I have come too far to throw it all in over something I can't control. I will focus on what I can control – making good choices and being mindful.

So, next time you hit a wall and life throws you a curve ball, just remember – when you started you wished you were where you are now. Don't give up. Even if you see ups and downs on the scale. Imagine how "up" it would be if you were not trying your best and giving it your all.

Nothing tastes as good as being in control feels. We got this!

Have a great week and remember, eat what you love and love what you eat!

Fondly,

Joan



## October 20, 2020

Dear Friends,

Happy Saturday! I hope your week went well! I had a great week and my goal is to KEEP THAT GOING through the weekend! So many times we all do great during the week when we have regular routines, but then the weekend comes and BOOM – we lose our mojo. We cannot let the WEEKEND become our WEAK END! It's not easy, I know, but it's necessary!

So this weekend, before you reach for that extra serving, the bag of chips or the 3<sup>rd</sup> glass of wine, stop and think if you really NEED it – did the first serving or first glass of wine satisfy you enough? We have to remember our NEEDS vs. our WANTS. I know, I know, easier said than done, but anything worth doing will take some work on our part.

So, enjoy yourself this weekend – just be mindful of our healthy habits and try your best to keep them going through the weekend!

Fondly,

Joan

## October 17, 2020

Hello My Friends!

I hope this note finds you well. Did you have a good week? And I don't just mean on plan with your weight loss journey! Our weight loss journey is part of our lives, a big part, but it doesn't define us. We are also "people" – just "people".

We have good weeks on plan, we have good weeks at work, we have good weeks with our family and friends and good weeks just "being". When we start our week off with a good attitude,

we are setting ourselves up for success in all areas.

I know if I have a positive attitude about work, play and life in general then I have a much better time with my weight loss efforts. For me it's definitely a trickle down effect! So take a minute today and stop and think about all the good things in your life. Take control of the things you can control and let go of the things you can't.

Have a great, positive week and remember eat the food you love and love the food you eat!

Fondly,

Joan

## October 3, 2020

Hello Friends!

I hope this finds you well! It is early in the morning as I type this – I'm cuddled up on the chair with the cat, drinking my tea, listening to some classical music playing...a perfect 5:15am fall morning – the calm before the storm! We have a busy weekend planned – and many of the events involve food, so I needed to come up with a plan.

Planning – to me one of the most important parts of a successful journey – no matter what the journey – weight loss, a vacation, a move, a job change...Planning is a huge part of every aspect of our lives and is essential for success in anything we do. Is it always fun? NOPE. But, it's important. So, take a little time today, look over my menu for the week or check out the archived menus here: <https://joanspointedplate.com/archived-menus/> and just plan one dinner, or one breakfast or one day. Don't get overwhelmed. Start with baby steps. Any step forward is a step in the right direction!

Have a great week – and remember, eat what you love and love what you eat!

Fondly,

Joan

## October 10, 2020

Hello My Friends!

Happy Saturday! I hope you are all doing well – staying healthy, staying on plan and enjoying the fall. As much as I love summer, I do enjoy the fall weather – the cooler temps (great for running in!), the cute clothes, BOOTS!, and knowing we are inching closer to Christmas.

Ahhhh....the holidays...every Weight Watcher's nightmare! The holidays are hard no matter how great you plan and how strong your resolve and will are. There are goodies at every turn.

Do you plan to try and lose over the holidays? Do you plan to maintain? Or, are you not going to stress if you gain a few pounds? There is not a right answer – the right answer is “whatever works for you”!

Why am I talking about the holidays already? Well, they are right around the corner for one. Secondly, we need to start preparing now for the coming months. We don't wait until the day before Thanksgiving to start shopping and prepping, right? We don't wait until Christmas Eve to start shopping, decorating and wrapping (well, my brother in law does – lol), so we can't wait until then to make a plan for how we are going to handle the holiday food. Decide now how you want the scale to look after the holidays. Make a plan for the must have holiday foods, and make a plan for the unexpected foods. Work hard now so you can be a bit more relaxed over the holidays! We can all do this!

Have a great week, start thinking of a plan and remember – eat the food you love and love the food you eat!

Fondly,

Joan