

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## FIRST WEEK ON GREEN PLAN

I completed my first week on the green plan on WW and I was down 1.4 this week. But guess what? I also tracked everything. I probably could have lost that if I tracked on any plan.

But what's different is that I feel that because I have less "free" stuff to choose from, that it really forces me to count everything and I like that accountability.

Il also love that I can eat a 10 point breakfast and not feel like I've "blown the rest of the day.

My son-in-laws grandpa was in town and we went out to eat on Saturday - first sit down meal in a very long time! I managed to only use 6 weeklies for the day after eating one of my favorite burgers - it was a poblano burger with elotes and fried jalapenos at The Lucky Monk - so good!



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# PUMPKIN BIZQUE

Toni, one of my followers, came up with the name of this soup! I saw so many people making butternut squash soup, but I had a small one, but I did have a sugar pumpkin, so instead of calling this a bisque, it is a bizque - thanks Toni! 🍵

Makes 4 servings, 2 cups per serving

- 3 cups pumpkin\*
- 2 cups butternut squash
- 4 cups chicken broth
- 4 tablespoons whipped cream cheese
- 1 teaspoon crushed red pepper
- 1 teaspoon paprika
- 1 tablespoon minced garlic
- 1/2 cup unsweetened almond milk

Instructions:

Combine the pumpkin, cooked squash, and remaining ingredients. Simmer 10 minutes.

Using a stick blender, blend until smooth.  
That's it!

It's so easy to air fry the squash so you don't have to peel it. game changer!



On all WW plans, this soup is only 1 WW point for 2 cups. I know! If you count calories or macros, it's 130 calories, 2.4 fat, 20 carbs, 5 fiber and 9 protein.

\*You can use canned pumpkin, but I just air fried a pie pumpkin and squash in my air fryer for 30 minutes at 360 - perfect!



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## Life

Hannah and I are coming inot the home stretch on the Cookbook and I am loving how it is looking. So glad that I hired Hannah to partner with and be my creative director, because she has such a great eye on how the cookbook is looking.

We hope to have it to the printer by October 26 - to get one copy back for me to give the final proof. More details coming - stay tuned!

Sunday night we had Jacob's family over and it felt so nice to have Sunday dinner. It was simple pot roast with potatoes and carrots. Perfect for a chilly night.

I bought myself flowers for sweetest day - you don't need to have someone in your life to buy flowers for you - buy them yourself!

I also dorpped a new youtube video this weekend - [you can check it out here!](#)

***Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz***



On Saturday night I picked up my grandpups for a sleepover.

It's so nice having them over. Since they lived here for so long they settle right in- Rummy takes a poop in the yard within 10 seconds of getting out of the car and Roman looks for the frisbee.

We snuggled and watched movies and went to bed early. It was awesome. How cute is Rummy's sweater?!

