

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



POINTS VS. CALORIES

For the last week or so I've been tracking points vs. calories in my journal. At the end of every day I post my day on Instagram, and almost immediately people asked "do I need to track calories too?!"

The short answer is no, unless the scale isn't moving for you or if you are eating within your points and the scale keeps going up. Calories do have a purpose, and the points steer you in the right direction. However, let's take whole wheat pasta for example. Zero points on #teampurple - whoop! "I don't have to weigh a food I eat" is the first thing I thought of when I switched to purple. Then realized that over time, my two ounces of dry pasta ended up being two cups or more of cooked pasta - ore more than 400 calories per serving.



WHAT'S INSIDE THIS ISSUE:

Points vs. Calories- 2

Points vs. Calories - 2

Amee's Savory Eats - 3

Protein Pancakes - Life - 4

POINTS VS. CALORIES

Let's take this weekend as a perfect example. I had two BBQ's! One on Friday night with my friend Jacky, her husband and their one friend. I have 16 points in a day, but before even stepping out the door I had already had 12 points.

I ate appetizers (cheese, crackers, sausage) and dinner which I made a Tomahawk steak and my friend made the corn and avocado salsa and smashed potatoes.



I took pictures of everything I ate, and figured out the points later. Turns out dinner was 21 points, which brought me to 33 points for the day - nearly doubly my daily allotment. If I hadn't figured out the calories of my food, my first reaction was to think "fuck it - I just ate two days worth of food!" But then I figured out the calories and I was just under 1,300 for the day. Were there better choices I could have made to stay within my points - maybe - but I was at a BBQ at a friend's and I haven't socialized like that for four months - worth it!

The moral of this story is that you have to keep the big picture in mind. You will always have events where you may eat 700 or more calories at a time, but that doesn't mean your weight loss journey is derailed. It was one meal, one event. Move on!

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Don't let a Holiday weekend turn into a miniseries. It was one meal, now time to get back on track! - Mickey, WW leader

What's On My Menu This Week?

These breakfast baked potatoes are perfect for breakfast or lunch. Meal prep those baked potatoes to keep in the fridge to use during the week. Slice one baked potato in half, scoop out the potato and scramble with eggs and veggies. Fill that into the potato skin, top with cheese and broil. Delish! And on #teampurple you only have to count the cheese.



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PROTEIN PANCAKES

My friend Amee from Amee's Savory Dish makes these blender meal prep pancakes that looked amazing - almost like crepes!

Amee and I have been internet friends for years and have had the pleasure of meeting in real life a couple times. She is not only an amazing cook, but a breast cancer survivor. In her own words:

"I'm a certified trainer at Fight Back Performance and Recovery in Charlotte, NC where I specialize in exercise for cancer survivorship and Pre and Post Natal women's fitness. My qualifications include: NASM CPT, GGS Pre & Post Natal Certified Trainer, AAHF Cancer & Older Adult Specialist, AAHF Exercise and Cancer Survivorship Specialist, Pink Ribbon Program Certified Instructor, USA Weightlifting Level 1 Sports Performance Coach, Precision Nutrition Level 1 Coach, CrossFit Level 1 & Endurance Coach and a member of the IDEA Health & Fitness Association. I'm also the proud author of a children's book and love freelance writing and creating original content for different brands and websites." WOW!

So thankful to call you my friend that inspired me to adapt your recipe.

You can find Amee's information on the side bar to give her a follow.



Follow Amee's Blog: [Amee's Savory Dish](#)

Follow her Facebook: [Amee's Savory Dish](#)

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PROTEIN PANCAKES

These pancakes are not only delicious but they are super filling. The only thing I added to Amee's recipe was the flour, baking powder and Truvia. These made two servings of two pancakes each.

- 1/4 cup self-rising flour
- 1/2 cup oats (quick or regular)
- 1/2 cup 4% cottage cheese (you can use fat free)
- 2 tablespoons Truvia
- 2 teaspoons baking powder
- 2 eggs
- 1/2 teaspoon cinnamon
- pinch of salt
- 1 cup blueberries
- 2 tablespoons real bacon bits
- sugar free pancake syrup

In a blender or food processor, blend from flour to salt. Let sit on the counter for 30 minutes or in the fridge for an hour to let the baking powder do its magic.

Heat skillet over medium low heat. Cook each pancake with 1/3 cup batter (they spread thin) and cook for 3 minutes a side.

Top with 1/2 cup blueberries, tablespoon of bacon bits and sugar free syrup. On all plans these are 5 points and 290 for two pancakes.

Life

My Mom spent Saturday night at my house and we had Hannah and Jacob over for dinner. I was shocked when they didn't bring the dogs over, but we got to see them on Sunday.

I love this picture of Hannah - it's not actually a picture but a screen shot from a video that may or may not have taken me 17 times to get it close to what I wanted.

She and Jacob are so happy in their home. They came over Sunday and mowed my grass - so sweet. I really need to learn how to use the riding mower. It's the one task that my late husband had total control over - he was quite specific about patterns in our lawn. Me? I am just happy it's cut.

I discovered that since we have been working remotely that I have only had 19 hours of PTO this whole year. I have 23 vacation days to use until the end of the year, and 3 of those days are already for the week of Christmas.

So my thought is to drive to different hiking parts around Illinois and Wisconsin to get a change of scenery. I've never been to Starved Rock! Until next week - be well and safe! Hugs, Biz

