

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



RESET BUTTON

Last week was a true test for me. I have a cold (or bronchitis) not sure, but to be on the safe side I did take a COVID test which I won't get the results until later this week.

I did not exercise, which meant I had to be really careful of my food choices because there was no possibility of "burning off" anything extra that I ate.

I also drank a lot of water, and it paid off - I lost 3 pounds this last week for a total of 6.4 pounds in the last four weeks. I haven't lost that much weight in the previous 10 months, so it just goes to show - follow the WW program and it actually works. 🍷

I am also nearly half way through my #dryjuly challenge and that hasn't been hard at all. Maybe I'll continue into August?!



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FARMERS MARKET

I love going to Farmer's Markets, although it's obviously different this summer. There is nothing I like better than picking up an heirloom tomato and just enjoying the sheer beauty of it.

I go to the Crystal Lake Market. A couple weeks ago I befriended a new seller to me, Stephen of The Waypoint Farm. He sells THE MOST AMAZING little gem romaine lettuce for \$3 a bunch. It's delicious.

Here is a tip to keep greens fresh all week.

Completely rinse and clean the greens. Let drip dry for an hour. Lay 4 paper towels on your counter and add the greens in a single layer, then roll up like cinnamon rolls. Store in a ziplock bag. Every two days, replace the paper towels with dry ones.



I In the summer months I know my grocery budget is going to go up because of the farmers market haul, but it's so worth it in my book. That loot above cost me \$21, which includes the \$5 for the dozen eggs.

Since I have a cold, I decided to do Mariano's pick up. Wow, could not be easier! While I love grocery shopping, I thought it would be the best decision for everyone if I didn't go into the store. Um, you may or may not realize that Mariano's is my favorite grocery store, and they are celebrating ten years in business!

They had tomahawk steaks on sale for \$9.99 a pound, so I added that to my grocery haul this week, but they were out of stock. Therefore for my farmers market and Mariano's run, my total grocery spend amount for the week came in at \$37.44.

“

You are the only person driving the struggle bus. It's up to YOU and only you to steer it in the right direction.

What's On My Menu This Week?

Chicken Apple Spinach Quesadillas are a different take on a quesadilla.

2 low carb wraps
1/3 cup cooked chicken, chopped
1/3 cup baby spinach
1/2 ounce cheddar cheese
1/3 apple, thinly sliced

Heat skillet over medium low heat. Spray one tortilla with avocado oil spray, flip so that's the outside. Fill with the chicken, spinach, cheese and apple, and top with second low carb tortilla, and spray the top with avocado oil spray.

Cook for 2-3 minutes per side, or until browned and the cheese is melty. If on #teampurple add cilantro lime brown rice on the side.



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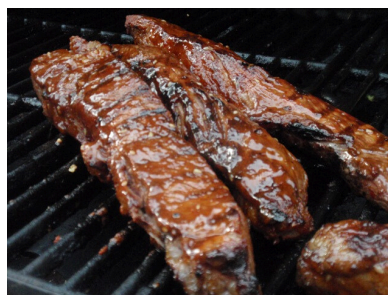
MEMORY LANE

For those of you new around here, I started my blog in September of 2008. I blogged nearly every day Monday through Friday until about November of 2019, when my blog started to spit out reminders to subscribers every fifteen minutes that I had a new blog post, and I had to shut it down for a while.

It's taken a while for me to get back in the blogging groove, but I thought what better way to go down memory lane but to post recipes from July in previous years!

Boneless BBQ Beef Ribs - July 2009

I love these boneless ribs - if you can find them, they are inexpensive and so tender. G. Hughes makes a line of sugar free BBQ sauces at Walmart that are delicious and only 1 point for up to 3 tablespoons. [I like the sweet & spicy.](#)



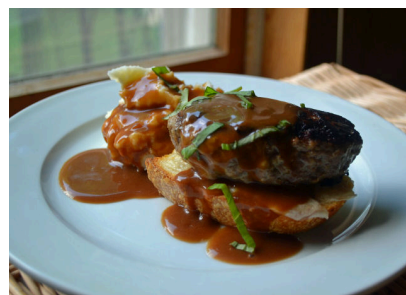
Artichoke Ravioli - July 2010

If you don't have a ravioli maker, you can use store bought wonton wrappers for a quick and easy dinner.



Salisbury Steak on Asiago Cheese Bread - July 2011

My late husband LOVED Salisbury steak and would argue with me when I said Salisbury steak is nothing more than an open faced burger with brown gravy on it. He disagreed and this was a staple on our menu every couple of weeks.



No Fail Potato Gratin - July 2012

This recipe came about because it seemed no matter how I tried to make scalloped potato gratin, my potatoes would be crisp tender. I now know to use cooked baked potatoes, but back then I used potato gnocchi - so quick and delish!



MEMORY LANE (CON'T)

Buttermilk & Rosemary Grilled Chicken Breast July 2013

This is a tried and true recipe for grilled chicken breasts. Even though boneless skinless chicken breast is free on #teampurple - always cook and store skin on.



My First Peach Pie - July 2014. This one is sad because my husband requested a peach pie - he declared it his favorite pie and I had never known that the near 14 years we were married. I made a peach pie from scratch using Natasha's Kitchen's recipe, and he was too sick to eat it and I gave it away. I need to make this again, because it's the prettiest pie I've ever made. It was made with love. ♥



Red Gold Tomato Salsa - so good! - July 2015

This was one of the first major brands I worked for - Red Gold Tomatoes. I think I recipe developed three recipes for them in exchange for 10 cans of tomatoes. Ha! This salsa is so good! You would never know it uses canned tomatoes.



Cherry Tomato Basil Soup - July 2016

The summer of 2016 I quit my job as a legal secretary and worked a farmers market that summer selling frozen veggie burgers. They were delish! At the end of each market, other vendors would trade goods and I would hand over a couple frozen burgers in exchange for eggs, cherry tomatoes and basil. Hardest job but it was a fun summer!



Snickerdoodle Pancakes - July 2017

I did another campaign with Premier Protein in 2017. It was a six month gig for \$500 and I thought I hit the big time! [Here is a link of some of the other recipes I made using premier protein.](#)



Pan Seared Chuck Roast with Onion Rings - July 2018

I love grilled chuck roast. It's a super economical cut and can be grilled to medium rare. You just need to cut across the grain when you eat it. And yes, I know I don't like onions, but skinny onions like these are the exception!



Zucchini Beef Sliders - July 2019

This recipe makes me laugh because it was shared on THOUSANDS and THOUSANDS of keto sites since I posted it last July. Some thought my website was keto friendly recipes and I realized people were using my skinny pizza dough and saying "this is the best low carb pizza dough I've ever had!" Long time followers recognized my candle plate and alerted me that my recipe was posted at various sites.



Life

My son-in-law Jacob graduated at the top of his class getting his Masters Degree in Criminology with a concentration on advanced counter terrorism. I am so proud of him! He worked so hard.

His Mom threw a graduation party for him and I stopped by for a little bit to give him his gift.

My Mom had cataract surgery and it went very well. She needed to rest up after her surgery so she rested at home this weekend. Shout out to [my twin sister](#) for helping her out the day of surgery - the benefits of living closer to Momma!

Hannah and Jacob continue to make their townhouse their own. I love how happy they are. I loved this holding hands picture.

Until next week - be well and safe! Hugs, Biz

