

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



90 DAY CHALLENGE

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>
We thank you for your support!



On May 21 I hit the reset button hard. I spent the last week changing my behavior. I've talked endlessly about how nights are my downfall, so a few times last week I went to the gym at night and that made all the difference.

I knew I wouldn't come back from the gym and sit down to a class of wine and a pyrex dish of peanuts and it paid off - I lost 2.6 pounds.

Hannah and Jacob (my daughter and son-in-law) decided to start a 80 summer challenge and I am in. Tailor it to whatever works for you - it needs to be sustainable. For me: stay under calorie deficit (I get 1577 calories a day based on my age, etc. using the Lose It App), get 30 minutes of exercise a day, read 10 pages in a book and DO NOT WEIGH yourself until the end. I know that is hard for some people. I am also adding "a chore a day." Today is my Medicine Cabinet - I still have stickers saying "Jacob's Shaving." 🤪



WHAT'S INSIDE THIS ISSUE:

- Simple BBQ Rub - 2
- Life - 3
- June Discount Codes - 4
- Cooking Class! - 5

SIMPLE BBQ RUB

I love following female BBQ accounts on Instagram. One of my favorites is [Susie from Hey Grill Hey](#). She and her husband have built an amazing business and they have tons of videos, recipes, etc. She had a Memphis BBQ rub on her website, and while I didn't have all the ingredients she had, this is basically her recipe subbing [Dak's Steakhouse Seasoning](#) for the celery salt. It is so good! This recipe was enough to season four racks of ribs. She said though that it will keep for weeks in an airtight container, so I recommend doubling this recipe.

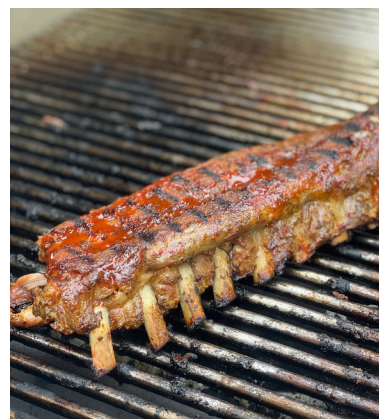
- 3 tablespoons smoked paprika (I used regular)
- 3 tablespoons kosher salt
- 1 tablespoon black pepper
- 2 tablespoons brown sugar
- 2 teaspoons garlic powder
- 2 teaspoons onion powder (left this out) #teamnoonion
- 1 teaspoon oregano
- 1 teaspoon mustard powder
- 2 tablespoon Dak's Steakhouse Seasoning

Combine all the ingredients and generously season your meat.

Yesterday I used the seasoning for ribs. A few tips about ribs. First, you need to take off the silver skin of ribs - which is simply cutting with kitchen scissors or knife, the back part of the ribs and pulling that skin off.

I bake my ribs ahead of time which is great because you don't have to babysit them. Simply season, double wrap in foil and place the rib packets on a jelly roll pan (to catch any drippings) and bake at 300 for 3 hours.

Finish them off on the grill or under the broiler with your favorite BBQ sauce.



I also grilled tomahawk steaks from Mariano's. I have a blog post on how to cook these perfectly - [check out that post here](#).



If you can handle a bit of spice, check out my [Spicy Thai Beef with green beans](#). So good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)
Follow my [Instagram](#)

LIFE

This past weekend felt like the good old days. Like when you had more than one event to go to in a weekend?!

I remember when I worked in the city, I would work a full day, head out to dinner after work, catch the non-express train home and not walk in my door until after 10:00 p.m. I would do that a couple times a week in the summer!

Friday night I met an IG friend Wendy. We live in the same town and ironically she designs kitchens but hates to cook - ha! She was lovely and we met for wine and apps on Friday night.

Sunday I saw my twin sister for the first time in 444 DAYS! Yes, you read that correctly. She and her family moved a bit closer (40 minutes but zero traffic vs. Oak Park!) so I hope to see her more in real life this summer. Then spent the afternoon at a crawfish boil - so fun!

I had my Mom and Jacob's family over for Memorial Day (with Hannah and Jacob of course!) and it was the perfect day. Not too hot, no wind so we were able to eat on my back patio. And I sent most of the leftovers home. 😊

In case you missed it, my corn fritters were a HUGE hit on IG last week - hundreds of you already made them which makes me happy! They are 1 point each on #teampurple and #teambblue and 2 points on #teamgreen.

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

***AROMA CAFE IN CRYSTAL LAKE
BIZ AND JENN!
DELICIOUS CORN FRITTERS***



MY BIZZY KITCHEN DISCOUNT CODES JUNE

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. June marks the beginning of BACON FOR LIFE! No matter how many boxes you get, once a month, or once a year, on your first box (and subsequent boxes) you'll always get free bacon in your box. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!



GoHydrate - We have sold them out! Stay tuned for when their inventory is back in stock.

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! [Use code Biz to save 20%](#). They are now in Mariano's too!

ZeroCarbLyfe - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. [Use code Biz to save 15%](#). My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

Bison Hill Stone Crafts - Order one of a kind personalized slate charcuterie boards - [use code Biz15 to get 15% off your order.](#)

Super-Fuzed oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! [Use this link via Amazon.](#)

nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! [Click this link to try them and get free shipping using code: mybizzykitchen](#)



cooking classes!

Hannah and I are going to chalk up May as our "learning curve" for these online cooking classes.

Our fourth class last week was Chicken Bolognese and it literally was our best class yet. Timing was perfect, tips, and tricks. AND WE FORGOT TO HIT RECORD. Gah. But luckily my brother is coming in town next week, so we will recreate that class so that members have it on demand. We thank you for your patience!


Tomorrow is Asian Appetizers! We will be making potstickers, egg rolls and Hannah is going to show you how to make sushi,

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

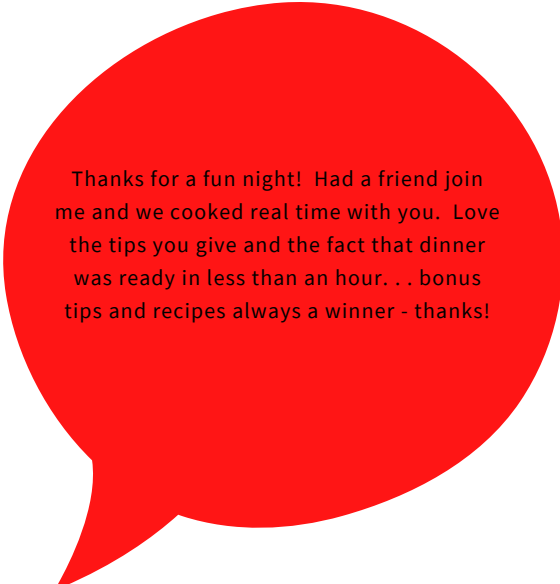
The June schedule is now up!

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 45 five star reviews!


Hugs, Biz and Hannah



Super fun and organized. And it was delicious!!



Thanks for a fun night! Had a friend join me and we cooked real time with you. Love the tips you give and the fact that dinner was ready in less than an hour. . . bonus tips and recipes always a winner - thanks!



Once again, the ladies knocked it out of the park! I so look forward to the classes every week.