

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



HAPPY NEW YEAR!

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!



Cheers to 2022!

How fast did 2021 go by? I am still shocked that it's been a year since I quit my job. I continue to thank you for your support.

Every January I give up alcohol for the month. It's always a nice way to start the year off, my liver probably thanks me, as well as my wallet - ha! I find it interesting that I can't part with \$5 for precut fruit, but I can spend \$20 on a bottle of wine.

I am happy to say that I started tracking a couple weeks before January 1 so that didn't give me carte blanche to eat like an asshole. I didn't track Christmas Eve, Christmas Day or New Years Day. My goal is track every day this month - and to track honestly and not cry BS. Over the weekend I made a pasta dish that was a cup of cooked pasta, sauce, 2 ounces of Italian sausage and it clocked in at 14 points.

While I gave that 14 points the stink eye, I tracked it as I should and moved on.

I hope you had an amazing holiday with family and friends. I am sure I am not alone when I thought things would be "back to normal" by now, but stay safe.

I've seen so many of my IG friends get COVID the last few weeks, even while vaccinated.



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POTATO PANCAKES

Are you meal prepping baked potatoes yet? I have to laugh because I still get sent messages from people telling me they FINALLY baked off potatoes to use throughout the week, and are kicking themselves that it took them so long.

These are a bit unusual because I used cornmeal as a binder instead of breadcrumbs. It tastes like a mashed potato, corn fritter and hush puppy had a baby. So good!

- 1 large baked potato (9 ounces)
- 1 large egg
- 1/4 cup yellow cornmeal
- 1 teaspoon crushed red pepper (or to taste)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Shred the baked potato using a box grater. Mix the egg, cornmeal and seasonings with the potato and form into four patties.

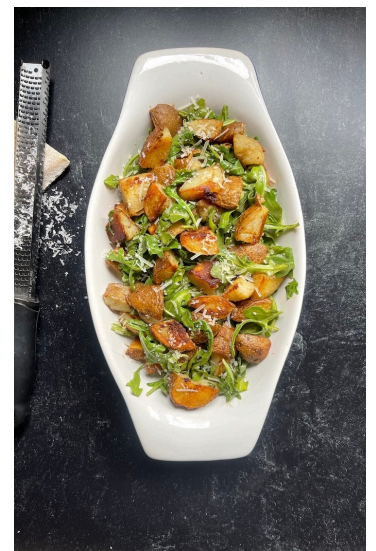
Heat a skillet over medium heat with avocado oil spray. Cook each side for 4 minutes.

On my WW plan these are 3 points each. If you count calories or macros, each one is 78 calories, 1.6 fat, 13 carbohydrates, 1.1 fiber and 3.1 protein.

[Click this link to see what the points would be on your WW plan](#) - this will take you straight to your tracker if you have a paid WW membership.



If you like potatoes, you may like this warm potato salad - no mayo! [Click here for the recipe.](#)



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LIFE

We finally got our first snowfall of the season! Of course, after Christmas. And now temps are in the single digits, which is another reason I enjoy working from home. I can remember standing on the train platform freezing my butt off and wouldn't get warm until an hour later when it was time to get off.

Travel plans willing, I'll have TWO international trips this year, which is thrilling because I've never been out of the country. I got my passport in 2016 "just in case" and hopefully will have a chance to use it this year.

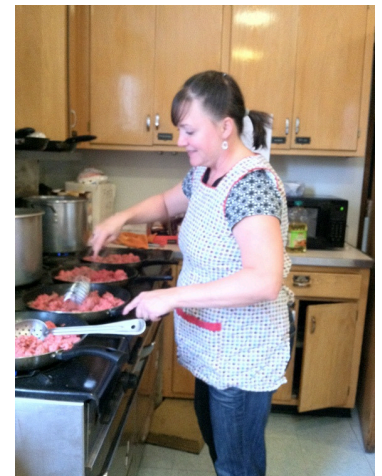
That is one of the reasons why I need to get my act together and get in shape. Both these trips require lots of walking and I don't want to be at the back of the pack, huffing and puffing.

CONSISTENCY is my main focus. No specific goals, no set workouts, or weight loss number. Just to be consistent in doing the best I can each day, and making time for myself.

I AM THE ONLY ONE STANDING IN MY WAY. I am shouting so everyone in the back can hear. I need to get back to Biz 2013 - which is the photo in the middle. That year I was consistent in workouts and eating about 80/20. I made it almost to 150 pounds!

I can get there again. And just remember that I only have to be present for TODAY. Let the past go, and don't worry about tomorrow because that hasn't happened yet.

I also spent the weekend deep cleaning the house and it felt so good. I posted a picture of my living room and got lots of compliments on it. You wouldn't know that in 2015 the whole front of my house was rotten! [You can read that story here](#)



PHOTOS:

Snowy Day!

Biz 2013

My Living Room



MY BIZZY KITCHEN DISCOUNT CODES JANUARY

If you have been on the fence about Butcher Box, from now until December 26, you get 1 pack of bacon for free in every order for the life of your membership AND save \$20 off each box for the first 5 months of membership!

To claim that offer, [click here](#).

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order](#).

HuKitchen Chocolate Gems are some of the best chocolate I've ever tasted. Right now you can save 20% using code Biz on the variety snacking gems in these flavors: salty, mint and simple. So good for snacking when you have a sweet tooth or add them to your baked goods. [Click here to order](#).

BRANCH BASICS! I am shouting because they have become my favorite cleaning products. They provide a concentrate, and they tell you how much concentrate to add to your spray bottles - from all purpose, to bathroom, etc.

The window/mirror streak free cleaner is crazy. You only need ONE DROP of the concentrate for the whole sprayer. I cleaned the shelves of my refrigerator and my fridge has never looked cleaner.

I also used it for the doors of my wood burning stove. I had forgotten there was an etched drawing in one of the doors! I just sprayed the streak free cleaner and let it sit 10 minutes, and it wiped away like butter. (see the before and after in the side bar!)

[Use this link](#) and my discount code to save 15% off the starter pack (other than trial) and thank me later. You'll love this stuff! Discount code: mybizzykitchen

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](#)



COME TO GREECE WITH ME!

I will be going to Greece on

October 13 - 20, 2022

and I want to take you with me!

TEN PEOPLE HAVE ALREADY SIGNED UP!



Here is the official link to get all the information from trip details, refunds, COVID restrictions, etc. If you have any questions, please shoot me an email at mybizzykitchen@gmail.com