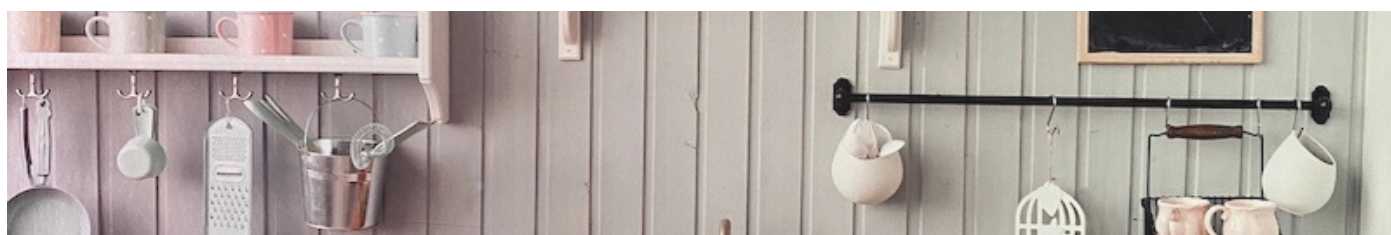


MY BIZZY KITCHEN



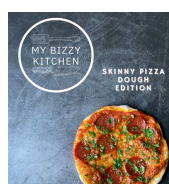
The Official Newsletter of My Bizzy Kitchen



I'M IN THE 170'S!

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

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



Yes, it was a mini goal to reach 179 this week. And I lost another pound this week so I am 179.2 - whoop!

That being said, if I had been up on the scale, that wouldn't have bothered me one bit. This time around, I realized that I had to have a complete mindshift about food/staying on plan/working out, etc.

I was the team captain of ALL OR NOTHING. There was no other way in my book. Well, I had to close the chapter on that book and start a new one, which includes:

1. Stop putting a time frame on my weight loss. So many years I would declare "I am going to lose X amount of weight by my birthday." If I fell short of that goal, I'd deem myself a failure and give up.
2. There is no such thing as good food or bad food. There is just some food that is higher in calories. That's it!
3. Ditching the all or nothing mentality. Consistency over perfection wins every time. Move your body - not as punishment for what you ate but to build muscles, bone strength, stamina.
4. Enjoy the journey!



My friend Ally tagged me - that picture on the left was 1 year ago!

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BROCCOLI CHEDDAR SOUP

Why are we still in soup season?! It snowed overnight last night and I had to scrape my car before leaving the driveway. Gross!

Well, truth be told, I can eat soup any time of year - ha! I meal planned after taking an inventory of what I had on hand, and spent \$26.57 at the grocery store this week. That will take me through Thursday - heading to my Mom's house Thursday night for the weekend - my brother and his family are coming to town! The only thing I needed to buy was broccoli to make this soup - at a cost of \$.58 cents. Nice.

This makes 4 servings of a heaping 1.5 cups per serving.

On my WW plan, it's 4 cups per serving. [Click this link to find out the WW points on your plan.](#)

Ingredients:

2 tablespoons light butter (I use 30 calorie per tablespoon I Can't Believe It's Not Butter light)
2 tablespoons flour
4 cups chicken (or veggie) broth
1 cup unsweetened cashew or almond milk
2 cups carrots
1 cup celery
2 cups broccoli
1/2 teaspoon cayenne pepper
2 ounces cheddar cheese
1 tablespoon dried parsley
salt and pepper to taste

Instructions:

Put the veggies in a bowl and microwave for four minutes.

In a stock pot, melt the butter. Add the flour and cook one minute. Slowly add the chicken broth and cashew milk. Add veggies to the pot. Cook for 15 minutes.

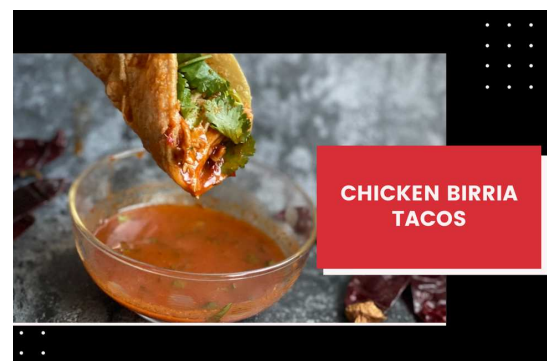
Using a stick blender or high speed blender, blend the soup. Stir in the cheese, cayenne pepper, salt, pepper and parsley.



My blog is a work in progress, but you can see my [recipe categories here](#).

Slowly adding WW links and nutrition to each post.

I also have a YouTube Channel - [you can check that out here!](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

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LIFE

My left knee has been bothering me for years if I am being quite honest.

It's an on again, off again kind of pain that I think I just got used to. After walking six miles with my friend Tia the weekend before, I decided to make a call on Monday to have it looked at . . . again. I've been to an ortho before to be told by one that it was probably bothering me because I was too heavy. There was never a torn meniscus, MRI's were all clear.

As luck would have it I found a new doctor and they had an opening the next day - what?! We took x-rays, both knees looked fine, although he did drain 25 CC's of fluid off the left knee and gave me a cortisone shot. Holy balls - it's like a whole new world! The shot hurt for a few minutes, but by the next day it was as if my knee never hurt at all.

Hoping this lasts a while, but just my PSA from me to you - if something is bothering you, get it checked out. On Saturday I walked 5 miles and it felt awesome.

Midweek I spend the day and night at my Mom's. An inner ear infection caused vertigo and now she's on meds and is feeling much better. One of the best perks about working for myself is that I am able to jump in the car at a moments notice - its the best!

And it happened to be National Scrabble Day - I won. So many people on IG when I posted that thought I should have let her win in her weakened state - but I want the record to note that she used a 7 letter word on her first turn and I came back from that. 😊

While at my Mom's I couldn't help but look at old photo albums my Mom has in the basement. A lot of my cooking inspiration came from my Dad - I wish this photo was better, but I love that my Dad dressed up in his chef uniform to grill outside our townhouse!

I also made a lot of food for my Momma before I came back home - if you haven't made my black bean tortilla soup - you need to put this on your list - so good and super low points!



5 mile walk



Scrabble!



My Dad - 1974??



Tortilla Soup



MY BIZZY KITCHEN DISCOUNT CODES APRIL

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you **15%** - it's the only way I drink water. It has electrolytes AND Vitamin D! [Click here to order.](#)

ZeroCarbLyfe - my discount code is back with ZeroCarb! I love their chicken crust. Yes, it's on the pricey side, but I have tried to make this low carb crust a dozen times and it's nowhere near how delicious theirs is. The key is to bake it naked for 6 minutes at 500 degrees, then top and cook 6-8 more minutes. Last week I made a Mexican pizza with pickled jalapenos - so good! [Click this link and use code Biz to save 15% off your order.](#)

Athletic Greens. AG1 is a powder drink substitute that is going to replace all the supplements you have in your medicine cabinet now - from Vitamin D, B2, Vitamin C - etc. With 75 vitamins, minerals, whole food sourced superfoods, and probiotics. I am not the best at eating my veggies, so I love that this daily drink can fill in my nutritional gaps. [With this link](#) you can get a years supply of Vitamin D and 5 free travel size drinks.

Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"Craveworthy flavors + clean ingredients. We make food for everyone at an honest price. It's the Safe + Fair promise."

Cooks Venture discount is back!

Hands down the best chicken I've ever cooked in my own home. They raise the chickens on an 800 acre pasture, and with my discount of Biz50 you get \$50 off your first order.

[Click here to save.](#)

WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

- Individually-sealed, ready-to-cook
- Pasture-raise, heritage breeds
- Non-GMO feed, raised on regenerative farmlands
- No antibiotics or hormones ever
- Free shipping



gluten free dairy free

no bake no mess

allergen free no wait

COME TO GREECE WITH ME!

I will be going to Greece on
October 13 - 20, 2022
and I want to take you with me!

UPDATE:

12 PEOPLE HAVE ALREADY SIGNED UP!

***FAQ: Are single women going on the trip?
Yep! Several are either single or leaving
their spouses at home. So far it's an all
woman trip.***



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