

# MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



## COVID IS NO FUN

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!

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I went to a breast cancer fundraiser at the end of April. Not sure if that's where I got Covid, but I tested positive a week after that event.

It started with a cough that felt like bronchitis, then general achiness, and extreme fatigue. I've never done less in my life the last couple weeks than in my whole life. I am the type of person who is always doing something, so it was quite a shock to not have any energy.

As of Saturday I tested negative, nearly two weeks after I started feeling bad. Today I am feeling about 50% back to normal, which is good. I don't want to overdo it though because so many people mentioned that they started feeling better and going back to real life, only to relapse and feel worse than they did the first time.

I leave for Salt Lake City in 10 days, so my eye is on that prize to still rest, listen to my body so I can be 100% by then. Can't wait!

And in case you haven't seen my friend Jeffrey's documentary, Once is Enough, it is still available on Amazon Prime and on YouTube for free. I watched it for the 15th time over the weekend!



That's how I've felt the last two weeks - ha!

### WHAT'S INSIDE THIS ISSUE:

Easy Bolognese Sauce - 2

Life - 3

May Discount Codes - 4

Come to Greece with me! - 5

## EASY BOLOGNESE SAUCE

I just started to get my appetite back after Covid. That was weird to not have a taste for much - well, I basically ate like a 5 year old. I had frozen chicken nuggets, french fries, chicken hot dogs and lots of fresh fruit.

I am still tracking, and eat around 25 points a day. When I was doing my YouTube videos every day, I was eating closer to 35 points, but that's okay.

I had ground beef in my freezer, carrots, celery and canned tomatoes so this quick bolognese was low effort but packed with flavor.

Side note: I just threw the roasted celery into my high speed blender thinking it would get rid of the rib strings, but sadly it did not. So either peel your celery, or roughly chop before adding it to the blender (or leave it out altogether - ha!).

Ingredients:

8 ounce ground beef (I used 95% lean)  
2 (15 oz) cans diced tomatoes  
6 ounce can tomato paste  
1 tablespoon Italian seasoning  
1 teaspoon crushed red pepper  
3 large carrots  
3 stalks celery  
6 cloves garlic  
salt and pepper to taste

Heat air fryer to 360 degrees. Roast the celery, garlic and carrots for 15 minutes, or until fork tender.

Meanwhile, brown the beef in a stock pot and drain off any excess fat. Add the tomatoes, tomato paste, Italian seasoning, crushed red pepper and roasted carrots, celery and garlic to a high speed blender, and blend until smooth. Add to ground beef and simmer for 30 minutes.

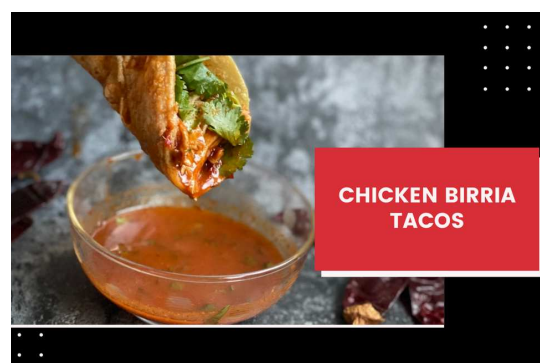
Season with salt and pepper at the end, since my diced tomatoes had added sodium.

[Click here to find out the WW points for you plan.](#) For me, each 1/2 cup serving is 2 WW points.



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](#)  
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# LIFE

It sucked that just as our weather was being gorgeous, I couldn't take advantage of long walks outside. But, I am getting fresh air every day. I sit on my deck, and at times, take naps out there with the breeze blowing over my face, and it's amazing.

Hannah and Jacob came over with the dogs yesterday and they took their leaf blower and blew off all the pine needles and pine cones that had accumulated over the winter, and swept under my outdoor rug - it was a huge help.

The dogs LOVED being in the backyard, which is basically their old home. Nero, their 7 month old puppy, loved all the space to run and I am sure all three took big naps yesterday with all the running around they did.

I managed to do a few chores around the house - changing my sheets, mopping the kitchen floor, vacuuming the living room. All of which then wore me out and I took a 2 1/2 hour nap yesterday afternoon.

My body must need it, so I am not pushing to start running tomorrow or anything like that, but it will be nice when my lungs are better and I can get back to my YouTube videos and walking.

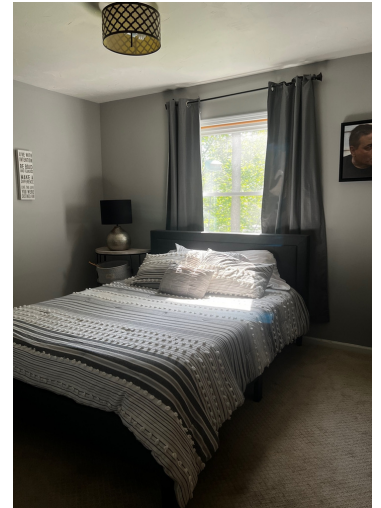
I lost 4.0 pounds last week and 1.8 pounds this week, for a grand total of -20.8 pounds since January 1 and 26.8 since December 1. Slow and steady wins the race. Once I took the timeline off of my weight loss, it just took off all the pressure and looking at the number on the scale as just data and not a failure if I didn't meet a specific goal. Life changing - I highly recommend it - it will change your mindset overnight.

My friend Josh and his kids went asparagus picking last weekend and brought me fresh asparagus. I made a sauteed asparagus pizza with shaved Parmesan and prosciutto on one of the zero carb chicken crusts, and it was an amazing combo.

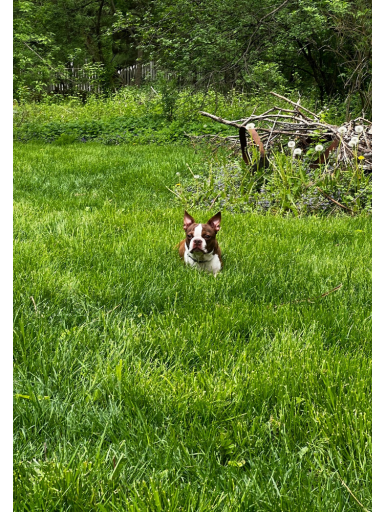
An ounce of prosciutto is only 2 points - but don't cook it - just lay it on the cooked pizza after it comes out of the oven.



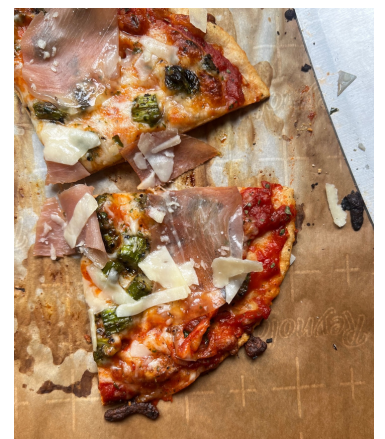
**Deck naps!**



**Clean Sheets!**



**Roman in the Yard**



**Delicious Pizza**

## MY BIZZY KITCHEN DISCOUNT CODES MAY

**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.](#)

**MAGIC SPOON** - Magic Spoon discount code is back for \$5 off your build your own variety box. They have a new flavor - Honey Nut and it's my new favorite. Most of the cereals are 4 WW points, they are low carb, low sugar and high protein - and delicious. [Click here for the link and use code Biz at checkout.](#) They now ship to Canada and UK too.

**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](mailto:mybizzykitchen@gmail.com)