

# MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



## SIX MONTH REVIEW

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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How is it June 1 already? This first half of the year has flown by.

January 1st came and I let go of how long it was going to take me to lose the weight.

Second, I didn't make a list of 10 things I was going to do to get "back on track" because setting those lofty goals never worked for me, no matter how many times I tried.

I took each 24 hours as a whole. Made a plan for the day, i.e. what I was going to eat, how I would get my water in, what movement I would make, and track my stats. That's basically it.

I've also let go of the "free for all" mindset of the weekend. How I thought I could out exercise the crap I ate the previous weekend the following week is beyond my comprehension, but it was something I did pretty much all last year.

I didn't have a final May weigh in because I was traveling, but I am down 21.6 pounds for the year as of May 23. I am not making any goals for the last six months. I am going to keep taking it 24 hours at a time, and believe me, once you start doing that, it becomes your normal routine and a lifestyle, not a diet.



I reset my WW app on January 1, but since December 1, 2021 I am down 27.6 - these photos are a year apart

### WHAT'S INSIDE THIS ISSUE:

- Black Bean Hummus - 2
- Life - 3
- June Discount Codes - 4
- Come to Greece with me! - 5

## BLACK BEAN HUMMUS

It's BBQ season! One way I can help myself stay on track is to bring a low point appetizer to a get together. Most hummus recipes have up to a 1/2 to 1 cup of tahini, which I love but is really high in fat and WW points.

My black bean hummus only uses 2 tablespoons of tahini, so each serving is only 1 WW point for me. [Click this link to see what the points would be on your WW plan.](#) This whole recipe is only 6 points for me (if I were to eat the whole thing!) but I love that it gives me the option to use good tortilla chips to make this a fairly low point appetizer or snack.

2 cans of black beans, drained  
2 tablespoons tahini  
2 tablespoons lime juice  
1 cup cilantro  
2 tablespoons minced garlic  
1/3 cup pickled jalapenos  
1 tablespoon pickled jalapeno juice  
1 teaspoon salt  
1/2 cup diced tomato  
1/2 cup chopped cilantro

Throw everything in a food processor except the 1/2 cup tomato and 1/2 cup of chopped cilantro.

Blend for 3-4 minutes, or until really smooth. Garnish with diced tomato and cilantro. That's it!

Serve with tortilla chips or fresh vegetables to lower the points even more.

I've also used this mixture to make chicken taquitos. Just spread the hummus on a corn tortilla, fill with roasted veggies or leftover chicken, roll up, spray with avocado oil spray and air fry at 360 for 6-8 minutes, or until crispy.

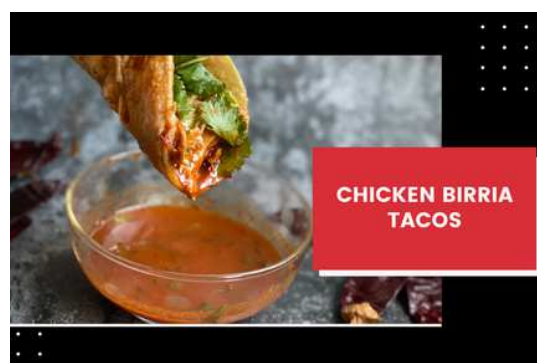
Serve with nonfat Greek yogurt for dipping and salsa.

You can also use this spread on avocado toast to pump up the fiber - so good!



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

My trip to Utah was amazing! I had so many people ask "are you nervous to meet Jeffrey and Martin?" Heck no! We literally talk a few times a week, and FaceTime and it was basically meeting an old friend that you haven't seen in a while.

I plan on doing a full blog post about our adventures, but we made a couple reels (stay tuned!) one of our party pizza Friday on the grill at a campsite on the mountains, and of course we did a dancing reel. If you follow Jeffrey on Instagram he's pretty famous for his dance reels.

Let's just say I may need to take lessons before we do our next one. 🤪

Saturday we had the pleasure of staying at The Lodge at Blue Sky. Jeffrey works at the resort part time during wedding season. They have so many amenities to choose from, it would probably take a week stay to try them all out.

What an experience! We dined at Yuta, where Chef Galen Mazzara made the most delicious food. This was the first weekend that I went into my negative dailies (-42 for the week) and I didn't mind a bit. I was able to taste a little bit of everything and not a lot of anything and that worked out great. My favorite dish was this savory panna cotta with goat cheese and sugar snap peas - I will try to recreate this for you guys because it was amazing.

The restaurant makes their own smores bags - homemade graham crackers and marshmallows and Jeffrey and Martin's room had their own fire pit - I ate half of a graham cracker it was literally the best one I've ever tasted.

On Sunday after our brunch we spent FOUR HOURS in the hot tub. It was unreal. It was 45 degrees out, but sunny and blue skies when we started. Then the sun would fade, it would lightly sprinkle, then sleet, and then snow! We had basically all four seasons wave after wave.

I also got to swim in an infinity pool for the first time with the most amazing mountain views. It was a trip to remember! Lucky I'll see them in 3 1/2 months in Yellowstone.



**A snippet of our dance reel at the campsite!**



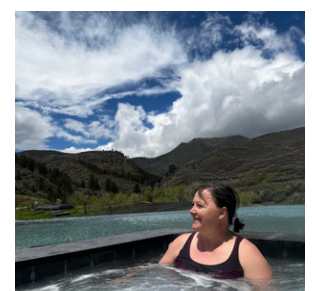
**Goat Cheese Panna Cotta**



**Smoeres!**



**Martin and Me!**



**That view!**

# 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.](#)

SuperBeets! I've been eating their tart cherry gummies for a few weeks and I love them. Slightly sweet, tart and they help support my blood sugar levels, weight maintenance and immunity. [Click this link to save 15% off your order using Code Biz15.](#)

These gummies are only 15 calories for 2 (which is a daily serving) and 0 WW points. I love to eat it in the afternoon for a sweet treat.

**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

Safe + Fair BANANA BREAD Granola

# 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)