

MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



WEIGHT LOSS ISN'T A STRAIGHT LINE

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!



Going into my Utah weekend I knew two things: I was going to have cocktails and I was going to go over my points each day.

What I also knew was that I was going to move my body every day, and I did - even if that meant getting steps in at the airport.

I didn't weigh myself when I got back (it was Tuesday and my weigh in is Monday) but I got right back to my routine. Notice I didn't say "I got back on track" because I never left the track. I ate foods that were higher in calories. That's all! I think I was -42 points for the week last week.

So when I stepped on the scale and was only up .6 today, I was extremely happy. That means I lost most of whatever weight I gained over the previous weekend. In years past, I could easily gain 5-8 pounds in a five day or week trip - and it would take MONTHS to lose it.

I feel great in my skin. My clothes are getting bigger and I was even able to buy some size medium shirts - whoop!



My monthly side by side
January 1 to
May 31 - same messy office
too! 😊

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SHRIMP LO MEIN

Believe it or not, there are some days where I don't want to spend time in my kitchen. Especially on hot summer days. So this super simple, easy and delicious shrimp lo mein has a few ingredients, but it's packed with flavor.

When I first started blogging I would make everything from scratch - including mustard, ketchup, bbq sauces, etc. I quickly realized not many people would take the time to do that, so I now rely on condiments from the Asian aisle at the grocery store to make a quick and delicious dinner.

Two brands that I love: Ying's, which can be found nationwide (at least people in Texas and New York said they could find it!) so I assume you can too. Most of their stir fry sauces are only 5 - 25 calories and either zero or 1 point per tablespoon.

They also have an online store too - [you can check that out here](#). This is not sponsored by the way!

The second brand is [House of Tsang](#), and that should be available nationwide too.

Shrimp Lo Mein - serves 1

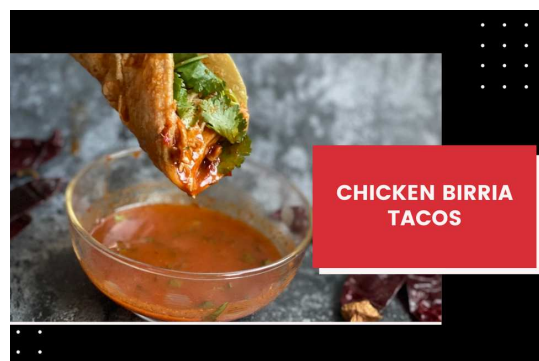
- 2 ounces dried lo mein (which makes 1 cup cooked)
- 1 cup green beans
- 3 ounces shrimp
- 1 tablespoon House of Tsang Szechuan
- 1/4 cup starchy pasta water

1. Cook the lo mein noodles according to package directions - mine only took 3 minutes. Drain, reserving 1/4 cup of the starchy pasta water.
2. In a large skillet, saute the shrimp for 2 minutes. While the shrimp are cooking, put the fresh green beans in the microwave and cook on "fresh vegetable" setting. I love this method because I love a crunchy fresh green bean. Remove from microwave, chop into bite size pieces and toss that in with the shrimp.
3. Add the noodles, stir fry sauce and as much pasta water as you want (I used 1/4 cup) to make a sauce. Cook one minute until the noodles are coated with the sauce and serve.



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

in case you missed it, I made these key lime pie bites and they turned out amazing. Not only are they delicious, but each one is only 4 WW points. I wouldn't call the filling a pie filling, what I basically made was a custard, but the end result is amazing. I don't bake much so when stuff turns out, it makes me happy!

You can [check out the recipe here](#).

Another one of my favorite things to cook during the summer is shrimp cocktail. This is an America's Test Kitchen hack - no matter what size the shrimp, cook the shrimp until the water reaches 165 degrees, then put in an ice bath. Perfect every time! [You can check that post out here](#) - I think it's from 2009 on my blog!

Saturday I hung out with my Momma. It's always nice to catch up with her. If you are near the LaGrange area, check out Blackberry Market for breakfast or dinner.

The food is so good! We managed to squeeze in two games of scrabble and I was the scrabble champion this time. In the second game I was able to use all my letters on my first turn!

On Sunday I attended my first Pride Parade! My friends Nathan and Philip were the Grand Marshals at the parade and it was great seeing them.

If you don't follow them on Instagram already, [you can check them out here](#). Nathan is just such a light in my life, I am not sure I've ever seen him not smiling. And Philip is an amazing cook, we even made pizza together a few months ago.

I said in my stories if anyone was out there who didn't have the family support they needed to live their authentic life, I would be their Mom.

I also posted a reel yesterday with a recap of the event, and 542 people unfollowed me, and several people said I was going to hell because I support the LGBTQ+ community. I could care less - those aren't my people anyway, so Bye Felicia!

#loveislove



Key Lime Pie Bites



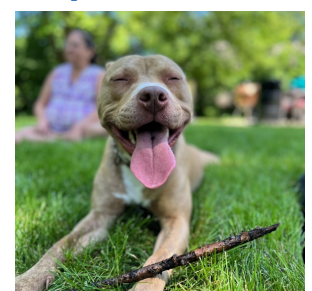
Perfect Shrimp Cocktail



Momma and Me



Philip and Nathan



My grandpups visited!

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

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