

MY BIZZY KITCHEN



The Official Newsletter of My Bizzy Kitchen



I WEIGH LESS THAN MY DRIVERS LICENSE!

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!



Do you even know what your driver's license weight is? Mine is 175. And I know at the time I got it renewed I was over 190 pounds but for some reason I didn't want to see that in writing.

Consistency. My saving grace this year and I don't know why it took me long to get it. I stopped trying to cheat the system, and just take my weight loss a day at a time, and have not given a thought to when I get to goal, or what my goal weight is for that matter.

Ditch the all or nothing mentality. It doesn't do you any good. It sets you up for failure, or guilty feelings, or that you can't do it. No one can be perfect every day, so let it go. That will be the second step to success for you.

I even lost weight after my trip to Italy, which was amazing! It did help that it was super hot, and I didn't drink that much wine and drank lots and lots of water and we got in nearly 20k steps in every day.

The moral of the story - keep going. Don't give up!



the photo on the left is from January and the one on the right is July 1

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ITALY!

My late husband's father was born in Florence, and I remember the stories my husband told me about how his family cooked dinner fresh every night (his grandma and aunt went to the market every day), how he worked at Mario's trattoria (convenience store) and that he drank red wine well before the age of 21.

My husband had a list of places he wanted his ashes spread, and Ponte Vecchio was the last place I needed to put him. So happy I was able to do that for him!

Not only did I want to go to Italy for that reason, but also because it's the same travel company I am using for my Greece trip, and truth be told, I wanted to see how well it was run and make sure people will be getting their monies worth.

Well, the trip was extremely well run. We met as a group the first night (all 20 of us!) for dinner, and had a chance to meet Ed (our influencer host) and his family for the kick off to a great week. If you don't follow Ed, you can check out [his blog here](#), or follow him on [Instagram here](#).

We had 20 people in total. The trip is about 70% guided, meaning we had an itinerary each day of what was going to take place. We definitely had a fair amount of free time to hang out with people in the group, or rest, or do whatever you wanted.

My roommate was Robbin, a friend and follower from California. She gifted herself the trip to herself for her 60th birthday - love that!

Vincenzo was our guide who met us each day, made sure we made the bus on time if we had a destination to go to that day, and was all around not only a wonderful person, but an amazing guide as well.

He would talk to us on the bus as we drove through Rome and Florence and I learned so much.

Did I mention it's the first time I ever left the country? For some reason I thought it was going to be such a big deal to travel so far away, but it wasn't bad at all. It was a 9 hour flight, we had a t.v. to watch movies and I slept.



Robbin my roommate!



Ed and I at the Chianti region farm lunch



Half the Group!



The other half of the group!

ITALY!

My favorite day was the food tour day. We left the hotel at 8:30 in the morning and didn't come home until 8:30 at night!

Walter was our food guide, and it was so fun hearing about the food from different places and neighborhoods in Rome.

I can't believe I don't have a picture of it, but my favorite bite the whole trip was at a butcher shop. They had us taste porketta, which is a pork loin that is rolled out thin, and there is herbs spread on the inside, then it's tightly rolled and cooked low and slow. The crispy pig skin was insane.

The bite we had was an olive oil and garlic soaked Italian bread, with the freshly sliced porketta and topped with crispy pork skin - swoon!

Interestingly enough, I didn't enjoy the pasta dishes we tried. The pasta was almost too al dente for me, but I did try carbonara.

One of our outings we went to an Italian restaurant and we all had our hand at making homemade pasta - it's really easy if you haven't tried it, and no real tools are needed other than a rolling pin and a knife. We also made potato gnocchi and all of our homemade pastas were combined for our lunch that day.

You better believe that I also had pizza and lots of gelato. They had cup sizes that were "piccolo" (small) and maybe 1/2 a cup at most? My intentions going into this trip was to eat a bit of everything and not a lot of anything.

I also tracked everything, because I know if I broke that healthy habit, it might take weeks (or months!) to get it back when I returned home.

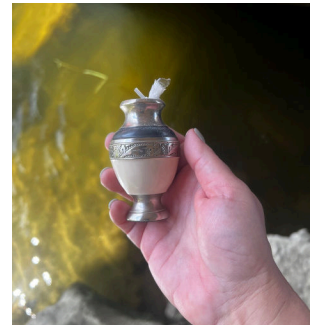
All in all it was an amazing adventure and I cannot wait for my Greece trip in October.



Our guide Vincenzo - with a heart shaped wine stain 🍷



Pizza!



My husband ❤️



Florentine Steak!



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:

16 PEOPLE HAVE ALREADY SIGNED UP!

I have FOUR spots left!

***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

LIVING FOR TODAY RETREAT!

If you don't follow my friend [Tia on Instagram](#), you are really missing out! You never know what you are going to get on her IG - which is why her handle is Today with Tia - one day she may show only her amazing dog Tugboat. The next day she will DIY her closet, the next she'll be doing Q & A's with her husband in the hot tub!

We've been talking about doing a retreat for a while - from Thursday night to Saturday early afternoon - to host women who may just want to hang out with us, or need a little coaching on how to live your best life and figure out what's getting in your way of that.



To get on the *VIP email list* with details about registration (we have 10 spots filled!)

[click this link to sign up!](#)

When: Thursday, August 25th @ 5pm CST - Saturday, August 27th @ noon CST

Where: Fox River Grove, IL at Tia's residence

Where you'll sleep: We will be providing nearby recommended hotel options.

How you'll get to and from the retreat site: Uber, personal vehicle or rental vehicle

Where you'll fly into (if applicable): O'Hare airport is closest but Midway is an option as well

Price for retreat? \$150 USD

What does that price include? All food, snacks, beverages, adult beverages, entertainment, activities & welcome bag at the retreat site

What does that price NOT include? Any travel, including airfare, Uber, rental or personal vehicle reimbursements, lodging, offsite meals or beverages.