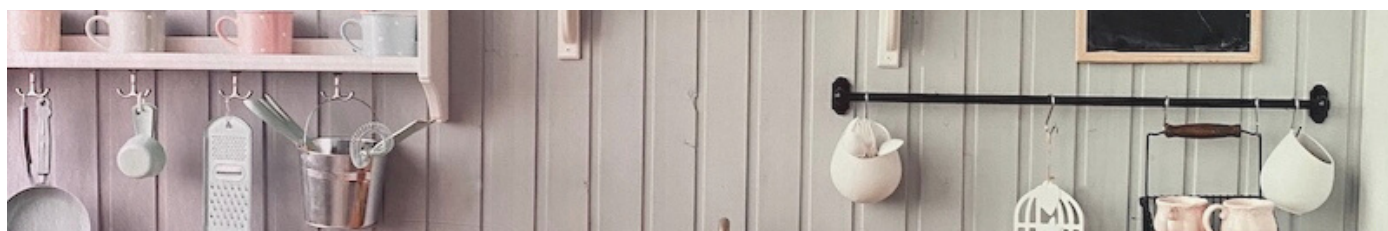


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



DOWN 1.8!

Long time no see! I had a busy couple weeks visiting family in Virginia, and then heading to Yellowstone with an amazing group of people. My goal was to at the minimum maintain my weight while I was gone, but happily I am down 1.8 for the two weeks! I'll take it.

Biz of 2021 would have taken both these opportunities to eat whatever and how much I wanted and get "back on" once I got home. Biz 2022 knows better, and I still enjoyed pizza, wine and ice cream, but worked those treats into the rest of the day.

I did a live last night on Instagram and the overwhelming question I got asked was "how do you stay motivated and consistent?" Well, for me, those are two different words. You won't always feel like moving your body, so the motivation won't be there 100%. However, you can be consistent 100%, which by the way does not mean perfect.

For so long I tried to do so many things that it just weighed me down until well, I did nothing. Freeing myself of the long list of "things" I had to keep up was a weight lifted from my mind, which in turn lifted weight off my body. I hope that makes sense??

As always, [I have a link if you want to join WW](#) (it's anonymous) if you want to try the program out. You get a month free, and I get one too - win win!

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My Cookbook has been out for 7 weeks and I've already gotten 69 five star reviews!! If you bought the book and can rate and review on Amazon, it really helps my ranking - thank you!!

Amazon - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version.

If you want an eBook (basically a pdf) [you can use this link to](#) purchase for \$19.95.



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PUMPKIN CHICKEN CHILI

This week marks the first week of fall, but the beginning of this week feels all summer with temps in the 80's. By the end of this week though, the lows will be in the 40s and the highs in the 60's - my kind of weather!

My MIL was the first person to tell me about adding pumpkin to chili a long time ago. It seems like a weird ingredient, but it really adds a rich flavor to this chili.

On my WW plan, each serving is 1 point. [Click here to see what the points would be on your WW plan.](#)

Ingredients

- 2 pounds chicken breast ground
- 4 cloves garlic minced
- 5 tbsp chili powder
- 1 tsp cumin
- 1 tsp cayenne pepper
- 15 oz canned pumpkin
- 15 oz tomato sauce
- 15 oz fire roasted tomatoes
- 1 cup cooked black beans
- 1 cup kidney beans
- 1 cup chili beans do not drain
- 1 tsp salt optional

Instructions

In a large stock pot spray with avocado oil spray. Add the chicken and garlic and saute for about 5 minutes. Add in the remaining ingredients and simmer for 30 minutes. That's it! Serve with cheese on top.

If you are looking for a vegetarian or vegan chili recipe, [check out my black bean and sweet potato chili.](#)



Pumpkin Chicken Chili

BLOG UPDATE!

While I have been spending hours a week working on SEO for old blog posts, I haven't updated my blog in quite a bit.

Soon each week I plan on doing a "What I Eat In A Day" posts so that you may get inspiration in your own journey.

When I first started blogging, I thought I had to come up with these elaborate recipes, but the older I've gotten and working from home, I find that sometimes it's quite alright to have a hotdog and pretzels for lunch or dinner.

It's my goal in January 2023 to have weekly meal plans for you guys.

You can find my blog at: mybizzykitchen.com



LIFE

My trip to Yellowstone was so awesome. I really had no idea what to expect, other than I knew it was going to be so fun because my friend Jeffrey was the host, and his wonderful husband Martin would be with him.

We stayed at a KOA camp, which if you are new to camping, or haven't been camping in a while, is a great way to visit Yellowstone. While we were camping in tents on the ground (in 30 degree weather mind you!) we had full bathrooms with showers that were super clean.

They even had a country store, where you could buy souvenirs such as shirts and coffee mugs, as well as Bota Box wine and whiskey - nice!

We had our personal guide, Chadwick, with us the whole time. He had all of our equipment - the only thing we needed to bring was a sleeping bag and pillow. Other than Jeffrey and Martin, there was one other couple and the rest of us were single travelers. If you live alone, or want to travel places that no one in your life wants to go on, I highly recommend Trova Trip. This is my second one (my third one is my own trip to Greece next month!) and they both been amazingly well run.

We would get up early each day (by 7 most days) to get breakfast in on the campsite, pack a day lunch and head to Yellowstone, which was about an hour drive from where we were staying if I remember correctly.

We hiked, saw Old Faithful, geysers galore and the grand canyon of Yellowstone. Our last hike was to Mt. Washburn, and I ended up getting altitude sickness. It took me 90 minutes longer to climb to the top because I would get so out of breath, but Chadwick and Jeffrey (and Samantha and Jessica on the way up) made sure I got up and down safely.

It's a life lesson - to get to where you want to be - it takes one step at a time. It doesn't matter how fast or slow it takes you - you'll eventually get there!

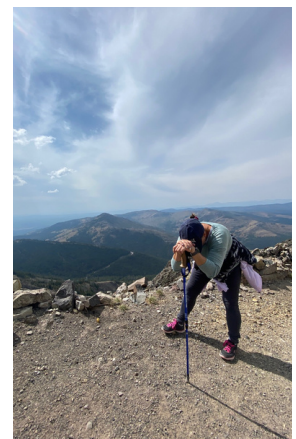
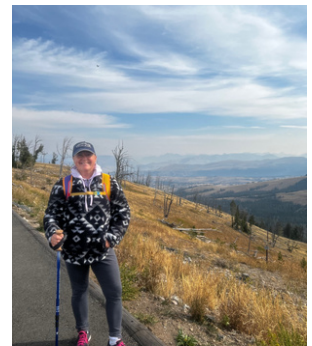
The only rain we got was on the day we left, so it was an amazing time. Can't wait to go on Jeffrey's next trip to Banff in June of 2023 - much lower elevation - whew!



The Group!



Teamwork makes the Dreamwork



Baby steps and Rest!



MY BIZZY KITCHEN DISCOUNT CODES SEPTEMBER

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.

Spritz! Holy balls you guys. This is a new find for me and I am obsessed. These wine cocktails are insanely delicious and only 2 WW points each! It's light, bright and vibrant and I am officially obsessed. I already placed my second order with them. I think my code is only active until the end of August so hurry and save 15% by using code Biz - [click this link to purchase](#) - 1000% Biz approved!

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 Bizzy20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too! **Note - my code changed to Bizzy20 going forward.**

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

BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL! It's Biz10 and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

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.](#)

