

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



NEW WW PLAN!

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

We thank you for your support!



I know change is hard for some people. But sometimes change is good. I think after you do anything for a while, the newness wears off, you become complacent and maybe this new WW plan may lead you to your success.

There is no magic pill. It's consistency not perfection. It's the consistency that I need to work on, and I know that. But that being said, I did track 80% of the time last week (which is up 80% from what I was doing!) and I lost 1.8 my first week.

We are going into the holiday season. I am traveling to Texas at the end of the week, but I saw someone post on Instagram the breakdown.

There are 47 days until January 1. That's 141 meals. If you take into consideration Thanksgiving Day (1 meal) Christmas Eve/Day (4 meals), New Year's Day (1 meal) and 5 parties (5 meals) - that is 11 meals between now and January 1 that you probably won't be on track.

Don't wait until January 1 to start your healthy journey because of 11 meals out of 141!

Love this!

Today is NOV 15th 2021
There are 47 days until January 1st
If you eat 3x per day that's 141 meals!!
★ Thanksgiving Day - 1 meal
★ Christmas Eve/Day - 4 meals
★ New Year's Day - 1 meal
★ Parties - 5 days? - 5 meals
Total Holiday Meals = 11 meals
Are you waiting until January 1st to start your healthy journey because of 11 meals out of 141??

@strengthenmama

@strengthenmama

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BLUEBERRY CHIA JAM

I've been trying to help my sister with reels on Instagram. She loves doing "ripples" with her photographs, which really isn't a video.

So yesterday I prepared a reel for her to help her figure it out.

So I am borrowing her recipe to post here because it's not only simple but absolutely delicious. We both used frozen blueberries, but fresh would work great too.

We both agreed that the lime made this jam - please don't leave that out.

Blueberry Chia Jam

This makes 2 cups of jam for 8 servings of 1/4 cup which is very generous. Spoon over greek yogurt, on toast, or even vanilla ice cream.

If you are on the WW program, [click here to see the points for your plan](#). My sister and I checked the "diabetes" box so fruit counts as points for us now. For us, it's 1 point per 1/4 cup.

- 2 cups blueberries
- 3 tablespoons chia seeds
- zest of one lime
- juice of one lime
- 1/4 cup sugar free pancake syrup (my sister used a tablespoon of real maple syrup, but I didn't have that).

Add everything to a skillet over medium-low heat. Once the blueberries start to defrost, they will release their juice and use a potato masher or fork to mash the blueberries.

Continue to stir and cook for 10 minutes until thick. Store in a mason jar in the fridge for two weeks.

Thanks Jenn for this recipe - so good!



If you love jams or jellies, try out my jalapeno cherry jelly - it uses frozen cherries and it's delicious! [You can find that recipe here.](#)



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LIFE

With the new WW plan, they have the option of choosing the "diabetic" tab. In doing so, fruit now costs me points and I won't get higher carb items like baked potatoes, whole wheat pasta, etc. as my zero point foods.

But I get 25 points a day and 29 weeklies each week. For every one cup of vegetables you eat you earn a point. If you drink 60 ounces of water you earn an extra point.

If you earn activity points, those go towards your weekly points. I do advise that you eat your weekly points so you are getting enough nutrition. I see so many WW peeps eating the lowest amount of points thinking they are winning the game, when in actuality they are probably undernourished.

Can you switch plans? Basically yes: I could easily uncheck the diabetic tab, or do what my sister did and she didn't choose any zero point foods, so she gets higher daily points and basically counts it all.

I guess my advice is if you work the plan, it works for you! But try to answer the assessment as honestly as possible and try it for a couple weeks before throwing in the towel.

In case you missed it this week, I have an amazing brussels sprouts recipe that would be perfect for your holiday meal.

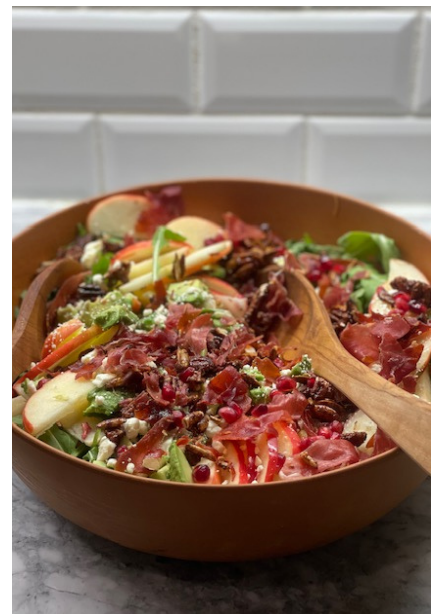
We had cooking club at Courtney's house! Courtney's mom Donna made Half Baked Harvests Fall Harvest Salad and it was to die for.

PHOTOS:

Brussels Sprouts with Apple Cider Gastrique

Half Baked Harvest Fall Salad

Me in Courtney's Kitchen - that stove though!



MY BIZZY KITCHEN DISCOUNT CODES NOVEMBER

Beekeeper's Naturals - I love their B. Immune Throat Spray. I use it four times a day - twice when I wake up and twice when I go to bed. It's travel size and perfect for on the go - whether in your car, at the airport or anywhere! mybizzykitchen25 gets 25% off your order using this link.

It's a monthly membership, but there is no commitment and they remind you three days before each shipment so you can cancel before you are even charged. Use this link to get \$10 off your first box + free brioche buns in each box.

GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you 10% - it's the only way I drink water. It has electrolytes AND Vitamin D! Click here to order.

Super-Fuzed oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! Use this link via Amazon. New flavors poblano chili oil and shallot are now available and delicious!

BRANCH BASICS! I am shouting because they have become my favorite cleaning products. They provide a concentrate, and they tell you how much concentrate to add to your spray bottles - from all purpose, to bathroom, etc.

The window/mirror streak free cleaner is crazy. You only need ONE DROP of the concentrate for the whole sprayer. I cleaned the shelves of my refrigerator and my fridge has never looked cleaner.

I also used it for the doors of my wood burning stove. I had forgotten there was an etched drawing in one of the doors! I just sprayed the streak free cleaner and let it sit 10 minutes, and it wiped away like butter. (see the before and after in the side bar!)

Use this link and my discount code to save 15% off the starter pack (other than trial) and thank me later. You'll love this stuff! Discount code: mybizzykitchen

nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! Click this link to try them and get free shipping using code: mybizzykitchen



COME TO GREECE WITH ME!

It's official! I will be going to Greece on
October 13 - 20, 2022
and I want to take you with me!



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