

# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## THANKSGIVING IN TEXAS!

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!

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My Mom and I spent Thanksgiving week in Texas and it was a great trip. It started off with my grand nephew's 1st birthday celebration and ended with a Thanksgiving feast!

Noah is the best baby. He is so easy going and before long he'll be walking up a storm. It was great to spend so much time with him.

While we probably would have fit on air mattresses at my nieces house, I decided to rent a tiny house that was 10 minutes away for my Mom and my niece Rachel.

I had never even been in a tiny house before, let alone slept in one and I could tell that I could live in a tiny house! It was 450 square feet. It had a lower level bedroom with a door near the bathroom for my Mom, and two queen sized beds in the loft area. The ceiling was tall enough for us to sit up straight, but I had to hunch over to get in and out of the bed until I got to the stairs.

I could totally see my niece in a tiny house - it would definitely force you to declutter, which is one of the items on my long winter "to do" list.



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Come to Greece with me!

## TURKEY NOODLE SOUP

I mentioned in an Instagram post that the only sad thing about doing a destination Thanksgiving is no leftovers!

My friends Mary Beth and Josh read that and drove over and gave me some of their leftovers - how nice was that?

My friend Mary Beth has had a tough year. She has Complex Regional Pain Syndrome and had a corrective surgery a few months ago to regain not only the movement in her hand, but to relieve the ongoing pain she suffered literally 24 hours.

She recently opened an Etsy shop to motivate her to regain her mobility in her hand, and arts and crafts is her happy place. [You can check out her store here.](#) But if you do order, please be patient as she works up her stamina. Thank you!

So with their generous leftovers, I made this leftover turkey noodle soup for one.

2 cups chicken broth  
3 ounces shredded leftover turkey breast  
1/2 cup carrots  
1/2 cup zucchini  
1/4 cup leftover mashed potatoes  
2 tablespoons leftover gravy  
1/2 teaspoon lemon pepper seasoning  
1/4 teaspoon crushed red pepper  
1/2 cup cooked small shell noodles

Put the broth in a stock pot. Add the carrots and zucchini and simmer on low for 10 minutes, or until the veggies are fork tender.

Stir in the mashed potatoes (this thickens the broth), gravy, lemon pepper, crushed red pepper and turkey. Simmer for 5 minutes. Always keep noodles separate. Add cooked noodles to bowl, and ladle the soup over - the broth will heat up the noodles.



On my WW plan, this soup comes in at 6 points. Click this link to see how many points on your plan.

Don't like turkey?  
Check out my Thai shrimp noodle soup - so good! [You can find that recipe here.](#)



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# LIFE

Ever since the WW plan changed, i have tracked everything, every day. Even wine - I know! I also made sure to move at least 30 minutes a day to close my Apple rings while in Texas and I weighed in today -2.0 pounds AFTER Thanksgiving week - what?!

My success was also tracking as I went along the day. I was a serial end of day tracker, but you forget this bite, this extra cup of coffee, etc. I haven't seen the 180s in a long time and I may see that next week. Whoop!

Long time followers will remember that I used to work at The Chopping Block, which is the country's largest recreational cooking school. Since COVID though they have had to pivot. The Merchandise Mart location is only open for private events, and they are doing a lot of virtual cooking classes. I will be hosting a cooking class on December 11 at 11:00 a.m. (it's a Saturday!) and I'll be making recipes from my next cookbook:

- Italian Beef Pizza with Skinny Pizza Dough
- Beef and Bean Taquitos
- Loaded Fries

Class is \$45 and would be a great gift to yourself, or a friend this holiday season. [You can sign up here.](#)

In case anyone is interested, [here is the airbnb tiny house that we stayed it.](#) It was super clean, the host was very communicative and it was such a great alternative to a hotel.

## PHOTOS:

***Tiny House in Willis, Texas***

***Momma's Giant Bowl of Tortilla Soup!***

***The Texas Family!***



## MY BIZZY KITCHEN DISCOUNT CODES NOVEMBER

BUTCHER BOX CYBER MONDAY SALE! Today and November 30, if you sign up for Butcher Box Membership you will get 3 pounds of free-range organic chicken wings in your box FOR LIFE! No matter if you choose one box a year, three, or six. [You can click this link to get the deal here.](#)

**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!

***SIX PEOPLE HAVE ALREADY SIGNED UP!***



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)