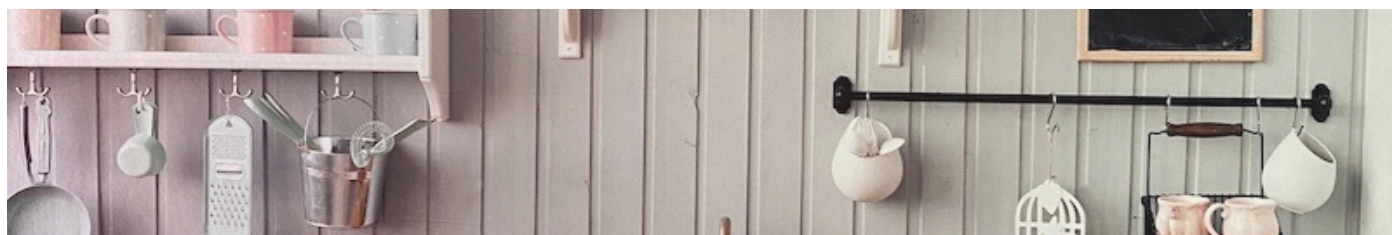


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen

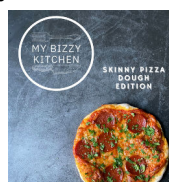


I AM STILL ON FIRE - BUT UP 1 POUND

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!



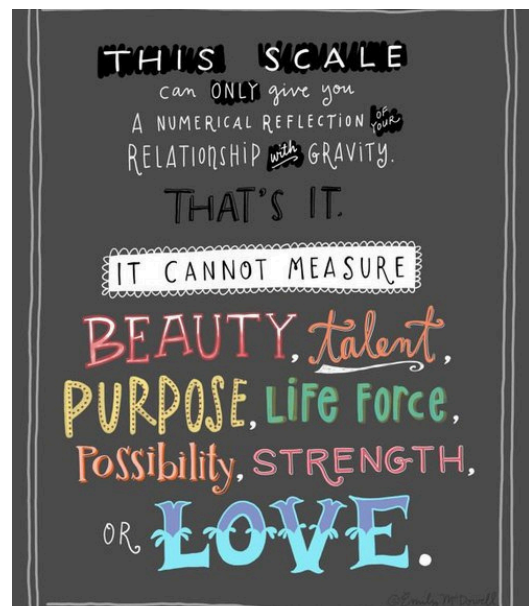
After two big losses in a row, I was kind of expecting a smaller loss this week. So imagine my surprise when I was up a pound this week.

Typically this would lead me to give up and get pissed but that was Biz 2021. She's history and Biz 2022 knows it's a marathon and not a sprint.

I've tracked every.single.day for almost 30 days (30 days tomorrow!). I haven't kept that streak up since 2017, so I am super proud of myself.

I am not treating my weekends any different than my weekdays, and proud to say that I am in the last week of #dryjanuary and going strong.

The number on the scale doesn't mean everything.



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CHICKEN BOLOGNESE

This chicken bolognese only takes 30 minutes to make, yet it tastes like it's been simmering all day. A great way to use chicken in a different way too!

INGREDIENTS

- 8 ounces chicken breast
- 1 cup carrots
- 2 cups celery
- 1 cup mushrooms
- 1 ounce pepperoni
- 1 tbsp garlic
- 28 ounce canned tomatoes
- 1 cup beef broth
- 1 tbsp oregano
- 1 tbsp rosemary
- 1 tsp crushed red pepper
- 1/2 tsp salt (or to taste)
- 1/2 tsp pepper (or to taste)

INSTRUCTIONS

1. Roughly chop the chicken breast and pulse to get it to the right consistency. It's important not to let it run otherwise you will have chicken paste. (Not that I have done that before, I read that on the internet) 😊
2. Heat stock pot over medium low heat. Spray with avocado oil spray and cook chicken for 10 minutes. Remove from pot.
3. Heat same stock pot over medium low heat. Add pepperoni with the chopped carrots, celery, garlic and mushrooms. Spray with avocado oil spray and cook for about 5-10 minutes. Add in the tomatoes and beef broth with the seasonings and simmer 15-20 minutes, or until the veggies are tender enough to puree. Blend with a stick blender or standard blender.
4. Stir in cooked chicken breast and cook an additional 10 minutes.
5. Serve over pasta of choice. Garnish with chopped spinach and a sprinkle of Parmesan cheese. Enjoy!
6. Each 1/2 cup serving is 1 point on my plan. [Click here to see what it would be on your plan.](#)



If you are looking for a zero point marinara - check out my recipe [here](#). So good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

After my busy week in Atlanta the week before, last week was a bit uneventful.

Work is chugging along. I have campaigns and work scheduled through the end of April, which is great. It normally happens that way and in February I'll get work for May, etc.

I am going to Boca Raton in February to meet with my IG manager Erica and I can't wait to hold her new baby Noa. It's going to be a busy quick trip, so I'll have to visit my parents in law at a later date. I will definitely enjoy the warmer weather!

I did manage to make an outside walk over the weekend - a balmy 25 degrees! But fresh air was good for my soul. It's supposed to get to below zero the next few days. But it's only 126 days until Memorial Day!

I had Jacob and Hannah's dogs over for a sleepover last week. They have three dogs now, but their new dog isn't familiar with my backyard so I get nervous if he stays with me. We started calling Rummy and Roman "the twins" since Nero joined the pack. And after having them for 24 hours, I realize it's nice to have dogs visit, but not stay long term - ha!

And in case you missed it, I posted a super easy and delicious potato soup in the Instant Pot. On my plan it's only 1 point a cup, which leaves more points for cheese and bacon bits! Ha!

[You can find the recipe here.](#) The WW link for the points for your plan is in the notes section of the recipe card.

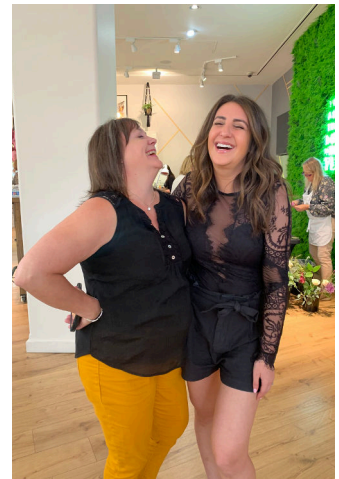
PHOTOS:

Me and Erica - circa fall 2019

Fresh Air

The Twins - Rummy and Roman

Simple Instant Pot Potato Soup



MY BIZZY KITCHEN DISCOUNT CODES JANUARY

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.](#)

I have my **Magic Spoon** Discount for just 24 hours - use code Biz to get \$5 of your 4 pack variety box. It's low carb, high protein and tastes delicious. I tried the Cookies and Cream today and it was delicious, and even turned my cashew milk into chocolate milk. [Click this link to order yours today.](#)

I found a new to me company called Cooks Venture. It's a subscription based meat delivery service and the first thing I tried was their chicken thighs.

Holy balls - this is literally the best tasting chicken I've ever made at home. And the only seasoning I used was salt and pepper!

Right now through the end of the month, they are giving me a discount code of FIFTY DOLLARS OFF your first order.

[You can click this link](#) and use code Biz50. I am defrosting chicken breast for my dinner tomorrow. If the breast meat is as good as the chicken thigh - I will be a happy camper!

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](#)



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-raised, heritage breeds
-  Non-GMO feed, raised on regenerative farmlands
-  No antibiotics or hormones ever
-  Free shipping

COME TO GREECE WITH ME!

I will be going to Greece on

October 13 - 20, 2022

and I want to take you with me!

TEN 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