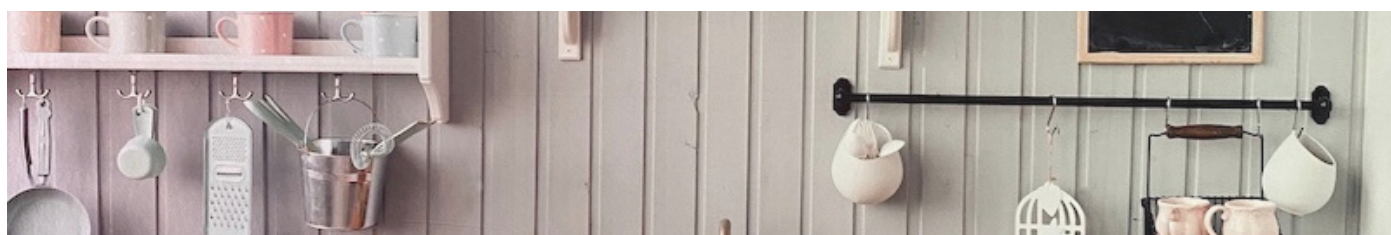


MY BIZZY KITCHEN

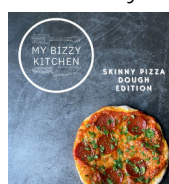
The Official Newsletter of My Bizzy Kitchen



DOWN 1.4 - FOR 2ND WEEK IN A ROW!

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!



Last week I was at a Food Blogger Conference called Tastemakers. It was so informative and I learned so much. So much to do, not enough time!

I was super proud of how I handled my stay downtown last week. Seriously, Biz of 2021 would have stopped tracking the second my foot landed downtown and I would have eaten all the things. Stan's donuts. Lou Malnati's pizza. You get the idea.

But I stuck with my plan. This was a work trip, not a vacation. I still closed my Apple rings every day. I got my water in. I tracked everything I ate. And I lost another 1.4 this week for a grand total of 10.2 since January 1!

Consistency is the key I had been missing for years. It's not perfection. No food is good or bad, just making better choices.

I also got to hang out with my foodie friend Amee (photo on the right) from Amee's Savory Dish. Give her a follow on [Instagram here](#), or [check out her blog here](#).

We've been internet friends since 2013!

-10.2 lb
since start



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QUINOA STIR FRY BOWL

Since I was going to be out of town last week I didn't do a full grocery shop. I still haven't been grocery shopping yet, but knew I could come up with something for lunch with things I had on hand.

I made a batch of quinoa in my rice maker last week and thankfully it was still good! My only veggies were red cabbage, zucchini and carrots and I decided to make a stir fry.

My Mom and I had dinner at her house Saturday night after trying to make reservations at many restaurants to no avail. Costco had 14 chicken legs fully seasoned and cooked for \$7.17 - look for it next time you go. I used 3 ounces of the leftover meat for this stir fry. This serves one.

Ingredients:

- 1 cup cooked quinoa
- 3 ounces thigh meat, cooked and chopped
- 1/2 cup carrots, chopped
- 1/2 cup zucchini, chopped
- 1/2 cup red cabbage, chopped
- 3 cloves garlic
- 1 tablespoon Ying's noodle sauce (any 1 point per tablespoon sauce will work)
- 1 tablespoon soy sauce
- 1 tablespoon sambal oelek (or less for not as spicy)

Heat skillet over medium heat. Add the garlic, carrots and zucchini and stir fry for 5-6 minutes, or until the carrots are fork tender. Add in remaining ingredients and cook 2 additional minutes, just until the chicken is heated through and the sauce combines with the ingredients.

On my WW plan this giant bowl was 10 points and worth every one. [Click this link](#) to see what the points would be on your plan.

If you haven't tried quinoa in a while, give this recipe a try.

"The fiber in quinoa can also help with cholesterol and blood sugar levels, lowering your risk of diabetes and heart disease. Quinoa is rich in antioxidants, which can prevent damage to your heart and other organs."



My friend Nicole has the best black bean burgers I've ever made that have cooked quinoa in them - [check out that recipe here](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

I got to meet some of my favorite bloggers at the Tastemaker Conference in Chicago. Susie from Hey Grill Hey is amazing. Beautiful, funny, just a burst of energy. She breaks down the BBQ game wonderfully and her food always looks amazing. [You can check out her blog here.](#)

Bjork is the husband of blogger Lindsay from Pinch of Yum. Pinch of Yum is an OG blogger like me, and they figured out how to build their business into a high six-figure income. They produced monthly income reports and so many bloggers have them to thank for being able to work from home - including me! [You can check out their blog here.](#)

I got to stay at my beloved [Kimpton Hotel Monaco Chicago](#). Their service is top notch. I was able to get a room for Hannah and Jacob this past weekend too because Hannah was off of work on Friday. Today is Hannah's 30th birthday! I was glad they were able to celebrate in style this weekend.

I have no idea how Hannah got to be 30 years old already. We kind of grew up together in a way since I had her when I was 23 years old. If you haven't read the story of how she came into the world, [you can check that out here.](#)

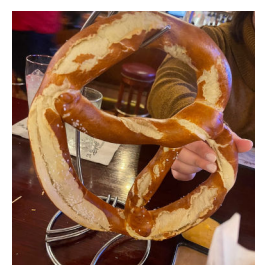
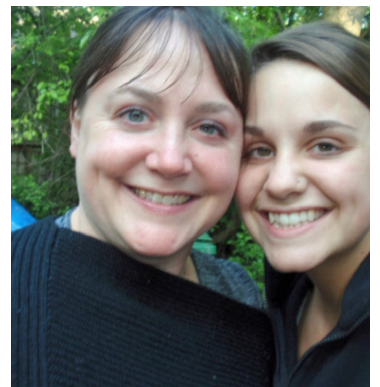
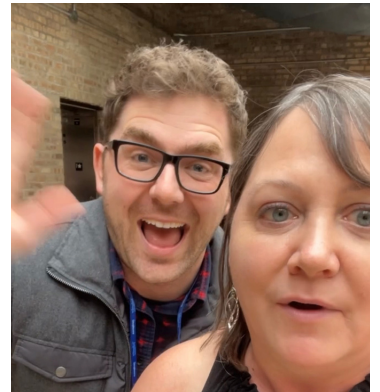
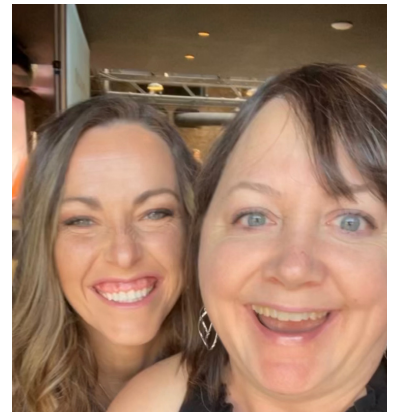
If you want to cry, [check out the video from 2009](#) when my late husband and I bought her a used car for her 17th birthday. We gave it to her two weeks before her birthday so that she would have no idea.

I am so proud of the woman she has become and know her future will get brighter and brighter.

Saturday night I hung out with my Mom. We did some shopping, played another game of Scrabble (I know - shocker!) and we each got a 7 letter word score in that game. She beat me by a mere 3 points.

Thursday night I had pork carnitas from [Xoco - Rick Bayless casual restaurant](#) - so good! Friday night Hannah, Jacob and I went to [Berghoff](#). Sadly it was just okay, but the giant pretzel appetizer was delicious!

*Susie from Hey Grill Hey!
Bjork from Pinch of Yum and Food Blogger Pro
Baby Biz and Hannah from 2008
Scrabble Game
Tacos from Xoco*



MY BIZZY KITCHEN DISCOUNT CODES FEBRUARY

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.](#)

OMAX CBD ROLLER. I've been using Omax CBD pain relief roller for a year and a half. It's a topical pain relief that rolls on like deodorant. I have pain in my left knee and right index finger and it takes the pain away within 10 minutes. I apply before bed and when I wake up.

The regular strength has 150 mg of CBD and they now have an extra strength that has 500 mg of CBD. I had a lot of questions asking if you used this product would it show up at a work drug test. The answer to that is no - there is no THC in the roll on.

If you want to check it out, use code Biz20 to save 20% off your order. [Click here to order.](#)

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."

Magic Spoon!

You guys - Magic Spoon now has cereal bars! They are low carb, high protein (13 grams) and are amazing. Use code Biz to save \$5 off your build your own box and add cereal bars to your order - they are delish! [Click here.](#)



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:
12 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