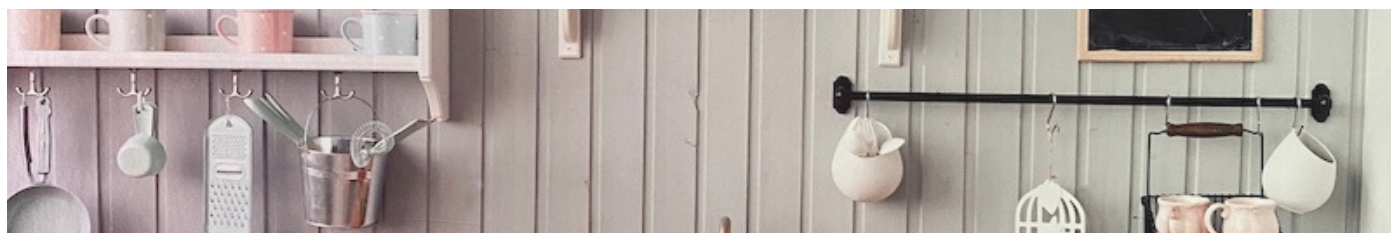


MY BIZZY KITCHEN

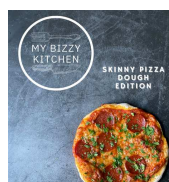
The Official Newsletter of My Bizzy Kitchen



APRIL IN REVIEW

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!



April was a fun month. I got to see my brother Charlie and his family, watch my Momma sing in her semi-annual concert, hung out with my friend Morgan at a Chicken Wing fest, went day drinking with my friend Tia (we did walk 6 miles that day though!) and I am still in the 170s!

What tends to happen to me if I hit a new "decade" is a take the foot of the gas a little. But like I've been talking about in the last few months, my mindshift has done a complete 180. There is no getting "on track" or "off track." There is an occasional meal that is higher in points, I track it and move on.

Consistency over perfection. Keep telling yourself over and over and don't put a time limit on weight loss - none of us gained our weight in a matter of months, so how do we expect to lose it in a few months?

My starting weight was 198 on December 1. That photo on the right is a comparison from January 1 to April 30. Just keep going and enjoy the ride - it will slowly become a lifestyle and not a diet - pinky swear!

As of this morning I was 177.2 - I started my WW tracker at zero on January 1, so I've lost 14.8 pounds so far.



I exercise about 30 - 45 minutes most days. Mostly walking and Grow with Jo on YouTube - both free!

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GRILLED PINEAPPLE WITH VANILLA ICE CREAM

Sunday I spent the afternoon getting a pedicure with Hannah (which she paid beforehand so I wouldn't pay - thank you Hannah!) and then will grill out.

My son-in-law Jacob misses beef. Hannah isn't particularly a fan of beef so it's not on their regular rotation like it was when they lived here.

About Wednesday of last week Jacob sent me a text with a video of a tomahawk steak on a grill and said "we need to do a tomahawk soon."

As luck would have it, Mariano's had Tomahawks on sale for \$14.99 - the steak is \$37 but completely worth it. You couldn't get a Tomahawk steak at a restaurant for under \$100 in Chicago, and this is enough to feed at least 6 people.

This simple dessert recipe isn't really a recipe with so few ingredients but it was a hit. At the end of grilling I just put four slices of fresh pineapple on the grill to get char marks, then set aside.

Ingredients:

4 slices fresh pineapple slices (most grocery stores sell cut pineapple - I got my package of sliced pineapple at Mariano's for \$1.49

1 small container vanilla bean ice cream

8 roasted pecans, chopped

1 tablespoon fresh chopped mint

After grilling for dinner, grill pineapple slices for 3 minutes a side, just to get some grill marks. Set aside to cool.

To plate: Lay two slices of grilled pineapple on a plate. Top with a heaping tablespoon of vanilla bean ice cream (I used a melon baller for a scoop) sprinkle pecans and mint over the top.

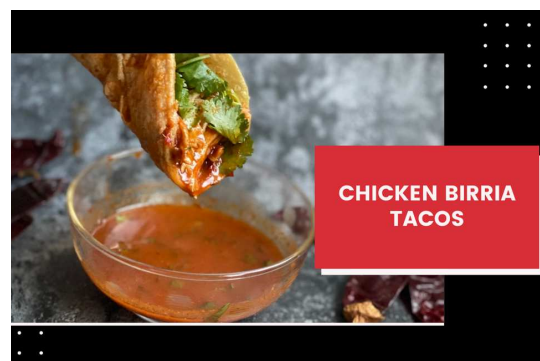
I love that this can be done ahead of time so you aren't spending too much time in the kitchen and can spend time with your guests - which should be your focus before food - just saying. 😊



My blog is a work in progress, but you can see my [recipe categories here](#).

Slowly adding WW links and nutrition to each post.

I also have a YouTube Channel - [you can check that out here!](#)



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

It was so fun to hang out with my brother and his family last weekend. My sister was in Ireland with her husband - I had lots of people asking "where is your sister?!"

We spent it at my Mom's house and while she has a three bedroom home, it was me, my Mom, my brother, his wife, his daughter, his other daughter and her husband AND their 18 month old baby - whew!

I immediately knew that I would turn my Mom's basement into an apartment for me and my niece Rachel. Remember those "cots" that I bought thinking those would work? Nope, they were too narrow - I am going to keep them - maybe leave them at my Mom's house so we can lounge in her backyard.

Anywho, I ended up buying this queen air mattress and they were SO comfortable. We each had one and the best part about it is that it plugs in to inflate and deflated in a matter of minutes.

Now we have two extra beds when we have a full house again.

Do you remember my friend Jordan? He was in a serious car accident last October. I did a fundraiser on Instagram several weeks ago so he could get quad tools that will help him be more independent in the kitchen - Jordan is a chef. He sent me videos and photos - I am beyond excited this new found freedom gives him.

Another question I've been getting is "Biz, when is the cookbook going to be ready?" And my answer is always - soon!

My brother Charlie is helping me out with the technical stuff - self-publishing for print is a whole different process. I am also adding QR codes - so each recipe will have one. If you have a paid WW membership, just click the QR code and it will open up in your app to track.

This way, when the plan changes in two years, four years, etc., the QR code will still work. Stay tuned! You guys are going to love it - and I appreciate your patience.



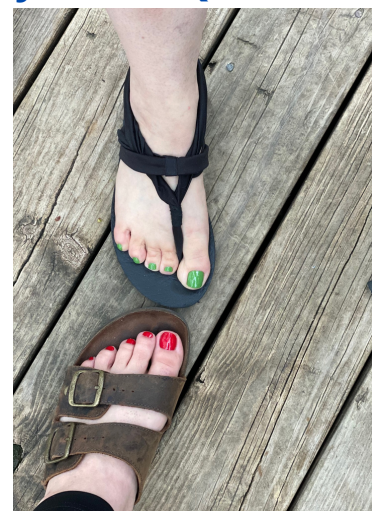
So comfy!



Full house!



Jordan's Quad Tools



MY BIZZY KITCHEN DISCOUNT CODES MAY

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.](#)

MAGIC SPOON - Magic Spoon discount code is back for \$5 off your build your own variety box. They have a new flavor - Honey Nut and it's my new favorite. Most of the cereals are 4 WW points, they are low carb, low sugar and high protein - and delicious. [Click here for the link and use code Biz at checkout.](#) They now ship to Canada and UK too.

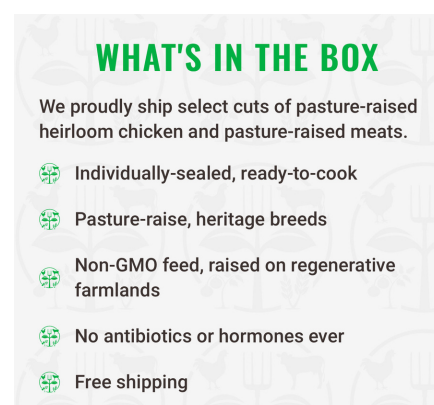
Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

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

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.](#)



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!

***FAQ: Are single women going on the trip?
Yep! Several are either single or leaving
their spouses at home. So far it's an all
woman trip.***



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