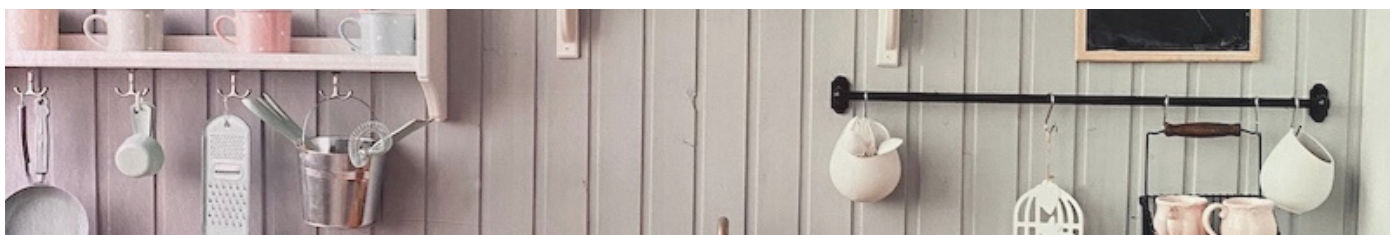


MY BIZZY KITCHEN

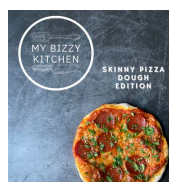
The Official Newsletter of My Bizzy Kitchen



I'M BACK!

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 started to feel about 50% better and lots of people said "Biz, don't do too much when you start to feel better because you may relapse!

So last Thursday I went on a slow 30 minute walk and it's the first day in weeks that I've gotten 5000 steps and it felt good.

Today I woke up and I am 99% back to normal and was able to not only do an online dumbbell workout for 15 minutes, but it was so gorgeous outside, I went on a 45 minute walk on my lunch break today. It felt amazing!

And the knee that I got the cortisone shot in is still feeling amazing and that was probably five weeks ago that I had that done.

My appetite came back last week and after two weeks of good losses, I was still down .8 this week which I will take. I AM SO CLOSE TO THE 160's! I know I'll get there eventually and that's fine by me.



Bought a size medium shirt
at Wear Did U Get That!
Jeans (not shown) were size
14!

WHAT'S INSIDE THIS ISSUE:

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RUDY'S COPYCAT BBQ SAUCE

I have an app called TimeHop. It shows what you were doing on that day a year ago, two years ago, three years ago by pulling stuff from your social media.

NINE years ago, my late husband and I drove to Austin Texas to visit his son and his wife. It was such a fun trip, and it was the last vacation he and I took before he passed away 18 months later, so I have very fond memories of it.

My husband couldn't handle spicy food like me, so it was always interesting cooking for us because invariably I'd underspice his food because I made mine so spicy. One thing we did agree on though in Austin was Rudy's BBQ and specifically their BBQ sauce. It wasn't too spicy, too vinegary, etc. for my husband - we finally agreed on a BBQ sauce!

We bought only ONE bottle to bring home. Not sure what we were thinking on that one because we were driving and could have bought a whole case.

Well, I got to work when we got back and made a copycat version of the BBQ sauce and my husband and I agreed that it was almost similar to Rudy's, and I make a batch every couple of weeks in the summer to have on hand.

- 1 (8 oz) can tomato sauce
- 1 cup ketchup
- 1/2 cup brown sugar
- 2 1/2 tbsp white vinegar
- 2 tbsp Worcestershire sauce
- 2 tablespoons lemon juice
- 1 tsp garlic powder
- 1 tsp coarse black pepper
- 1/4 tsp cumin
- 1/8 tsp cayenne pepper

Combine all ingredients in a large pot. Simmer until slightly reduced. I let it simmer for about 30 minutes.

This is great on chicken, ribs, you name it. Because of the brown sugar it almost caramelizes when grilled and its really really good.

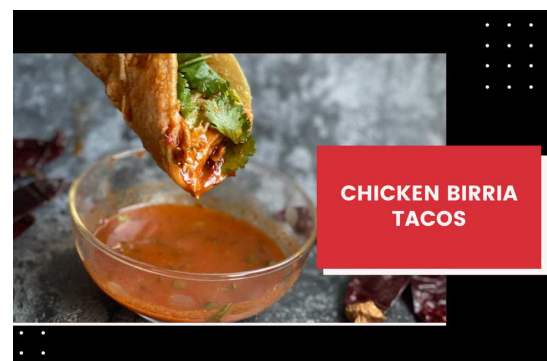
No idea how you would figure out the points because it depends on how much you use, but my guess would be 1 point per 2 tablespoons.



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

Long time followers will remember that I quit my day job in 2016 basically without a plan - ha! But that summer I did work farmers markets selling frozen veggie burgers and while it was the hardest job I've ever done (had to get up at 4 in the morning to get to the shop by 5 in the morning, load my car, then drive 15 - 45 minutes away depending on where they sent me, unload the car, put up the tent, etc.!) once I had everything set up I loved it! (Wow, that's a long sentence!)

Well fast forward I got to work at a local Mariano's with Grilling with Dad - if you aren't following him, you need to if you want to learn about grilling. He really takes the time to explain why he uses certain cuts of beef, how to cook to temperature, etc. [You can follow him on Instagram here.](#)

Mariano's is kicking off their grilling season, and the weekends I am not traveling, you will find me with Maciek grilling up some great food, under a tent just like the old farmers market days.

I'll be sure to have links for the next one I attend - unfortunately their summer post has a couple wrong dates, so stay tuned for that!

Our cousin Lynn was in town for the Chicago Restaurant Association at McCormick place and stayed at my Mom's house for the weekend. We met for dinner and it was a fun night out. And to see my twin sister in person was great! We don't see each other all that often, even though we do FaceTime nearly every day.

So excited for my trip to Salt Lake City this weekend! In case you missed it, I am visiting my Instagram friend Jeffrey and his husband and we will be hiking, eating, drinking and who knows what.

Be sure to follow along my IG stories for all the shenanigans we are getting into - and for some possible dance reels - ha! Should be fun!

Have a great week - see you next time!



Grillin with Dad!



Family Dinner



Biz & Jenn



Jeffrey & Martin!

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