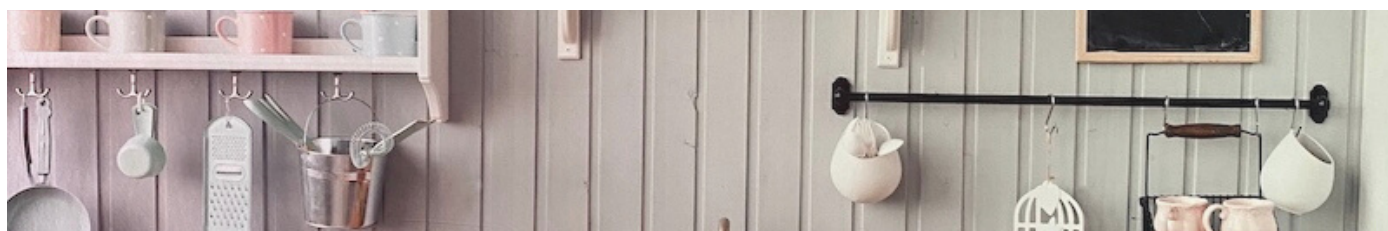


MY BIZZY KITCHEN

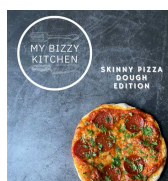
The Official Newsletter of My Bizzy Kitchen



EXACTLY 170 - SO CLOSE TO 160'S!

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!



Slow and steady wins the race! I've now officially lost 22 pounds since January 1, and 28 pounds since December 1.

I reset my WW app January 1 so I could have a clean slate. I didn't want to see the same 5 pounds lost and gained the last few years - ha!

One of the questions I've been asked a lot lately is "Biz, you are doing great - help motivate me!"

My Dad had a saying: "you can lead a horse to water, but you can't make it drink."

I can show you what I am doing, share recipes, meal ideas, movements to do on YouTube, but if what I do fits my lifestyle, and it may not fit yours.

I am a single, empty nester and don't have to worry about meal plans for anyone other than me. Maybe you have small children and don't get 8 hours of sleep like I do so you may feel uninspired to move your body. I wish this was a one size fits all, but YOU are the only person standing in your way of success. But I think you already knew that. 😊



the photo on the left is from January (in a tank top!) and the right is from last week

WHAT'S INSIDE THIS ISSUE:

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RUDY'S BBQ SAUCE

The last vacation my late husband and I had was about 18 months before he passed away.

As luck would have it, my step son and his wife (who moved to Austin in 2010) and my brother and his family live all but 10 minutes of each other, which makes visiting such a breeze. Texas is a huge state!

One place that my daughter-in-law loved was Rudy's BBQ. It's attached to a gas station and you can buy meat by the 1/4 pound and it's given to you on parchment paper with a stack of white bread.

My husband and I could never agree on a BBQ sauce - I am team spicy and he's not. For whatever reason, Rudy's BBQ was the perfect one and we bought a big bottle to bring home.

After that was empty we kicked ourselves because we drove and could have brought home a whole case! So I came up with this recipe and it's my go to BBQ sauce.

Makes approximately two cups of BBQ Sauce.

- 1 (8 oz) can tomato sauce
- 1 cup ketchup
- 1/2 cup brown sugar
- 2 1/2 tbsp white vinegar (I used hot pepper vinegar this time!)
- 2 tbsp Worcestershire sauce
- 1/4 cup lemon juice (2 lemons) – (I reduced to two tablespoons)
- 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, over low heat, for 30 minutes.

Let cool and store in a mason jar in the fridge for up to 14 days.

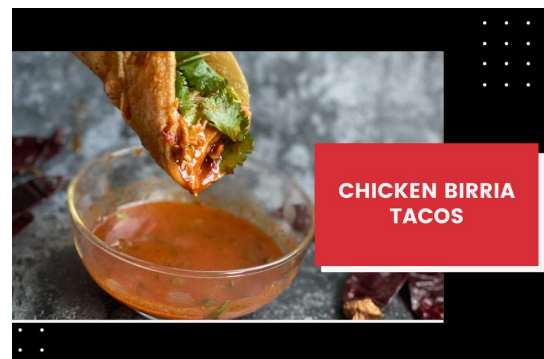
I usually count this is 1 point per 2 tablespoons.



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

Right before I went to Utah, I cleared out my bedroom because my carpet was being removed and the floors of my bedroom were going to be refurbished.

I am sad that it's taken me 22 years of living in this house to show off the gorgeous flooring. The guy from the flooring company came back to return my keys must have taken a dozen photos of the floors. It's unusual because the floorboards are the whole length of the room - 16+ feet - which is unheard of these days. We figured these floors are original to the house, which is almost 100 years.

But in the midst of having everything uprooted, having my mattress in the living room I felt like I was living a gypsy life. So I was so happy that everything is back in order. Hannah and her father-in-law came and put my bed back together when I was at a luncheon on Saturday, and Saturday night it took me about 2 1/2 hours to arrange, throw stuff out, etc. and it was so nice that evening because the space felt calm again instead of chaotic.

Saturday I met up with some of my online WW friends. Marianne, Laura, Vickie and I had lunch together and it was lovely to catch up.

If you didn't see it, I posted these delicious banana bread pancakes this morning. They turned out so good - happy that I had nearly rotten bananas to make them. You can find the full [printable recipe here](#).

My trip to Italy will soon be here! I think I've remembered everything. I notified my credit card to tell them I am traveling, Chase Bank didn't care (ha!) and I got the international package for my cell phone.

I also bought an adapter for charging there, and as long as I remember my passport, insulin, glasses and contacts, I don't really care what else I pack. 😊

If you have any other tips though - please let me know!



A barn door will soon replace the curtain over the closet



[Click here to see the before of the living room from 2015!](#)



WW friends ♥



Banana Bread Pancakes



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.](#)

SuperBeets! I've been eating their tart cherry gummies for a few weeks and I love them. Slightly sweet, tart and they help support my blood sugar levels, weight maintenance and immunity. [Click this link to save 15% off your order using Code Biz15.](#)

These gummies are only 15 calories for 2 (which is a daily serving) and 0 WW points. I love to eat it in the afternoon for a sweet treat.

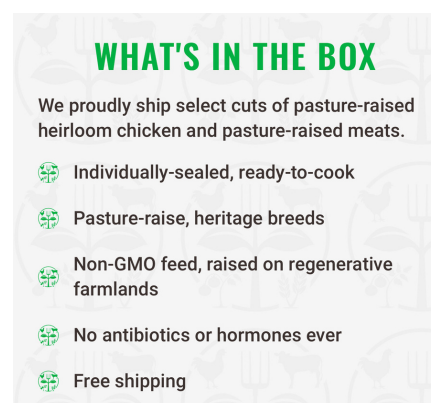
Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"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

LIVING FOR TODAY RETREAT!

If you don't follow my friend [Tia on Instagram](#), you are really missing out! You never know what you are going to get on her IG - which is why her handle is Today with Tia - one day she may show only her amazing dog Tugboat. The next day she will DIY her closet, the next she'll be doing Q & A's with her husband in the hot tub!

We've been talking about doing a retreat for a while - from Thursday night to Saturday early afternoon - to host women who may just want to hang out with us, or need a little coaching on how to live your best life and figure out what's getting in your way of that.



To get on the *VIP email list* with details about registration (we have about 325 people interested with 20 spots!) **[click this link to sign up!](#)**

When: Thursday, August 25th @ 5pm CST - Saturday, August 27th @ noon CST

Where: Fox River Grove, IL at Tia's residence

Where you'll sleep: We will be providing nearby recommended hotel options.

How you'll get to and from the retreat site: Uber, personal vehicle or rental vehicle

Where you'll fly into (if applicable): O'Hare airport is closest but Midway is an option as well

Price for retreat? \$150 USD

What does that price include? All food, snacks, beverages, adult beverages, entertainment, activities & welcome bag at the retreat site

What does that price NOT include? Any travel, including airfare, Uber, rental or personal vehicle reimbursements, lodging, offsite meals or beverages.