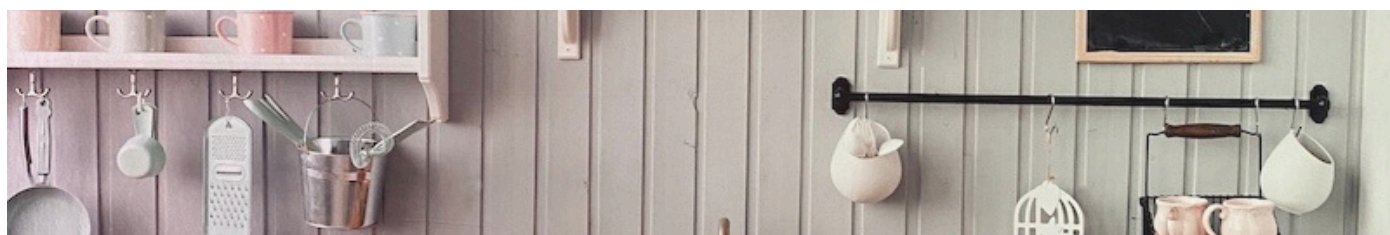


MY BIZZY KITCHEN

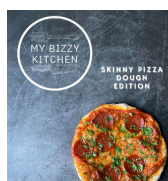
The Official Newsletter of My Bizzy Kitchen



OFFICIALLY DOWN 25 POUNDS!

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!



With this weeks weight loss, that brings me to 25.4 pounds since January 1! And 31.4 since December 1. Whoop!

I am also thrilled that I swam a mile. Yes, you read that right ONE WHOLE MILE! For 54 years I told myself I wasn't a swimmer. I never took lessons, the freestyle stroke is complicated to me that you have to breathe from both sides.

My modified breaststroke seems to be the key. After the first couple laps, I get my rhythm. Now, it took me an hour and 17 minutes to swim that, but I swam that length pretty much without stopping.

Every 15 minutes I stop to get the condensation out of my goggles, but other than that, it's nonstop.

It just proves that you CAN do things you've told yourself that you couldn't do. Who knows, maybe you can surprise yourself with swimming, biking or hiking!

You'll only know if you try. 😊



the photo on the left is from January and the one on the right is July 17

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OATMEAL WITH TOASTED COCONUT AND MANGO

I usually don't have a taste for oatmeal in the summer, but over the weekend I had a taste for it.

I usually cook my oatmeal in a skillet. The directions usually have you bring water (or milk) to a boil, add the quick oats and stir for a few minutes.

I start out with a skillet dry on medium heat, add the oatmeal, and toast it for 1-2 minutes, or until you start to see it browning. I think it adds a layer of nuttiness to it and it's delicious.

Makes 1 serving.

1/2 cup quick oats
1 cup unsweetened cashew milk (or milk of choice)
pinch of salt
1 tablespoon unsweetened coconut flakes
1 tablespoon sugar free pancake syrup
1/2 cup chopped mango

Heat a skillet over medium heat. Add coconut flakes and stirring constantly (they go from slightly brown to burnt really fast!) cook for 1-2 minutes or until lightly browned. Remove from heat.

In the same skillet, add the oats dry, and cook for 1-2 minutes, or just until you start to see some color on the oats. Add in the cashew milk, pinch of salt and reduce heat to a simmer and cook for 5 minutes, stirring every minute.

To plate: add cooked oats to a bowl, top with mango, the toasted coconut and drizzle with a tablespoon of the sugar free syrup.

On my plan, that bowl comes to 8 points. I have to count for the fruit, otherwise for everyone else it would be 6 WW points.

If you have a container of oatmeal that's been giving you the stink eye because you haven't used it in a while, check out these other oatmeal recipes of mine:

[Oat Pancakes](#)

[Blueberry Oat Scones](#)

[Overnight Quinoa Oats](#)



Oatmeal with Toasted Coconut and Mango

BLOG UPDATE!

While I have been spending hours a week working on SEO for old blog posts, I haven't updated my blog in quite a bit.

This week I plan on doing a "What I Eat In A Day" posts so that you may get inspiration in your own journey.

When I first started blogging, I thought I had to come up with these elaborate recipes, but the older I've gotten and working from home, I find that sometimes it's quite alright to have a hotdog and pretzels for lunch or dinner.

It's my goal in January 2023 to have weekly meal plans for you guys. Since my cookbook is taking longer than expected, I had to push that project to next year.

You can find my blog at: mybizzykitchen.com



LIFE

For the last couple years I've thought that the WW program just wasn't working for me.

Um, turns out, I just wasn't working the program - ha!

So this year since I've tracked since December 26, and make a priority to be consistent and not give up, my life feels like a lifestyle that I could literally do for the rest of my life.

I am no longer looking at the end "prize" of getting to goal weight, whatever that number ends up being, because I know the steps I am taking now to get healthy, are the ones that are going to carry me until old age.

In case you don't know who my WW coach is, her name is Debbie and I attend her New London, CT meeting on Tuesday nights at 5:00 p.m. CST.

She's lost 200 pounds on WW and has kept it off for TEN YEARS. Yep! Very impressive.

You can find her instagram here. She has lots of daily inspiration and she will tell you like it is if you say something isn't working. She's ask question after question until she finds the root of your problem, whether that is not tracking honestly, or not moving, etc.

[You can check out her instagram here.](#)

I recently did a campaign on IG for Splenda. They have these new diabetic shakes and they taste amazing. I found them at Meijer grocery store, but I think you can even find that at places like Walgreen's and CVS. They are 170 calories and 3 points - a nice sweet treat to have in the middle of the afternoon.

[Lilac Market Headbands](#) retired my two designs from their roster - Party Pizza Friday and Sippin with Biz. I think I'll have more designs coming up, but I love that my friends Jeffrey and Martin bought some! Jeffrey said that Martin wears his pizza headband all the time. Love! And their puppy Barb is getting so big!



My WW Coach Debbie!



New Splenda Shakes - so good! They come in vanilla too - I need to make a smoothie with them soon.



Martin and Barb ♥



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:

16 PEOPLE HAVE ALREADY SIGNED UP!

I have FOUR spots left!

***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 10 spots filled!)

[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.