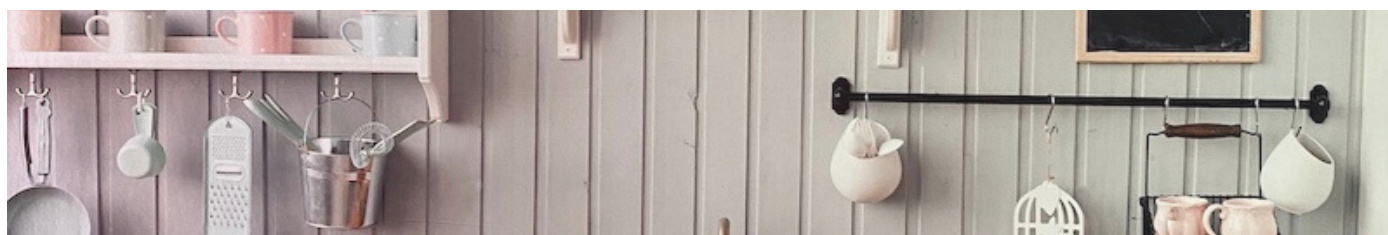


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



ANOTHER TWO POUNDS DOWN - 28 POUNDS DOWN!

Last week I was up a pound for no reason. In years past that would have made me want to quit, and I typically did. How dare I do "all the things" and it not show up on the scale! 🤔

But Biz 2022 has no timeline to weight loss, and because I lost 70 pounds with [my sister](#) back in 1999-2000, I know that weight loss isn't a downward line. It's more like a mini roller coaster of ups and downs.

But I haven't quit! I am now down 28 pounds since January 1, and 34 pounds since December 1.

I feel like I am living and not dieting, and that's been the game changer for me. There is no "end game." As my coach Debbie says, you have to maintain the way you eat and move AFTER you lose the weight just as much as you did to lose the weight.

She's maintained a 200 pound weight loss for over ten years, so I think she knows what she is talking about! [You can find her on Instagram here.](#)

As always, [I have a link if you want to join WW](#) (it's anonymous) if you want to try the program out. You get a month free, and I get one too - win win!

My Cookbook has been out for 10 days and I've already gotten 31 five star reviews!!

Amazon - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version.

If you want an eBook (basically a pdf) [you can use this link to](#) purchase for \$19.95.



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HERB PESTO WITH WALNUTS

I have to be honest, I've never been the biggest fan of pesto.

Pesto eggs were all the rage on TikTok a few months ago and my daughter kept telling me to try it. Um, no thanks!

I think because the pesto I was buying had pine nuts in it (not a fan in general) and it almost had too much of a basil flavor.

This pesto has spinach, cilantro and basil, and for an extra pop of flavor, a couple tablespoons of hot pepper vinegar.

I am in love with this. It makes a lot. Typically I would use about a teaspoon with eggs, or drizzled over chicken or shrimp. Each teaspoon is 1 WW point no matter which plan you have.

The base of this recipe is from [Diane Morrissey on IG](#) - if you aren't following her, she makes amazing recipes - it was her idea to use walnuts - yum!

Ingredients:

- 1 cup extra-virgin olive oil
- 4 garlic cloves
- 1/2 cup toasted walnuts
- 2 cups baby spinach
- 1 cup basil leaves
- 1 cup cilantro leaves
- 1/2 cup grated Parmesan
- pinch of red pepper flakes
- salt and pepper to taste
- 2 tablespoons hot pepper vinegar

Put 1/2 cup of olive oil into a food processor. Add remaining ingredients (except 1/2 cup olive oil). Pulse until it starts to get combined, then slowly pour in the remaining olive oil.

This is so delicious - a little goes a long way.

Can't wait to make pesto pizza with it!

I also drizzled a bit of chili crisp in the pesto - completely optional but so good.



Herb Pesto with Walnuts

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.

NEXT 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.

You can find my blog at: mybizzykitchen.com



LIFE

I never swam more than ten minutes in my life before July 1. I remember getting in the pool and thinking "maybe I can try to swim for 15 minutes?" That day I swam for 20 minutes and was stunned!

The next day I thought, "can I swim 30 minutes?" The answer to that was yes!

Well, on Saturday I swam for 90 minutes! If you would have told me July 1st that in five weeks I'd be able to swim for 90 minutes without stopping, I would never have believed you.

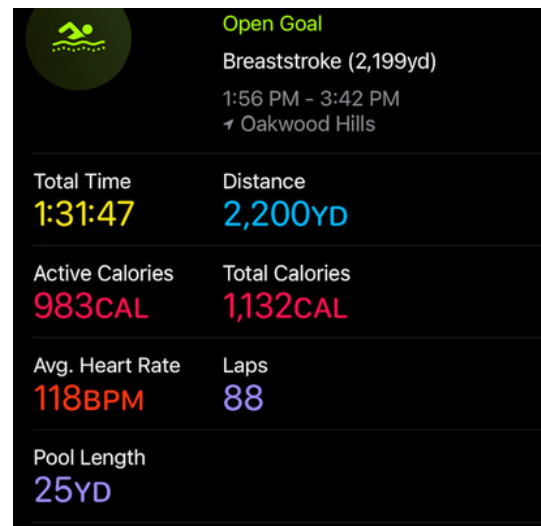
But that's the sad part, right? I told myself for years that I am not a swimmer, and no matter how slow I am, dammit I am a swimmer! It felt so good to reach that accomplishment my first summer swimming.

No worries, I belong to a gym that has a pool, but I love swimming outside. The sun on my face, the music playing, etc. I have heard of headphones for swimming so I may check that out this fall.

Saturday I hung out with my friends Philip, Nathan and David at Cook Cork and Fork. It's a recreational cooking school about 30 minutes from my house. I had no idea it was there until Philip and Nathan told me about it - and it's been there for 7 years!

We made an eggplant dish, a warm potato salad with caramelized fennel and seared beef tips over an arugula salad. Before that night, I would have never said I loved either eggplant or fennel - it was so good!

On Saturday, August 13 I am going to be a guest cook there. If you are local, there are two seats left. We will be making Caesar salad, Chicago deep dish pizza and cannoli dip for dessert. [You can sign up using this link.](#)



New PR!



Nathan and Philip
call this a
Biz Sandwich ♥🌍



MY BIZZY KITCHEN DISCOUNT CODES AUGUST

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.

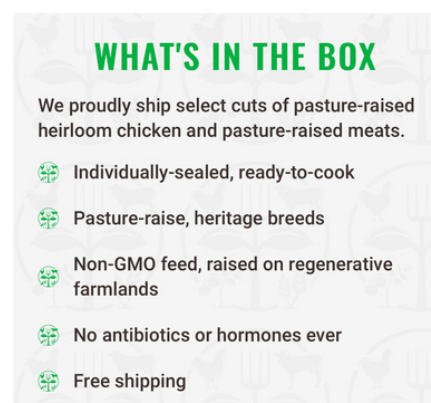
Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"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