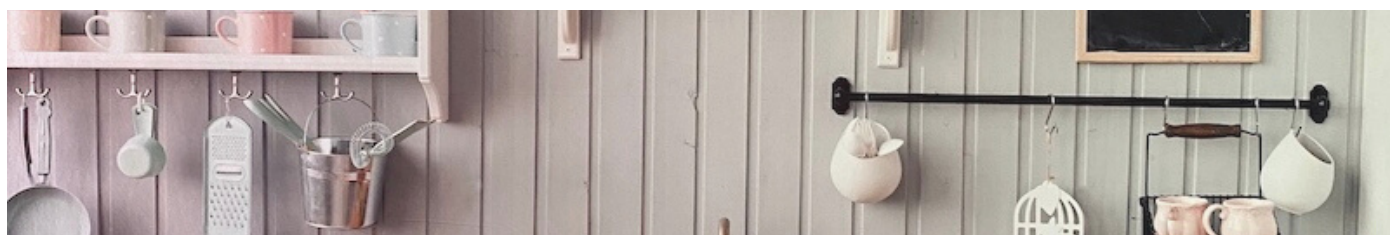


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



TWIN POWERS!

My twin sister are rarely on the same page when it comes to WW. Either she's doing great, and I am not, and the second I get my act together, the wheels fall off for her.

Happily this last six weeks we have been on the same page! Simply by taking it a day at a time. Not overthinking things, getting movement in each day, me not eating enough veggies (ha!) but also being accountability buddies.

I have tracked everything since December 26 of last year - a new record for me! My sister fell out of the habit, so I asked if she would just send me her tracker each day at the end of the day. I don't care if she has 45 points in a day. It's not to critique what she's eating, but rather getting her to get into the habit of tracking.

Personally I know if I track and don't work out, or workout and don't track, those scenarios don't work in my favor. But that's what is great about this journey, which is finding out what works for YOU! Only when you can create patterns and habits that work for you does this become a lifestyle and not a diet.

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.



WHAT'S INSIDE THIS ISSUE:

Potato and Walnut Frittata - 2
Life - 3
August Discount Codes - 4

POTATO AND SAUSAGE FRITTATA

I love making frittatas. It's a perfect way to use up stuff in the refrigerator, especially when you were overzealous at the farmers market like I have been lately.

How do I think I can eat all the produce I buy?! Sadly this week I threw out a cantaloupe and strawberries that just got overlooked.

This is perfect for meal prep too if you work outside the house. Pair with some fruit and coffee and you've got a delicious breakfast or brunch.

Ingredients

8 ounces cooked baked potato, diced
Salt and pepper to taste
4 eggs
1/2 cup liquid egg whites
1/2 cup milk of choice (I used unsweetened almond milk)
1 cup turkey sausage crumbles (I used Jimmy Dean brand)
2 cup baby spinach, chopped
2 ounces sharp cheddar cheese
4 tablespoons chopped parsley for garnish

Instructions

1. Heat oven to 400 degrees.
2. In a cast iron skillet, or other oven safe dish, spray with avocado oil spray and add the potatoes of the bottom of the dish. Sprinkle with salt and pepper.
3. In a skillet, heat the sausage crumbles for 5 minutes. Sprinkle over the top of the potatoes.
4. Mix the eggs, milk, and baby spinach together. Pour over the potatoes and sausage. Top with cheddar cheese and bake for 25 to 30 minutes.
5. Remove from oven. Let sit 10 minutes. Sprinkle with chopped parsley and cut into four slices. Serve with a side salad to make this a great brunch meal.

[Click this link to see what the WW points would be on your plan.](#)



Potato and Sausage Frittata

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.

Soon each 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



This is the last week that our local pool is open 7 days a week. Although the hours are limited - 4 p.m. to 7 during the week and noon to 7 on the weekends.

I am taking full advantage and getting to the pool right as it opens. This week I was thinking while I was swimming how grateful I am to have a job that I can move around my schedule any time I want (within reason of course!).

Had I been working downtown, I never would have made the cut off of 6:30 when the pool actually closes (still don't understand why if they are open until 7, the pool closes half an hour early). I would have only enjoyed it on the weekends.

I belong to an LA Fitness that has a pool, but I'll miss the music and the sun. A few people mentioned that if I like to swim that much, I should buy one of those endless pools for the backyard - you basically adjust the water flow for the pace of your swimming. Um, those are like \$50k! I had no idea they were that expensive, and turns out I my desire to redo my kitchen trumps an endless pool.

Good news though - delicata squash is back! I found some last week in Chicago after meeting my old boss for dinner. I was doing work within minutes of his house and it was nice to see him again. They should start popping into more grocery stores the closer it gets to September if you don't see them yet.

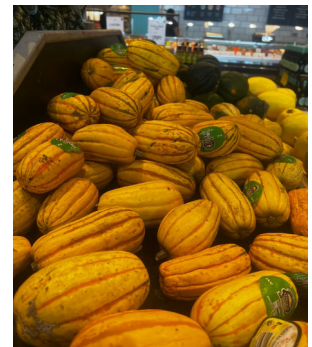
Just Bare Chicken nuggets are my life. I recently splurged on a 4 pound bag at Costco (I think it was like \$25!) but so worth it. One of my favorite ways to have it is making a chicken finger salad - the best of both worlds - veggies and the best chicken nuggets!

We have had cooler than normal temperatures this last week and I am here for it. Not that I don't love summer, but in case you wanted to know, 57 degrees is my favorite temperature. Ha!

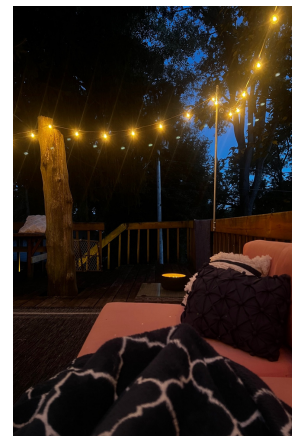
I've been enjoying my deck until 9 or 9:30 at night with my deck lights and it makes me so happy.



Ready to jump into the pool!



My old boss Jay



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.](#)

Spritz! Holy balls you guys. This is a new find for me and I am obsessed. These wine cocktails are insanely delicious and only 2 WW points each! It's light, bright and vibrant and I am officially obsessed. I already placed my second order with them. I think my code is only active until the end of August so hurry and save 15% by using code Biz - [click this link to purchase](#) - 1000% Biz approved!

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 Bizzy20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too! **Note - my code changed to Bizzy20 going forward.**

"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.](#)

WHAT'S IN THE BOX

We proudly ship select cuts of pasture-raised heirloom chicken and pasture-raised meats.

- Individually-sealed, ready-to-cook
- Pasture-raise, heritage breeds
- Non-GMO feed, raised on regenerative farmlands
- No antibiotics or hormones ever
- Free shipping

