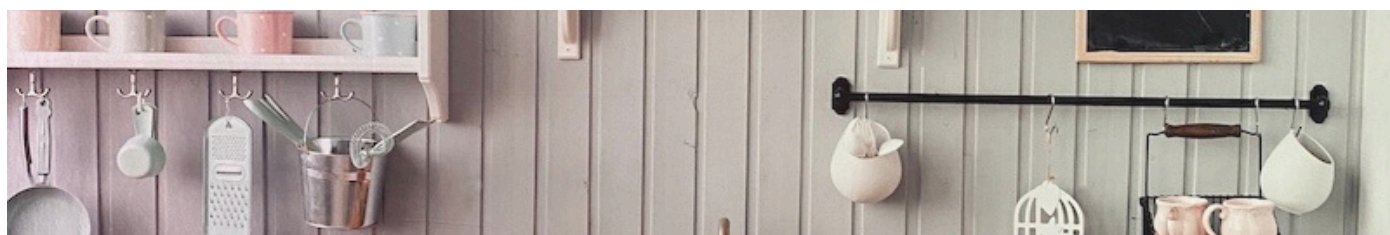


MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



UP .8

The scale doesn't get to dictate how well my week went. And last week was epic!

My goal by the end of the summer was to swim a mile in under an hour. With the limited opening of the outdoor pool now that kids have gone away to college, I only had a handful of opportunities to make it work.

And I did it!!! And you know how? I told myself that I could. I didn't look at my watch until I had already gone 64 laps - and with 6 laps to go, it was like I was a swim coach and I kept telling myself that I could do it. I didn't even look at the time left at 64 laps so I was only hoping I was close.

As soon as I hit the wall on lap 70, I immediately took my apple watch off that stops the clock. Then I laid in the water just hoping that my effort was enough. I was so proud of myself when I saw that number under an hour!!! That's the power of positive thinking my friends. I could have easily given up if I told myself I couldn't make it. But that's the mantra for 2022 - never give up!

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 3 weeks and I've already gotten 45 five star reviews!! If you bought the book and can rate and review on Amazon, it really helps my ranking - thank you!!

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.

Total Time

0:59:48

Active Calories

672CAL

WHAT'S INSIDE THIS ISSUE:

Delicata Squash Mac N Cheese-
2
Life - 3
August Discount Codes - 4

DELICATA SQUASH MAC N CHEESE

It's delicata squash season!! My mom wants to throw up in her mouth at the mere mention of delicata squash, so Mom, look away from this recipe.

This delicata squash pasta sauce is delicious. It can be served with pasta, poured over a baked potato, you could even pour it over french fries with crumbled bacon.

For this recipe, I used 1/2 cup of the sauce to make a quick mac n cheese. I am notorious for making too much pasta so this is a perfect way to use it up.

Ingredients

- 1 large delicata squash, roasted
- 1 cup chicken broth
- 1/2 cup unsweetened almond milk
- 4 cloves garlic
- 1/2 cup ricotta cheese
- 2 tbsp whipped cream cheese
- 1 tbsp Italian seasoning
- 1/2 tsp crushed red pepper

Instructions

1. Cut the delicata squash in half. Put in air fryer (or oven) at 400 degrees for 20 minutes, or until fork tender. Cool slightly, remove seeds.
2. In a blender, add the squash, chicken broth, almond milk, garlic, ricotta cheese, whipped cream cheese, Italian seasoning and crushed red pepper.
3. Because we still have the skin on the squash, blend the sauce for at least 3 minutes. There is sodium in the chicken broth, so I season to taste with salt and pepper at the end.

Notes: This made 3 cups of sauce. I used 1/2 cup of sauce to coat 1 cup of cooked pasta. On my WW plan, it's 2 points per 1/2 cup. **[Click this link to see the points for your WW plan.](#)**

To make the mac n cheese: mix one cup cooked pasta with 1/2 cup of the delicata pasta sauce, 1/2 ounce cheddar cheese and a tablespoon of bread crumbs. Air fry for 10 minutes at 400 degrees until bubbly.



**Delicata Squash
Mac N Cheese**

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



LIFE

I only have three more swims before the pool closes. I am so happy that I joined the pool this summer, but not only that - dozens of people have told me that they started swimming after seeing how much I enjoy it and that makes me so happy!

On Friday night I had my friends Morgan and Lauren over for a sleepover from the city. I gave them both the bedrooms (the guest bedroom and my bedroom) so that they would have their privacy and I joked that they were staying at my Airbnb. Morgan posted her room on Instagram stories that she was staying at my airbnb and I got so many messages from people asking how they could reserve a room - so sweet! Sadly, it's not open to the public. 😊

I did a Costco run on Saturday and found a couple items that I thought I'd share with you guys. First is the Jones chicken sausage breakfast links. On my plan, 3 sausages are 2 WW points.

I picked up Kevin's chicken chile verde for Hannah and Jacob. I like to stock them up on toilet paper and paper towels, and thought this would be a quick easy meal to put together. I haven't tried it yet, but a 4 ounce serving was only 1 WW point on my plan.

Recently I signed up for Boost by Mariano's. It's \$59 a year, but you get so many perks like free grocery delivery (usually same day!) 4 x fuel rewards just to name a few. I saved SIXTY cents a gallon on Saturday - such a great deal! I know in a couple months my savings will more than pay for the cost of membership. [You can check it out here.](#)

My Mom and I leave for Virginia next week. It will be nice to see my family again. I also hope to meet up with Matt from The Matt Dad - [if you aren't following him on IG, you need to.](#) He lives in Chesapeake, so I'll see if he's willing to meet me halfway for lunch or dinner.

I always love internet meet ups!



Happiness after my PR!



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."

BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL! It's Biz10 and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

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.](#)

