

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



WEEKLY CHALLENGE UPDATE

If you are new here - welcome! I have a cookbook that recently came out. You can download a copy, you can enter this into your browser:

<https://gumroad.com/mybizzykitchen>

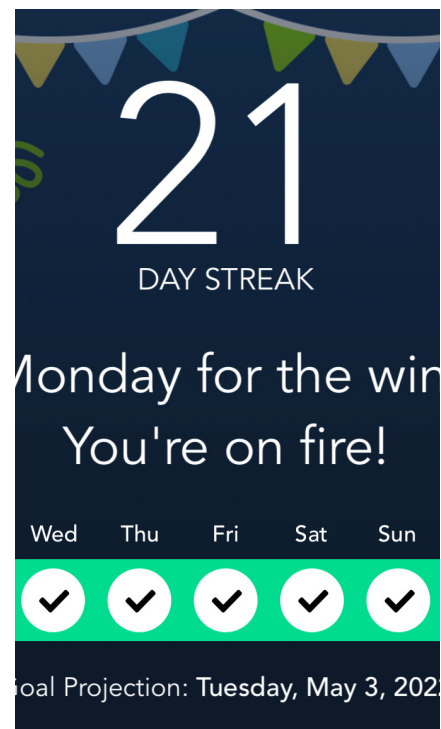
We thank you for your support!



Today marks 21 days of tracking EVERYTHING. My main goal these last few weeks is to change how I process food with emotions, thinking something is "good or bad" and figuring out my mental thoughts regarding food. It's true that weight loss begins in the mind and the weight loss will likely follow.

My sister and I have been on this journey for so long. After our initial 70 pound weight loss in 1999, the pounds just kept creeping up and now I am at only an 18 pound loss from my highest ever.

It's all good though. I know I'll get there eventually, but what I've enjoyed these last few weeks is not obsessing over everything that went into my mouth - if it fit my daily goals, it fit. In fact I have had only 4 days in 21 that I went over my calorie deficit - I'll take that as a win! Also not stepping on the scale has been amazing!



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FRIED GOAT CHEESE SALAD

There have been several times in my life when I've had to work two jobs to make ends meet. One particular job I worked at a supper club and I was a server on the weekends and two nights during the week I was the night manager.

Night managers could have a meal during their shift and I could literally have anything (but lobster!). My coworkers used to beg me to get the 28 ounce ribeye so I would share, but my favorite thing on the menu was their fried goat cheese salad. So good!

Here is my version of it. It is sweet, sour, salty, crunchy - everything you would need in a salad. If you wanted to bulk it up, you could easily add a few ounces of protein.

The dressing is two servings:

- 1 tablespoon Dijon mustard
- 1 tablespoon honey (I used [Mike's hot honey](#))
- 1 tablespoon vinegar (I used red)
- 1 tablespoon olive oil
- pinch of salt and pepper

Salad:

- 1.5 cups mixed greens
- 1/2 ounce almonds, chopped
- 1/2 ounce dried cherries
- 1/2 cup carrots, chopped
- 1/2 cup honeycrisp apple sliced
- 2 ounces goat cheese
- 1/8 cup panko bread crumbs
- 1 teaspoon Italian seasoning
- 1 teaspoon dried parsley
- pinch of salt and pepper
- 2 tablespoon egg whites

Make the dressing and set aside. Slice the 2 ounces of goat cheese into three rounds. Put egg whites in one bowl. Mix the Italian seasoning, parsley, salt and pepper with the bread crumbs. Dip the rounds into the egg whites, then into the breadcrumbs, pressing to make sure the breadcrumbs completely cover the cheese. Freeze 15 minutes.

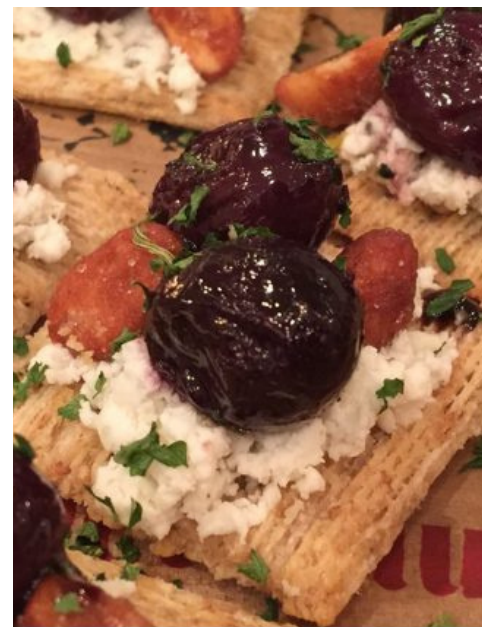
Heat skillet over medium low heat with avocado oil spray and a teaspoon of grapeseed oil. Cook for 3 minutes a side. While that cooks, assemble the salad. Top with the fried goat cheese and drizzle with 1/2 the dressing.



On all WW plans, this salad comes in at 15 points. Which is bullshit if you ask me - ha!

If you count calories or macros, it's 489 calories, 28 fat, 44 carbs, 7 fiber and 18 protein.

If you love goat cheese, you'll love this [roasted grape and goat cheese appetizer](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

My Mom and I went on a road trip this past weekend! We talked in the spring about how we need to plan things and not just talk about doing stuff. So I booked us an airbnb and we went from there!

We stayed at this airbnb - the accommodations were amazing! We were only the third booking for this airbnb. It is attached to the oldest running business in that county. So while we had our own private back door entrance and exit that led to a backyard private patio that had a fire table, there was a bit of hotel noise. At 12:30 on Saturday night it sounded as if people were in our actual room, but other than that, it was a great stay.

We were able to meet my Mom's dear friend at her house in Ellison Bay, and we worked our way back down Door County. The GPS steered us around a bridge being down, or around traffic jams, and we took some very back road country roads to get to our destination. It was nice not to have too tight on an agenda and we just kind of went with the flow.

It wasn't until Sunday morning when we were packing up that we realized this was the longest she and I have ever spent together alone - how weird is that? I am 53! We've either been with my brother and his family, or Virginia relatives.

We walked around quite a bit each day, ate delicious food, sipped on coffee in the morning and managed to squeeze in a couple games of Scrabble too.

Life is short - and I am glad we made time for this trip Momma!

Until next time friends, Be Kind, Be Fearless, Have Hope - Love, Biz



***THE KITCHEN AT THE AIRBNB
OUR HOSTESS FOR LUNCH FOWZIE WITH MY MOMMA
MOMMA AND ME OUTSIDE SKALIWAGS***

MY BIZZY KITCHEN DISCOUNT CODES JUNE

Butcher Box is a meat subscription company. They offer top quality meat and you can pick and choose what to get in your box and how often you get it. June marks the beginning of BACON FOR LIFE! No matter how many boxes you get, once a month, or once a year, on your first box (and subsequent boxes) you'll always get free bacon in your box. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!



GoHydrate - IS BACK IN STOCK! Bizzy is the code to save you 10%

Petal Sparkling Botanical is a super refreshing sparkling water that is my go to when I am not drinking. Although, side note, it is great with vodka - ha! Use code Biz to save 20%. They are now in Mariano's too!

ZeroCarbLyfe - chicken crusted pizza! I know it sounds weird but this is delicious. A pizza crust made from chicken, oil and spices that is 2-3 points for the whole thing on WW. Use code Biz to save 15%. My discount code brings it down to about \$8 a crust and comes frozen. I have a ZeroCarb highlight on my IG to show you how I get a crisp crust.

Super-Fuzed oil is back! Use my discount code 12BIZZYOIL to get 12% off. This is the most flavorful seasoned oil and I literally use a teaspoon at a time. Great on eggs, drizzled over popcorn, tossed in grilled veggies - so good! Use this link via Amazon. New flavors poblano chili oil and shallot are now available and delicious!

Safe + Fair has plant based protein powders for kids. They taste amazing and come in Chocolate Cupcake and Vanilla Ice Cream Flavor. #vegan #glutenfree - Code Biz20 gets 20% off sitewide! If you haven't tried their sea salt bagged popcorn, throw that in your basket and thank me later - it's literally the best bagged popcorn I've ever had. You can check it out here.

nutreat!

Nutreat is my new favorite treat. I used to be team salty all the way, but when I want a sweet treat, I reach for NuTreat. It is line of low glycemic, fiber-rich puddings that have been clinically proven to keep your blood sugars in check while helping your gut health. And they are delicious! Click this link to try them and get free shipping using code: mybizzykitchen



cooking classes!

Hannah and I will be back together on Wednesday, June 23 at 6:00 p.m. CST for **GRILLING 101!**

I'll be talking about a charcoal grill, gas grill and smoker. We will be making chicken, steak with twice baked potatoes and we'll even be making skinny pizza dough on the grill!

Classes are \$20 a class, or for more bang for your buck, you can become a subscriber for \$40 a month to join all four classes, for a 50% savings.

[The June schedule is now up!](#) [Check out our schedule here.](#)

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 58 five star reviews!

Hugs, Biz and Hannah



This class was so much fun! I have never tried a couple of these kabobs and now they will be go to recipes for the summer! I look forward to these classes each week!



The kabobs tasted great. I especially enjoyed making the kefta as I have never made it before and it was Delicious!!



Great class. They were so entertaining to watch. The food looked wonderful. I can't wait for my next class!