

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



UP .2

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!



I hadn't weighed in for two weeks since I was at my Mom's house last week. I am really proud that I have stuck to my healthy habits, even when my week wasn't normal. But then it got me thinking, you can get out of your normal habits at any point in time, and all you need to do is pivot.

Biz 2021 would have taken last week as a "free week" and I'd not have tracked, snacked and told myself I would get "back on" when I got home. That thought process is ridiculous and I can't believe I let myself have that mindset for so many years.

Life is unpredictable! It can change at a moments notice, and you need to figure out how to keep your goals in sight and not let the unpredictability of life give you permission to just throw all your good habits out the window.

The scale is no longer my main focus either. I am using it as data, and nothing more than that. It's been 50 days that I have tracked everything, moved my body every day and have had more water than wine. 🍷

I know if I continue to string enough of those good days together, the scale will eventually catch up.

*Imagine the
best version of
yourself
and show up
everyday as her*

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MISO SOUP

Until last fall when I hung out with my friend Justin, I never realized that you could buy miso paste in a grocery store. I love miso soup at restaurants and I made a ramen soup on Saturday night that was so good.

I used Momofuko ramen noodles that I bought online (but have now been told you can find at Target for \$10 for a 5 pack!) and that was the point killer in this soup - 10 points just for the noodles but it was so worth it!

Here is the recipe I made for a simple, slightly spicy miso soup - feel free to add any veggies of choice, and if you want to splurge on the noodles, I highly recommend it.

If you are on WW - that's what your weeklies are for - just saying 😊

Simple Miso Soup Broth for One

2 cups chicken broth
2 teaspoons white miso paste
2 teaspoons sambal oelek (or less for not as spicy)

That's it. Ha! I know it doesn't seem like much of a recipe, but this broth has so much flavor.

For my soup I added diced carrots and diced zucchini, and let that simmer in the broth for 15 minutes. Then added cooked pork chop and parsley for garnish. If you are feeling fancy, you can add a hard boiled egg too.

Always cook noodles separate from soup and marry the noodles and broth together when serving or reheating. Then the noodles hold their shape and don't taste like ass.

I just store my noodles in a ziplock bag next to any soup that I make.

This broth is only 1 WW point no matter what plan you are on. I've even made this without veggies and noodles to sip on in the afternoon when I am a bit hungry, but it's too early for dinner.

I just sip it out of a coffee cup and it feels like a warm hug.



The Asian Zing sauce from Buffalo Wild Wings is one of my favorites - check out my copycat recipe for Asian Zing Chicken Nuggets - so good!



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Last week my Mom and I fell into a routine of being roommates.

Coffee first - duh. Then breakfast. Then by Friday of last week she was able to shower and dress by herself. The original ER diagnosis of a torn glute muscle was not correct.

We went to her ortho doctor last Thursday and it turns out she has arthritis and scoliosis, which was causing her back pain. She's scheduled for physical therapy this week and hopefully that will help build her core strength and she won't have spasms of pain like she has - fingers crossed!

We played lots of games of scrabble, and on my last morning here, we had a tournament of championships as we called it - to declare a winner of the week. Even when my Mom used all her letters (and a score of 93 to boot!) I still managed to win. I also found her a spot to play her Z that earned her a triple letter both ways!

But I will never throw a game with her - she and I are too competitive and would never let each other do that.

I may be at my Mom's house for a couple days - we will play it by ear. Word on the street is that we may have another snow storm later this week, so we shall see.

Again, I am grateful that I can work from anywhere, but I did enjoy being home this last weekend. I truly enjoy living alone. I think of myself as an introverted extrovert. As much as I love social situations, I need to be alone to recharge if that makes any sense?

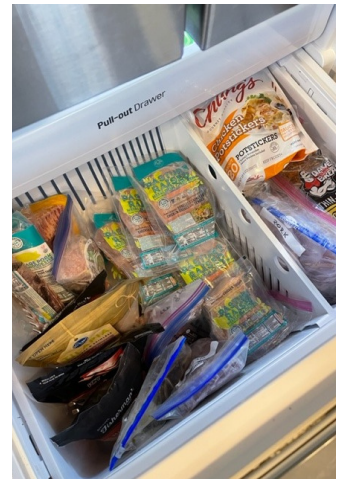
Thanks again for well wishes you've sent my way about my Mom this last week - we appreciate it!

PHOTOS:

We deep cleaned her freezer - lots of Cooks Venture Chicken!

My Mom's delicious stir fry

Walking outside no matter how cold - good for my soul



MY BIZZY KITCHEN DISCOUNT CODES FEBRUARY

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.](#)

Bhu Foods. If you want to try out the Bhu Foods Semi Sweet Chocolate chips that are low carb, high protein and no sugar alcohols, [click here and use my code Biz to save 15%](#)

I found a new to me company called **Cooks Venture**. It's a subscription based meat delivery service and the first thing I tried was their chicken thighs.

Holy balls - this is literally the best tasting chicken I've ever made at home. And the only seasoning I used was salt and pepper!

Right now through the end of the February, they are giving me a discount code of FIFTY DOLLARS OFF your first order.

[You can click this link](#) and use code Biz50. I am defrosting chicken breast for my dinner tomorrow. I've had the thigh, the chicken breasts and the whole chicken and am blown away with the flavor of this chicken.

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](#)



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-raised, heritage breeds
-  Non-GMO feed, raised on regenerative farmlands
-  No antibiotics or hormones ever
-  Free shipping

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:
12 PEOPLE HAVE ALREADY SIGNED UP!



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