

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



TRADEMARKED!

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!

Last summer when I knew I was planning on quitting my day job that fall (and working through December) I decided to trademark My Bizzy Kitchen.

Not sure it was really necessary, but since this is my business I figured it wouldn't hurt. Super proud of myself because I did all the work myself, from filling out the application to talking to the government attorney reviewing my application several times.

After nine months my trademark was approved! It just makes it seem more official that I am working for myself by getting this small piece of paper.

I wish my husband were still alive to see my passion turn into a business, but I know he is looking down on me and happy for me. He's also probably repeatedly yelling "shut the refrigerator door" and "turn off the pantry light!" 😊



WHAT'S INSIDE THIS ISSUE:

Perfect Grilled Pork - 2
Life - 3
April Discount Codes - 4

PERFECT GRILLED PORK

I finally bought a gas grill! My gas grill died two years ago, but then Hannah and Jacob inherited his grandpas gas grill, which moved with them to their new house last June.

I could not make a decision on what to buy, so I relied on my trusty \$99 Weber kettle grill and it can do no wrong.

I find the best way to cook any bigger cut of beef on the charcoal grill is to cook on indirect heat, meaning the charcoal is on one side of grill and nothing on the other. Then I sear the meat when it's almost done cooking to get a nice char.

For this pork tenderloin, I smeared the pork with a tablespoon of yellow mustard and one of my favorite BBQ seasoning, which is Code 3 Spices Rescue Rub. Feel free to substitute your favorite bbq seasoning.

People will ask "so how long do I cook it?" And my answer is always by temperature, not time. For pork I cook until 140 - because I let it rest for 30 minutes before slicing, and the carry over heat will get it to 145. (I normally start temping the meat after 30 minutes).

If you haven't gotten a meat thermometer yet, it's a small investment to ensure you don't overcook meat.

I can't tell you how many times I brought in whole raw chickens from the grill! 🍗



I know on #teambblue and #teamgreen that chicken breast is "free" but give pork a chance once in a while.

It's only 2-3 points per 3 oz.

Here is another favorite of mine - North Carolina pulled pork sandwiches - so good!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

The grill I ended up buying was the Weber Genesis II SE 330. After LOTS of research and am very happy with my decision.

I reached out to a couple bigger BBQ instagram peeps asking "hey, do you suggest a brand of gas grills?" Both of them responded "you must be not be a BBQ person because no one who is cooks on a gas grill."

Well, I do have a pit barrel smoker and a kettle grill, so I beg to differ, but I like having the gas grill when it's just me - I am not going to fire up the pit barrel for one burger. 🤪

Best part is the lowest price was my local Ace Hardware and it came fully assembled and put on my back patio at no extra cost. Can't wait to see what I cook up this summer.

I am loving my sourdough bread and love the fact that I can keep the starter dormant and bring it back when I want to make a loaf. You can follow my friend [Amanda at Heartbeet Kitchen](#) to see all her bread magic.

Our weather keeps tossing between spring and stepping one foot back into winter, but the other day it was 65 and absolutely gorgeous. Can't wait to get my bike out again this summer. I now have a four door car so I need to get a bike rack for the car.

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

MY NEW GRILL

SOURDOUGH BREAD

FRESH AIR AT THE HOLLOWES



MY BIZZY KITCHEN DISCOUNT CODES APRIL

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. We are back to the Essential promo, which gives you SEVEN pounds of free meat with your first order. To check it out, [click this link](#) to get the offer. Love the quality of their proteins!

[GoHydrate](#) has upped my discount code to 15% off until the end of April! Use code Bizzy to save 15% percent. I love this stuff and literally would not drink water without it. I use one packet per 64 ounces of water.

[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 10%.

Thrive Market is a new one! It is an online shop that has 1000's of products from organic produce, beauty products, supplements. [Use this link](#) to get a free gift with membership - it's \$59.95 per year (average \$5 a month) but most people save \$32 on average per box.

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.

Zen of Slow Cooking Spices - these are amazing seasoning packets that are around \$3 dollars each with my discount code Biz2 - these seasonings are on the WW website on the "WW loves" product section, but [my link is cheaper](#).