

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



SAY YES

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!



I follow lots of WW accounts. I love seeing how people eat, how they plan, how they navigate eating out.

But several times I've heard women say that they passed up having dinner with their adult kids because they didn't have the points, or the restaurant didn't happen to have lighter options and they have declined the invitation.

My advice is SAY YES! It's one meal. If you get asked out to eat by your adult children, don't even hesitate with an answer. Hannah and Jacob invited me out to dinner on Friday night to a local ramen restaurant called RamenDobo - so good! I asked for extra spicy on the side and it was so flavorful and delicious. Best part is that I was only able to eat half, and I had the other half for lunch the next day.

Life is too short not to make memories around a table with your children.



WHAT'S INSIDE THIS ISSUE:

Potato Crusted Quiche - 2
Life - 3
June Discount Codes - 4
Cooking Class! - 5

POTATO CRUSTED QUICHE

One of my favorite meal prep breakfasts to make is quiche. It is an amazing way to use up those veggies that didn't get eaten during the week.

Yesterday Hannah and I had a Boozy Brunch cooking class and one of the dishes we made was a potato crusted zucchini quiche. We accidentally left the ham out of the recipe, so this is vegetarian. Feel free to add extra protein if you like.

INGREDIENTS

1 cup liquid egg white
2 large eggs
1 cup milk of choice (I am using unsweetened almond)
2 teaspoons minced garlic
2 cups shredded zucchini, squeezed dry
4 ounces cheese of choice (I am using sharp cheddar)
1 medium potato (mine was 8 oz)**
salt, pepper, crushed red pepper to taste

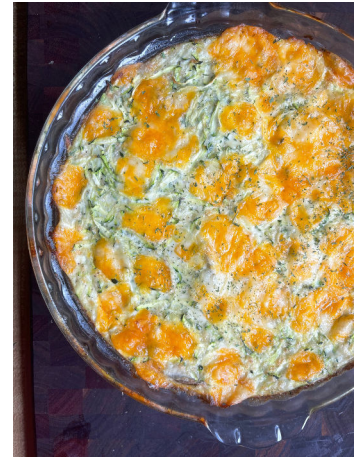
Directions

Heat oven to 350. Spray Pam in a non-stick skillet. Add garlic and cook for 1 minute. Add shredded zucchini and ham and cook for about 5 minutes over medium heat.

Meanwhile, mix eggs, egg white, milk and cheese. Cook potato in microwave on baked potato setting. Let cool slightly. Slice and place on bottom of pie pan. Sprinkle with salt and pepper.

Add the zucchini ham mixture on top of potato mixture, and spread evenly. Pour egg mixture over the top, and sprinkle with a bit more salt and pepper. Bake for 45 minutes. Let cool 10 minutes before cutting.

** I am using previously baked potatoes - you can also buy sliced canned potatoes.



This makes 4 servings, 1/4 of the pie: On #teamgreen it's 7 points, on #teambblue it's 6 points and on #teampurple it's 5 points

242 calories, 10 fat, 19 carbs, 2.5 fiber and 17.2 protein

If you love eggs, check out this old post (2011) on how to [make the perfect hard boiled eggs](#).



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

Follow my [Instagram](#)

LIFE

The farmers market is in full swing. I'd missed the last two weekends when my brother was in town and when my Mom and I were in Wisconsin. The Waypoint Farm is where I get my greens and herbs.

Stephan sells the vegetables and his girlfriend started selling cut flower arrangements. If you don't have anyone in your life to buy you flowers, just buy them yourself - you are worth it!

Hannah and I had our rescheduled Grilling 101 class last Wednesday - one thing I didn't take into consideration was the weather, and while it poured in the morning, it cleared up by the time our class started. We grilled skinny pizza dough and it was amazing! My gas grill doesn't have high flames, so we were able to build our pizza on parchment paper, and just place it right on the rack. After five minutes, I was able to remove the parchment paper and got a super crispy crust. So good! Side note: not the hugest fan of the Lite Mozzarella from Trader Joe's anymore.

Maybe because I've been using part skim while it's been unavailable?

My 90 day challenge is still going strong - well - sort of! While I am tracking everything, last week exercise fell to the wayside. Hope to get more movement in this week, but I have tracked everything (even wine!) into the Loselt App for 27 days!!! That is a record.

Hannah and Jacob have a pool in their townhome complex and Hannah and I swam for two hours yesterday - so much fun!

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

TREAT YO SELF TO FLOWERS
GRILLED SKINNY PIZZA DOUGH
POOL FUN!



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!

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 July schedule is up! [You can sign up using this link.](#)

July 7 at 6:00 p.m. CST - Skinny Dough pasta, empanadas and bruschetta pizzette

July 14 at 6:00 p.m. CST - Brinner! Hannah and I love breakfast for dinner - homemade chicken sausage and biscuits and blueberry buttermilk pancakes with lemon curd

July 21 at 6:00 p.m. CST - Soups! My favorites: cherry tomato soup, corn chowder with shrimp and lemon orzo soup.

July 25 at Noon CST - Farmers Market! Cauliflower buffalo bites, air fried radishes and a blueberry rhubarb galette with skinny pizza dough.

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 66 five star reviews!

Hugs, Biz and Hannah



Biz and Hannah are so fun to watch. The food always looks amazing!



I couldn't quit smiling! Attending Brunch with Biz and Hannah and "friends" was incredible! I will be making everything from our class. Great time. I'll be back!!!!



Loved every minute