

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



DIET BET 2021

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 had the best work week of my life last week. I developed recipes at 10:00 a.m. in the morning (vs. 10:00 p.m. at night). I did photo shoots in my dining room. I got a new battery for my DSLR and am taking webinars to improve my photography skills.

I posted two new youtube videos ([you can check out my channel here!](#)) and hope to do at least two videos a week in 2021. My turkey burger Parmesan sliders are up on my channel - so good!

Did I work from 7:30 in the morning until 8:30 at night?! Absolutely, but I loved every minute of it. I'd rather work 80 hours a week for myself instead of 40 hours for someone else. Best feeling evah!

I also started a [DietBet today!](#) Not too late to join - you bet \$35 that you will lose 4% of your body weight in 4 weeks, then split the pot if you win!



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OVERNIGHT QUINOA

Um, this may be my new favorite breakfast. I did a quick grocery run with Hannah yesterday and on a whim threw in a bag of quinoa into my basket. I don't have luck cooking grains on my electric stove, so decided to make them in my instant pot. Which meant I had to make a lot and will have quinoa with every meal this week - ha!

To make the quinoa in instant pot: 2 cups quinoa to 3 cups liquid. Since I making this for meal prep I just used water, but feel free to use veggie or chicken broth.

Set to high pressure for two minutes. When you hear the timer go off after it reaches pressure, set a time for 10 minutes. That's it! The secret is to get the liner pot out of the instant pot right away, so it doesn't continue cooking. Fluff with fork.

To make the roasted grapes: Place one cup of grapes on a cookie sheet, spray with avocado oil spray, and bake at 400 for 10 minutes. When out of the oven, toss with 1/2 teaspoon honey and salt. Store in a container in the fridge.

For the Overnight Oats: This makes 2 servings:

- 1 cup cooked quinoa
- 1/2 cup dry quick oats
- 1 cup unsweetened almond milk (or milk of choice)
- pinch of cinnamon

Mix all together and let sit overnight. To make the peanut butter and jelly overnight oat bowl:

Take 1/2 of overnight oat jar, add to bowl and add an additional tablespoon of almond milk to thin out a bit. Spread in bottom of bowl. Add the roasted grapes to the side, add a tablespoon of your favorite granola, nut mix, etc., and mix 1 tablespoon powdered peanut butter with 2 tablespoons water (I like it watery!) and drizzle over the bowl. Add SF syrup to make sweeter if you like.



On #teampurple the overnight oats are 1 points (without toppings) on #teambblue and #teamgreen it's 5 points. With toppings it is 4 points on #teampurple and 9 points on #teambblue and #teamgreen. If you count macros, the overnight oats (without topping) is 209 calories 5 fat, 34 carbs, 5 fiber and 7 protein.

If you love peanut butter, [check out my spicy peanut noodles!](#)



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LIFE

I have loved my work life so far in 2021. Turns out my boss is pretty cool - ha!

I have SO MANY things I want to do, that for the sake of being productive, I block schedule my time. I am so easily distracted because I have so many ideas in my head, so this is how one of my days was scheduled last week, just to give you an idea of what a day in the life of Biz is.

8:00 a.m. to 9:00 a.m. - admin work. I manage three different email addresses (one for work opportunities, one for my bizzzy kitchen and one for the cookbook)

9:00 - 11:00 - food prep, get ingredients ready, cook, shoot and edit YouTube video.

11:00 - 12:00 - movement - walk outside, do a video, stretch

12:00 - 1:00 - lunch break, check social media, eat lunch

1:00 - 3:00 - blog work: do two posts for the week. Update SEO on older posts, check in with web designer

3:00 - 4:00 - answer DM's on instagram - I am sorry if I miss a message you send, I get so many and it's just me - but I love getting your messages!

4:00 - 5:00 - attend photography webinar

5:00 - 6:00 - pantry/fridge/freezer organization and make meal plan based on things I have, make grocery list

6:00 - 7:00 - relax, eat dinner

7:00 - 9:00 - back to my blog, fixing older posts with SEO and assigning categories to the 2700 + posts that have no category ☐

9:00 - 10:00 - back to answering DMs on IG

10:00 - 11:00 - catch up on shows on Netflix -

currently watching YOU - so good! I heard season three is coming in April.

11:00 - Bed 😴

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



PHOTOS ON THIS PAGE:

HANGING OUT WITH MOM

PUPPLY SLEEPOVER!

FLOWERS STILL GOING STRONG!

