

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



I MET A MOVIE STAR!

A few weeks ago I saw a documentary on Amazon Prime called Once is Enough. The story is of a man (Jeffrey Binney) who while his Mom was dying of congestive heart failure, decided that he needed to change his ways so he wouldn't be the one in the hospital bed surrounded by family.

I was so touched in the movies in many ways. One: that it's never too late to try something new. In Jeffrey's case that meant training for a 100 mile trail run. And second, that life can go on after loss.

We both knew how it was to lose the person who was our biggest cheerleader not to be there anymore. So on a whim, I video messaged him via Instagram and asked if he'd like to be on a IG live with me, and shockingly he said yes!

One of my favorite messages I got from the movie was when Jeffrey said "while it was too late for my Mom to change her life, it wasn't too late to change mine." So true! It's never too late to get healthy!



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JEFFREY BINNEY

A few days later we reconnected via video chat. It was as if I were meeting an old friend after not talking for a while - like we somehow picked up where we left off.

He's funny, vegan (which I know my friend Justin will love that I have another vegan friend!) and just an all around nice guy. I know this is the beginning of a wonderful friendship!

During our live, someone asked Jeffrey what his favorite food was, and he said falafel. I, of course, being the #klassy person that I am declared that I loved having balls in my mouth, which then proceeded to lead to us possibly doing a battle of the balls, so to speak.

It wasn't until after our live that one of my followers texted me and said the title of our battle should be "Biz and Binney's Battle of the Balls Bonanza!" Ha!



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*It's Monday -
Time to Shine
Bright Like A
Diamond!*

I do make some vegan recipes! Click the links below to check them out.

Mini Falafel Carrot Potato Mash



Follow my blog [My Bizzy Kitchen](#)

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BUBBLE UP BREAKFAST BISCUITS

I am still using up stuff from my pantry/fridge and freezer this week. Although full disclosure, I did spend \$12 at the farmers market, and \$32 at Sam's Club on a few things, then rounded out at Mariano's - my favorite grocery store! - for \$14. I always have skinny pizza dough in my fridge, so decided I wanted to come up with some sort of "bubble up" breakfast biscuit.

Um, turns out I am not the first one to come up with that idea - ha! So here is my version. Most of the recipes I found online called for refrigerator biscuits, but leftover skinny pizza dough works great too!



This recipe is so customizable - add any veggies you want, skip the protein if you are vegetarian - you do you!

- 6 slices Canadian bacon, cooked
- 10 ounces potatoes (I used canned)
- 1/2 cup red pepper, diced
- 4 eggs
- 1/2 cup unsweetened almond milk
- 6 ounces skinny pizza dough, divided
- 2 ounces cheese (I used colby jack)
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Heat oven to 375. Sauté the potatoes and red pepper for 5 minutes. Mix the eggs and unsweetened almond milk. Divide the potato and pepper mixture into 12 muffin tins. Top with cooked Canadian bacon. Add 1/2 ounce of skinny pizza dough in each cup, top with egg mixture and divide cheese over the top. Bake for 15-17 minutes. Let cool slightly before removing them.

Each one on #teampurple is 1 point for 1, 3 points for 2 or 4 points for 3. On #teamgreen and #teambblue, they are 3 points for 1, 6 for 2, or 8 points for 3.

127 calories/7 fat/9 carbs/1 fiber/ 7 protein

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What's On My Menu This Week

When I was at Sam's Club over the weekend, I can't help but buy a \$5 rotisserie chicken.

Normally I would buy them for Jacob, but since they moved out, I haven't bought one!

This black bean tortilla soup is so delicious and easy. I made a chicken stock out of the rotisserie chicken to make a 1/2 batch of this soup. On team purple and blue, each 2 cup serving is 1 point. On green it is 3 points for the chicken.

[Click here for the recipe!](#)



Life

I successfully completed my #dryjuly challenge! I went the whole month of July without my beloved wine. I just switched to vodka - kidding! Seriously though, I have to think that giving up the wine contributed to my success - I am down 8 pounds in the last six weeks!

My next challenge is to do 30 days of Yoga with my [WW friend Katie](#) - who just hit 100 pounds down on WW. Congrats Katie! You can find her yoga channel here.

[Click here for Katie's channel.](#)

I realized the reason I haven't really tried yoga is because it's hard - ha! But I can tell this will help with my flexibility, so am looking forward to this August challenge.

I also went trail walking and rode my bike this weekend - feels good to have my bronchitis finally gone!

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

