

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



DOWN 1.4!

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!



Today was the final weigh in for February and happy to report another loss. I had maintained the last couple weeks, but so far in 2022 I have lost 8.8 pounds.

I didn't lose 8.8 pounds all of last year! Well, I probably gained and lost the same 5 pounds over and over - ha!

I've talked about the changes I've made this year to change my mindset. And I think first and foremost is if you want to see continued results week after week, you need to treat the weekend like you do a weekday. Plain and simple.

For so long I would just do great Monday through Friday only to weigh in on Saturday mornings and then eat whatever I wanted over the weekend, get "back on" on Monday and then try to recover the next five days before the next weigh in.

I go to bed at the same time (well this past weekend I stayed up until 1 a.m. watching Love is Blind!) and I get up at the same time.

My mantra is "every weekend isn't your birthday!" 🙄

My point range is 17-36 points a day. Hit that all but 3 days in February!

February

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				

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CHOPPED BROCCOLI SALAD

My late husband used to love this chopped broccoli salad at a local grocery store that is no longer open. He asked for it nearly every time I went grocery shopping, but the base of the salad was mayonnaise, and I don't like mayo.

So this is my adaptation of that recipe. The broccoli and carrots are slightly blanched before adding it to the salad, but the textures from the apple, sunflower seeds and then nuttiness of the Parmesan cheese, this salad is amazingly delicious.

Best yet, the salad dressing is store bought - it's Marie's White Shallot Balsamic and a little goes a long way.

Serves: 6 people. Serving Size: 1 cup

Ingredients:

- 2 cups broccoli
- 3 large carrots
- 1 cup red cabbage, chopped
- 1 cup cooked quinoa
- ½ cup dried cranberries
- 1 apple, cored and diced
- 3 tablespoons sunflower seeds
- 3 tablespoons real bacon bits
- ¼ cup shredded Parmesan cheese
- 2 tablespoons Marie's White Balsamic Shallot Dressing

Instructions:

Bring 3 cups of water to a boil. Add broccoli and carrots and blanch for 6 minutes. Drain and finely chop and add to large bowl. Let cool for a few minutes.

Add remaining ingredients (cabbage through Parmesan cheese). Add dressing and toss to coat.

This will keep up to five days in your refrigerator.

On my plan one cup is 6 points. [Click this link to see what the points would be on your plan.](#) I have to count fruit and quinoa, so it may be less points on your plan.



I am continuing to update my blog and need to reshoot these broccoli breakfast cups - so good! [Check out the recipe here.](#)



Follow my blog [My Bizzy Kitchen](#)

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LIFE

I spend Monday through Wednesday at my Mom's house last week. She's had three physical therapies so far and that seems to be helping tremendously.

She does her exercises in bed before even getting up and now can dress herself, drive and hopefully in the next couple weeks she'll be back to her normal busy self.

She was the Scrabble champion this week - in one game she used all her letters twice! I can't even remember the last time I was able to use all my letters.



Thursday night I went to a meet and greet at the cutest shop called Shoppe The Mill. Such a cute shop - I wanted one of everything.

My IG friends Nathan and Philip were the hosts. If aren't following them on Instagram, you need to. I've never seen Nathan not in a good mood and he brightens my day when he takes a sip of coffee and says "Yummers!"



It felt great to get out and meet people and be social again. And I met their friend David Tucker who has lost 100 pounds on WW!

In case you missed it Safe + Fair came out with a new granola flavor - banana bread. So good! I quickly made banana bread granola muffins that were so good I ate two in one afternoon. You can find that recipe here. Side note - don't forget to use my discount code Biz20 to save 20% off your Safe + Fair order.



Over the weekend I did a quick fundraiser for my IG son Jordan. I became friends with he and his wife a few years ago - they are the same age as my daughter and her husband.

Last October he was in a severe car accident, and is now a quadriplegic. We talked at great length last week and he needs quad tools to help him be more independent. Our fundraiser exceeded our expectation and we raised \$3500 - with \$ still coming in. If you want to help, his wife Shelby has Venmo - they have nearly \$700,000 in medical bills, so even \$5 and \$10 adds up - her Venmo is @shelbym16

My Mom's amazing Scrabble game
Nathan and Philip celebrate 10k followers on IG!
The most delicious muffins.



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