

MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



WEEKLY CHALLENGE UPDATE

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!



If you missed it, June 1 started a 90 day challenge with my daughter and my son-in-law. For me: stay under calorie deficit (I get 1607 calories a day based on my age, etc. using the Lose It App), get 30 minutes of exercise a day, read 10 pages in a book and DO NOT WEIGH yourself until the end. I know that is hard for some people. I am also adding "a chore a day."

I am proud to say I've tracked FOURTEEN days in a row! I know! Even glasses of wine and the couple beers I had, which I normally don't do - ha!

Only twice I've gone over my daily calories, but I was still under for the week so I am considering it a success so far. I have no guilt about eating anything, but realize I could still be adding more veggies to my plate - but it's been great. Walking is my go to exercise which is my favorite.



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FRIED RICE

My late husband made the best fried rice. It was perfect every time, I would wince at how much oil and soy sauce he used, but it was perfection every time. [You can check out his video here](#) - love hearing his voice again. ♥

I know I will never come close to his recipe, but this one was really good. Again, if you are a condiment whore like me, you probably have everything to make this.

I bought "[skinny rice](#)" which I am not sure how it's skinny because it still has 36 grams of carbs per cup, but it's 160 and it tastes like rice to me. Apparently it's lower on the glycemic index too.

You can add any veggies you like to your fried rice, but I used traditional carrots and peas. The peas go in frozen at the very end and only take a minute to heat up.

For one serving:

- 1 cup rice, cooked and cooled
- 1/2 cup carrots, diced
- 1/2 cup frozen peas
- 1 egg, cooked and chopped
- 2 ounces cooked pork, diced

For the sauce:

- 1 teaspoon Truvia
- 1 tablespoon soy sauce
- 1/2 teaspoon white vinegar
- 1 teaspoon minced garlic
- 1 teaspoon sambal oelek (or sriracha)

Heat skillet or wok over medium high heat. Cook the egg for two minutes a side. Set aside, then chop to add in later.

Add avocado oil spray to the pan. Add the carrots and cook 4-5 minutes over medium heat. Add in the pork and cook for one minute. Mix the sauce ingredients together. Add in the cooked rice, egg and peas and cook an additional minute.

Add sauce and cook one more minute. This is great to use with any leftover protein or veggies you may not have gotten around to eating during the week.



On #teampurple and #teamgreen, this plate is 5 points. On #teamgreen it's 7 points.

If you count calories, it's 458 calories, 11 fat, 58 carbs, 7 fiber and 30 protein.

If you like brown rice, check out my [brown risotto with shrimp](#).
Delish!



Follow my blog [My Bizzy Kitchen](#)

Follow my [YouTube Channel](#)

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LIFE

My brother Charlie and his wife Laura were in town last week. One of the best parts about working from home is actually saying "I'll come over Thursday and leave when they go home on Saturday."

The last time my brother came to town was last September for my Mom's 80th birthday, and even though I had requested time off, I still had to do remote estate plans via zoom - gah!

My brother was able to help me recreate a cooking class that did not get recorded. It was so much fun! If you are a member, it is on the airs subs website now.

The top photo is a behind the scenes of how we staged the camera in her kitchen. We danced, sang and it was just too much fun. Sadly we live about 1700 miles away from each other, but I love spending time with them while they are here.

My Mom and I were also able to squeeze in a game of scrabble before I left. We are both super competitive and it was a close game - my score 308 to her 301.

In case you missed it I made an Instant Pot French Dip sandwich that was amazing. I brought some to my Mom's house and made two sandwiches each for my Mom and sister in law - Laura kept on making nummy noises and said "I love beef!" I don't think they have that at home too often. Best part is that you can make this recipe in a slow cooker too - no instant pot needed.

[You can find the printable recipe here.](#)

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

**CHARLIE AND LAURA
FRENCH DIP SANDWICH
SCRABBLE WITH MOMMA**



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.

Bison Hill Stone Crafts - Order one of a kind personalized slate charcuterie boards - use code Biz15 to get 15% off your order.

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 will be available next week - stay tuned!

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!


Hannah and I will be back together on Wednesday for kabobs three ways - pork, shrimp and a chicken sausage kefta with a tumeric sauce.

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 June schedule is now up! [Check out our schedule here.](#)

And thanks to everyone who still gave us a great review on the last class - much appreciated! We now have 55 five star reviews!


Hugs, Biz and Hannah



Very engaging,
ability to be
interactive...learned
a new recipe!!
Highly recommend



I had an awesome time!! It
was easy and fun to
prepare supper with the
group. I doubled the recipe
and my family absolutely
loved it. Looking forward
to next week's class.



Love love these cooking
class. Learned a lot about
cutting boards, cast iron
pans and delicious food.
Keep up the great job!!