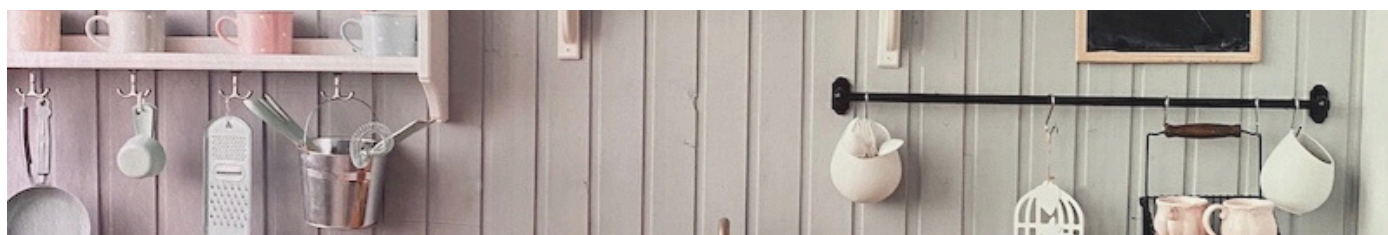


MY BIZZY KITCHEN

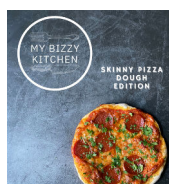
The Official Newsletter of My Bizzy Kitchen



OFFICIALLY DOWN 27 POUNDS!

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!



My twin sister Jennifer ([check out her website here!](#)) and I always like to do a "recap" if you will of our week prior to weigh in. Could we have done things differently, maybe moved more? If we feel we did a great job, the number on the scale means nothing.

The number on the scale used to determine if I had a good week or a bad week. Or more often than not, if I had maybe a few more drinks than I planned on that week, or eaten out more, and had a loss on the scale, I would think "wow, that was easy!" and do the same thing the next week only to gain 2-3 pounds.

I had to stop "cheating the system." That was diet mentality and the reason I was on the hamster wheel of losing and gaining the same five pounds.

Today I weigh 165. I haven't weighed that in years. And for a split second I thought "I wonder if I could be under 160 by Labor Day!"

Nope. My time limits are no longer a part of my life. I am not trying to lose x amount of pounds by a particular date or event. I am staying consistent. I am honestly tracking. I am moving my body. That's it.



I think you can tell by my smile that I am loving swimming! Find something that brings you joy and you'll look forward to it, not dread it.

WHAT'S INSIDE THIS ISSUE:

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STARBUCKS COPYCAT SOUS VIDE EGG BITES

While I love buying the sous vide egg bites at Starbuck's when I have a gift card, once I have to pay for them myself, I always get a sticker shock. Over \$5 with tax for two bites! I can buy five dozen eggs for that cost - ha!

While I do have a special silicone mold for these, it's worth buying. you can find one cheap at Bed Bath & Beyond - use that 20% off coupon! The mold can be used in both your instant pot, oven and air fryer.

This is my air fryer version. This recipe yields 7 egg bites.

Ingredients

- 4 large eggs
- 1 ounce feta cheese
- 1/2 cup spinach
- 2 tablespoons real bacon bits
- 2 tablespoons half and half (or milk of choice)
- 1/2 teaspoon crushed red pepper
- salt and pepper

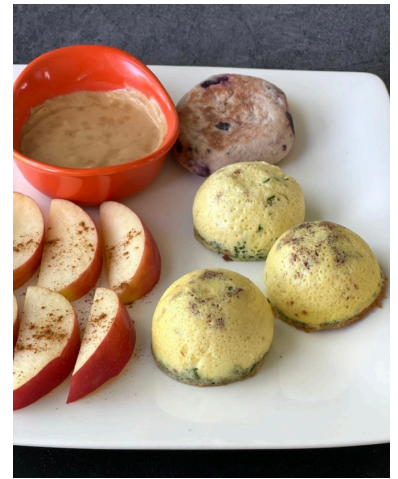
Instructions

1. Preheat air fryer for 5 minutes at 360.
2. In a blender, blend the eggs, feta, crushed red pepper, salt and pepper.
3. Chop up the spinach.
4. Spray silicone egg bites mold with avocado oil.
5. Divide the spinach and bacon between the cups. Pour in the egg mixture.
6. Bake for 11 minutes. Let cool two minutes before removing

Notes

If you are on Weight Watchers, [click this link to see the points on your personal plan.](#)

If you count calories or macros, each one is 60 calories, 4.3 fat, .6 carbs, .1 fiber and 4.8 protein. On my WW plan, each one is 1 WW point.



Egg bites - so good!

BLOG UPDATE!

While I have been spending hours a week working on SEO for old blog posts, I haven't updated my blog in quite a bit.

NEXT week I plan on doing a "What I Eat In A Day" posts so that you may get inspiration in your own journey.

When I first started blogging, I thought I had to come up with these elaborate recipes, but the older I've gotten and working from home, I find that sometimes it's quite alright to have a hotdog and pretzels for lunch or dinner.

It's my goal in January 2023 to have weekly meal plans for you guys. Since my cookbook is taking longer than expected, I had to push that project to next year.

You can find my blog at: mybizzykitchen.com



LIFE

One of the benefits of working for myself is being able to juggle my schedule when needed. Last week my Mom's vertigo was back, and I was able to go to her house last Wednesday and not only make her lunch, but also ran a bunch of errands that she wanted to cross off her list.

I am planning on doing that every other Wednesday just to help her out. Tomorrow my sister is going to her house and taking her to PT. Thanks Jenn! We also managed to squeeze in a Scrabble game.

On Thursday I went downtown to film a commercial. What?! Yep, for my favorite grocery store - Mariano's! They provided hair and makeup and I had a script to follow. The behind the scenes of filming a commercial is completely fascinating to me. We even did voice overs for the final commercial. So fun!

The set was gorgeous - I could only wish to have a kitchen that big one day! But for now, I'll dream about my kitchen reno which is going to happen in 2023. I literally cannot wait.

Saturday I met up with my friend Maciek of Grillin with Dad at Mariano's in Elmhurst. I had so many friends stop by and say hello! Mari even brought me flowers - so sweet!

We cooked up salmon and grilled chicken kabobs. Luckily the rain stayed away.

And for those who are asking "where is the cookbook?!" It's coming out this week! We are doing what is like a "soft opening" which means we are uploading the cookbook in their various forms, then making sure all the links work, and I can order author copies to do giveaways, etc.

My guess is the official release will be Friday, if not sooner, but definitely this month - whoop! Thank you so much for your patience! I know you'll love it!



Scrabble!



Professional Hair and Makeup!



Studio Kitchen



MY BIZZY KITCHEN DISCOUNT CODES MAY

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.](#)

ZeroCarbLyfe - my discount code is back with ZeroCarb! I love their chicken crust. Yes, it's on the pricey side, but I have tried to make this low carb crust a dozen times and it's nowhere near how delicious theirs is. The key is to bake it naked for 6 minutes at 500 degrees, then top and cook 6-8 more minutes. Last week I made a Mexican pizza with pickled jalapenos - so good! [Click this link and use code Biz to save 15% off your order.](#)

SuperBeets! I've been eating their tart cherry gummies for a few weeks and I love them. Slightly sweet, tart and they help support my blood sugar levels, weight maintenance and immunity. [Click this link to save 15% off your order using Code Biz15.](#)

These gummies are only 15 calories for 2 (which is a daily serving) and 0 WW points. I love to eat it in the afternoon for a sweet treat.

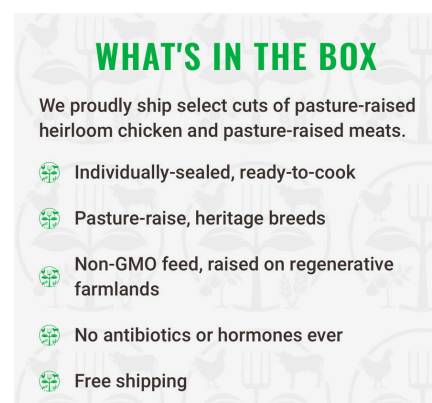
Safe + Fair is my go to for granola, snacks, protein powder and popcorn. All of their products are free of so many food allergies, including food dyes, and are sold at a fair price. [Use Code Biz20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too!

"Craveworthy flavors + clean ingredients. We make food for everyone at an honest price. It's the Safe + Fair promise."

Cooks Venture discount is back!

Hands down the best chicken I've ever cooked in my own home. They raise the chickens on an 800 acre pasture, and with my discount of Biz50 you get \$50 off your first order.

[Click here to save.](#)



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:

16 PEOPLE HAVE ALREADY SIGNED UP!

I have FOUR spots left!

***FAQ: Are single women going on the trip?
Yep! Several are either single or leaving
their spouses at home. So far it's an all
woman trip.***



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