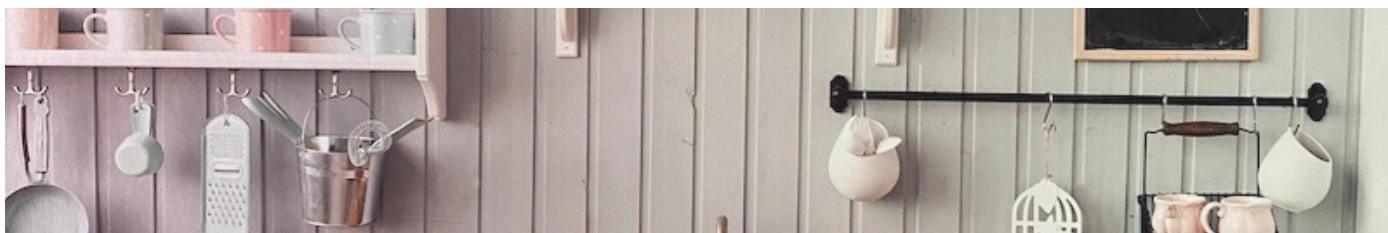


# MY BIZZY KITCHEN

The Official Newsletter of My Bizzy Kitchen



## DOWN 1.2!

I thought this week would be a maintenance week, or possibly a small gain because your girl had some drinks during the retreat I hosted with my friend Tia. But I still managed to close my Apple Watch all but one day, and continued to swim.

Sunday was my last swim before I go on vacation and when I get back it will be closed until next year. I can't tell you how many people have reached out to me to tell me that I sparked their desire to swim and I love that they have the love of it that I do. While it's sad, I know I will continue to swim at the gym in the fall and winter.

I leave for Virginia tomorrow with my Mom for a week. My aunt has a river house and I plan on trying to swim in the river (the fish kind of make me nervous though - and you can't see the bottom when you swim) but I will definitely be paddle boarding all week - can't wait!

I took my monthly comparison photo this morning, so the photo on the right is my 8 month progress. I will still preach consistency over perfection and I love the life I am living! No food rules, nothing is off limits. Just tracking and moving on.

As always, [I have a link if you want to join WW](#) (it's anonymous) if you want to try the program out. You get a month free, and I get one too - win win!

My Cookbook has been out for 4 weeks and I've already gotten 45 five star reviews!! If you bought the book and can rate and review on Amazon, it really helps my ranking - thank you!!

Amazon - [click this link](#) and you'll be able to buy it for \$19.95 for the Kindle version, or pay \$24.95 for the printed paperback version.

If you want an eBook (basically a pdf) [you can use this link to](#) purchase for \$19.95.



## WHAT'S INSIDE THIS ISSUE:

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# TURMERIC CORN SOUP

I have dropped the ball on my consumption of corn this summer, but hope to make up for it on vacation when we hit up farmers markets.

This turmeric corn soup is so delicious, with just a hint of spiciness to offset the sweetness of the corn.

Makes 3, 1.5 cup servings.

## Ingredients:

5 large ears of corn, cut from the cob  
(or 16 ounce bag frozen corn, thawed)  
3 cups chicken broth  
1/4 cup fat free half and half  
1 tablespoon olive oil  
1 teaspoon turmeric  
1/2 teaspoon hot curry powder  
1/2 teaspoon black pepper  
pinch of salt to taste\*  
1 tablespoon sambal oelek (or sriracha)  
chopped cilantro and jarred artichoke hearts for garnish

Put everything into a blender and blend for 5 minutes or until smooth. Heat in a stock pot before serving.

Because there is salt in the chicken broth, season at the very end. Since I am diabetic, and corn isn't a non-starchy veggie, this is 6 WW points on my plan.

[Click this link](#) to see what the points would be on your WW plan.

Check out these other corn recipes on my blog:

- [Jalapeno Corn Fritters](#)
- [Pasta with Zucchini and Corn](#)
- [Grilled Corn Salsa](#)
- [Cheddar Corn Muffins](#)



## Delicata Squash Mac N Cheese

## 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.

Soon each 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.

You can find my blog at:  
[mybizzykitchen.com](http://mybizzykitchen.com)



## LIFE

My friend Tia and I held a "Living for Today" retreat at her house this past weekend. Confident we decided to do it after drinking a few glasses of wine, but the wheels were put in motion and we ended up hanging out with 20 amazing women this weekend.

People flew in from Oklahoma City, New Jersey, drove from Iowa and Indiana - how cool is that?

Thursday night was our open house night and "get to know each other" night. Tia put together note cards that you could ask people that went beyond the superficial stuff like "are you married and do you have kids?"

Friday was our "in depth" day. We provided them with journals and everyone was instructed to journal about anything. There were prompts in the book, but also blank pages. This could be writing about all the good things going on in your life, or it could help you maybe breakthrough why certain things may not be going in the direction you want.

We then broke into smaller groups and had great conversations. I love how many people jumped way out of their comfort zone just attending, but loved it even more that people could open up about things and feel no judgment. It is sometimes easier to talk to strangers than family and friends.

In the end, we all became really good friends, and look forward to doing this again.

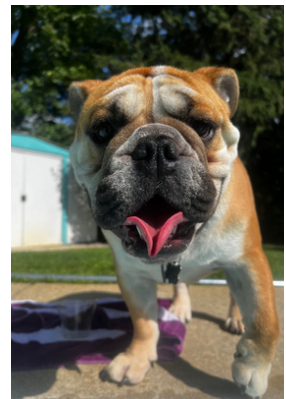
I continue to soak up the sunlight for as long as possible. Truth be told though, fall is my favorite season. The crisp fall air, the crunch of leaves on a walk.

We still have FOUR months left of 2022! Let's make the most of it. And if you haven't met goals that you set at the beginning of the year, it doesn't matter. You can set them again today, or maybe even adjust them if they weren't important enough to implement.

This time of year it's easy to give up as we go into the holiday season and decide to try again January 2023. But just think how much you can accomplish in four short months!



Living for Today!



Tia's Dog Tugboat



That is Tia's Closet!



## MY BIZZY KITCHEN DISCOUNT CODES AUGUST

**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.

**Spritz!** Holy balls you guys. This is a new find for me and I am obsessed. These wine cocktails are insanely delicious and only 2 WW points each! It's light, bright and vibrant and I am officially obsessed. I already placed my second order with them. I think my code is only active until the end of August so hurry and save 15% by using code Biz - [click this link to purchase](#) - 1000% Biz approved!

**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 Bizzy20 to save 20% off your order.](#) If your order is over \$40 after my discount, you get free shipping too! **Note - my code changed to Bizzy20 going forward.**

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

**BIGGEST NEWS EVER!!! I HAVE A DISCOUNT CODE FOR BAKING STEEL!** It's Biz10 and [click here for the link.](#) It's good on all their products site wide. I have the original baking steel that I've had for 5 years. 1000% Biz approved!

## 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.](#)

