



Trim Healthy Podcast with Serene and Pearl
Episode #12 - How Breakfast Can Make or Break Your
Weight Loss Journey

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene • P = Pearl • D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y.

P Hey, you want to hear from us? Do you have something specific you want to hear from Serene or yours truly? Just write in your questions and send them into Support@TrimHealthyMama.com and we will get them.

We're going to talk about the importance of breakfast today.

S Have you been a good boy today, Danneth?

D Let me tell you what Danny did.

S Yes or no? Just tell me. Did you eat your breakfast? Yes or no?

D Let's do this right on the show. Let's just do this. Let me unzip the pack.

S You can either say yes or no. [Whispering]

[00:00:31]

D Let me unzip the pack. Got a fruit leather for breakfast.

S It's uneaten.

P Oh, Danny, can we talk about that?

D And we've got a... Are we allowed to say brand names?

S That's fruit. Larabar, that's another fruit leather on steroids.

D So I just had a bunch of sugar.

S Oh, you were eating that? Is that like the seconds or did you already eat some of that?

D I'm sorry to say that is like shoved down on the drive in.

P Okay, well this is... Danny is a perfect one not to do. It's amazing to me that people can work for Trim Healthy Mama, including our husbands, men, and not know anything about what to eat for a stinking breakfast.

D Well, we were just trying to get here and get it done for you gals all day.

[00:01:07]

P The most important meal of the day... Why? Why Danny? Question 101, why is breakfast so important?

S Can I just tell you before you jump in, though? People that might be listening to this podcast and be like, oh, I'm going to turn this off. How many times are we going to have to hear about eating your breakfast? It's been like it's a trillion years old. Everybody's... You pick up the Prevention Magazine and that's what they say. Everyone says it. Why do we keep saying it? All these kind of health companies keep saying it. Why do we have to continue saying it?

P I'm going to ask Danny. Why?

S Why Danny? Because...

P Don't give the answer.

S Because people like Danny aren't eating breakfast and we have to keep heralding the idea.

D All right. Let's get... Let me... Let me... Let's go there. You want to go there?

P I want to know what you think? Why?

D Let's go there. Let's go there.

[00:01:49]

S And don't... Don't...

D How am I a busy dad? I've got four kids. I'm not thinking usually ever about preparing meals but especially in the morning when I'm trying to get to work. How can I possibly think about breakfast?

P That wasn't the... I'm sorry, that was really a nice excuse. But that wasn't the answer to my question. I said why is breakfast the most important meal of the day?

D Ah... I see.

P Do you know? Because when you have that answer in your head, you will never skip breakfast again.

S But I could just ask his question real quick? Feels like we're really ganging up on him today.

S Danny...

D That's a good question because I don't know.

S Danny, do you think us women? And I am so anti feminism right? Because I'm just all about you know...

[00:02:29]

S Embracing who I am as a woman and not having to be like, I'm as good as Danny you know. I know who I am as a woman.

P You know you're as good as Danny.

S I don't have to be a Danny.

D That's a hard... Tall order too. I'll tell you that right now.

S No, the deal is, Danny do you think we're not busy in the morning, Danny?

S Do you think we're not busy in the morning?

D Now, I would yield...

P No, I know.

S I don't have to just make my breakfast but I have to make my hubby's...

D Yes... No, that's...

S And a bunch of other children's.

D Oh, yes, yes, okay, though...

[00:02:53]

P Do you think your wife...

D But you're making it already.

S No, I'm... No, different... They're eating different things.

P She could choose to not make it, Danny. She could have your excuse to say...

S I don't eat what my husband eats.

D I'm too busy for it.

P Listen, the reason I'm asking this question is because once you get this answer into your head, you won't skip breakfast again.

D All right...

P The question is, why do you need breakfast? Why is it so important?

D That's a good question.

P I'm going to tell you.

S Let's see what he comes up with, Pearl

[00:03:14]

P No, no, I... Okay you want me to keep asking him? I'm not supposed to give the answer yet?

S I want to see what he comes up with like, because if I don't eat breakfast I'll want my Larabar like later than... I don't know.

P You guys have to know; listening to this. Danny is like a brother to us.. We can say anything. It sounds like we're being mean.

S No, we love our Danny.

P Okay.

S He could do no wrong except for this.

D Well, yeah, I will just come out and admit, I don't know the psychology of breakfast or whatever we're about to jump into here.

P It's amazing to me though that all these people that work for us don't know the Trim Healthy Mama plan, the very, very basic principles of the Trim Healthy Mama plan. How long have you worked for us, Danny?

[00:03:56]

D Going on two years.

P Yes, my husband's the same way. If I asked him this question...

S Ask him another question. Ask him if he's read the book.

P Have you read the book, Danny?

D Waa, waa, waa. listen, I don't need to read the book.

D I've got a wife who's read the book.

P I know. She's awesome. She could tell you.

D That's better. I just need the Cliff Notes.

P Here's the reason, Danny, because if you do not eat a protein-based breakfast, your blood sugar is wonky for the rest of the day. That affects your brain. That affects your ability to concentrate. That affects your feelings. That affects your mood.

S It affects your fat storage straightaway.

[0:04:31]

P Straightaway it affects it... Yes... And you are blessed with a natural metabolism, but for us women; for people who are struggling with weight, you think you're going to skip a meal, but no, it actually makes you store your food later if you skip breakfast. So the first thing; the reason why we start with a balanced blood sugar on Trim Healthy Mama is a balanced blood sugar breakfast.

S Why do we start with it?

S It is for those reasons; a balanced blood sugar.

S Yes., which is a balanced mood.

D Let me give you a man objection.

S Yes.

D Here's what I've done. My head... This is so funny because this has never been conscious.

S I already object to your objection, Danny.

D This has never been conscious but you know there was... I always picture this day with this man of, you know, pre-history times, gets up and he has to go hunt and find his breakfast.

[00:05:20]

S Don't give me some crock business. I don't even jive for this.

P Let's see where he's going. I know. I know that, but let's see where he's going...

D So is breakfast a luxury of modern times? I mean, would man have had to get up and go hunt and find food before they eat? Maybe work. Maybe I should get up and work first.

P Oh, so that's... What's in your head. You're thinking it's not natural to eat breakfast maybe. Maybe it's a modern thing. But that's why it's called breakfast.

S Do you think there's nothing in the cupboard that you have harvested from the day before?

P Yes.

S There's no like squirrel you banged on the head the day before?

P There was always drying meat, Danny. They dried it, okay, and they also drank their kefir cultured milk from the animals.

D Hey, this is why I.

S So they are a hardworking man from the day before... Didn't have anything left to show from the day before?

[00:05:59]

P You're breaking your fast. You fasted overnight, okay, and so now you need to break that and put some protein in. So the first thing we think about when we think about breakfast is protein because protein settles down your insulin. Your insulin stores fat and protein releases a hormone called glucagon and that actually makes you shed fat. So for people struggling with weight, breakfast...

S You know how I remember it; glucagon? It's spelled glucagon.

P And we say...

S I say glucagon.

P Yes...

S Because you know what I think about? The cage, the cage that's got fat prisoned

in your body. Glucagon and the glue that glues it. This thing is the opposite of glue and the opposite of the cage; glucagon. It's going to strip it and let it be released.

P And release...

S And let it be released. That's how I remember glucagon.

P I love that.

D That's really cool.

[00:06:44]

S It's a fat-stripping hormone. It's the opposite of its name. It's anti-glue, anti-cage.

S Get the stripping on, the fat stripping.

P You know, if you're just eating nothing or if you eat like on the fly, like let me have my fruit leather, okay. And it sounds all healthy but you're not putting any protein into your body and you're just spiking your blood sugar without that tempering protein.

S You know what else, Danny, if you don't eat in the morning, you're in a state of catabolicness, right, where you actually start eating your muscles. You want to be in an anabolic state, right. And protein gives you those hormones that actually give you an anabolic state where your body is building. You know, it's replenishing. It's repairing. Now if you don't eat. Okay, so, if you don't eat, you're going to be catabolic. You're going to eat your own muscles. And if you eat a bunch of sugar that puts you in an insulin-spiked state where there's insulin running through your body. And insulin leads to catabolicness too because it leads to cortisol and cortisol turns on the catabolicness.

P Is catabolicness your own word because it's a noun?

[00:07:39]

S Yes, that's my own word.

P Catabolism...

S Catabolism. Right, catabolicness, though, it just sounds so much more Serene.

That's just how I kind of interpret it. Okay, so the deal is as you spike your blood sugar, okay... which spikes your insulin, which spikes your cortisol... Cortisol breaks your body down.

D This is actually cool. I've never really had any good reason to eat breakfast.

P It's so true because it's the why. You know people always say to us, just give us a plan. Just give us the cliff notes. If you don't understand the why it won't be your keeper. When you have the why in your head, like, why am I going to eat breakfast in the morning? That's why I say to people, no, we're not going to just give you the cliff notes. You need to understand the why and then it will be your forever-program.

S Can I say one thing else, too? I think some people want to purge in the morning. Some people think, I just sat in that Lazy Boy chair last night watching that movie.

D That's true.

[00:08:27]

S And I just ate all those, like Cheetos and like marshmallow puffs. So this morning... nothing. I'm going to just not eat at all. But guess what? You're not purging the night before. You're just slowing your metabolism down, but more. You're just getting into that catabolic state that's even more. Just gonna keep the negative, you know issues in your body that started the night before. The best thing to do is get up and eat and eat healthy.

D That's good. That's been one of my objections actually, is, you know, the morning is for...

P Punish yourself.

D Well, just thinking the morning is for purging. That's what I've had in my head.

S You purged all night.

P Well, okay, we're going to give some real practical examples soon of what to eat for breakfast, you know, because no one has a lot of...

D I was going to ask.

P A lot of time in the morning... But I still want to cover some issues here before we get to that. And that is two things; one is... And I suffer from this. I am not hungry when you wake up in the morning. Some people are. Serene? Always hungry?

[0:09:24]

S I am so hungry I don't know how to make my husband's breakfast first which I always do. So I always have to have some kind of like Skinny Chocolate or some kind of truffle; something in my fridge to throw in my mouth quickly to have the stamina to make somebody else's breakfast before mine.

P And it might be because you're always either pregnant or nursing or it might be just who you are, but ever since I was a child, I have not woken up in the morning hungry. I'm still that way and so I could be one of those people that say, well, hey, I don't eat breakfast. I'm just not a morning eating person.

D Right, right...

P However, I understand the importance of it, so I make this work for me. I don't eat when I first get up. To me that's just so horrific, the thought of actual food going in my mouth.

D That would... Yeah...

P I'm just a slow riser. I'm a crockpot in the morning. I can't jump into exercise. I can't jump into eating. I can't do any of that so I slowly sip my coffee. About an hour or so later, I'm still not hungry... I'm telling you the truth. But I have a breakfast.

[00:10:22]

[Overtalking].

P Even if I don't...

D It kind of curbs your appetite, doesn't it?

S It's curbing your appetite.

P Yeah, but even if I don't... I've tried it both ways, Serene.

S If you had a green tea you probably would be hungry in fifteen minutes.

P No, no, no, hey, girlfriend, sister... I'm telling you. I have tried it both ways. I've had no coffee, I've had green tea. I've all the little herbal teas. I'm still not hungry!

S Well, you know, once you start eating, you get hungry...

P Yes, that's what I'm saying. You just do it. An hour or so later, I make my breakfast and then I start eating it and it's good and it balances my blood sugar and I'm set for the rest of the day. So you don't really go by what your body is saying, you're not hungry; just skip breakfast. Say, no you need breakfast. You need to balance your blood sugar and you need to feed your cells.

D I will make a confession because my wife would jive with everything you're saying and when she actually shoves a plate of something into my hand. I mean, I'll eat it on the road, don't get me wrong.

[00:11:08]

D But when she makes me do it, I have a way... I don't feel this gnawing, nasty crash at like ten o'clock. Ten thirty. I feel really solid. You know I feel, I don't think about food.

S Yeah.

P And that's the next thing you know we're going to talk about is rush; how to do it quickly. But let's cover this other thing we're going to talk about. People say, well, you know, breakfast; biggest meal of your day, most important meal of your day. Yes, but you can go eat your two pieces of white toast with jelly or your Pop Tarts and you're doing yourself more harm than good.

D Tell me.

P That's not the most important meal of the day, then that's the dumbest meal of the day.

D How did that become the thing to eat at breakfast? The Carb? Like don't you remember? Like you stay at a hotel and they give the free continental breakfast.

P Oh, my goodness.

D Boy, it's the same taupe color, no matter what shape it's in.

S Yes, it's all the same color.

[00:11:50]

D When did that become the standard for breakfast?

P It's cornflakes.

S Do you know what's so interesting?

S Cornflakes...

S It's that here in America we feel like breakfast has to be sweet and I remember going over to Israel and Turkey and different places and it's not sweet. And at first I'm like. When I was young I was like, well how do I eat savory for breakfast? It was kind of odd you know. But breakfast doesn't have to be sweet.

P No, but it can be.

S It can be.

P Even doing it healthy it can be sweet.

S No, it can be but it doesn't have to be.

P No, it doesn't have to be. No, I know.

S Some people... If it's not cereal and orange juice, it's not breakfast.

[00:12:21]

P I don't know why our culture has taken to shove sugar down our throats; down our children's throats at breakfast time. And then they're supposed to go tackle the day and concentrate and learn...

[00:12:34]

Honest Tea Advertisement

S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.

P So, they use stevia and erythritol, which we are cool with.

S You can check out the ingredient list and they even pass my approval, Mrs. Purist...

P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea](https://www.amazon.com/honesttea)...

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest.

S Pearl [laughing], this is honesty for me. I used to think that matching socks were like all important, right? When I first started having children. But now, if I can find two clean ones of any kind, I'm like...

P Oh, you're celebrating...

S I'm like 4th of July. It's fireworks. It's celebration!

P Oh, me, too. Matching socks... they don't exist in my drawers.

S Huh uh...

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting honesttea.com/podcast.

[00:14:14]

P Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S [Serene laughing]. I'm Serene. What did you have for breakfast yourself, Pearl, this morning?

P You see I'm an eggs person.

S I love eggs.

P I love fried eggs. I love doing two fried eggs and then getting a zucchini, dicing it up small and that's my hash browns, you see. I get a big skillet. This takes me five minutes max.

D Okay.

P I dice them up very small, put in a little butter and on one the side of the pan I've got my zucchini cooking and on the other side I've got my eggs. So I don't want to do two different pans because I'm a lazy cook. And so they both cook at the same time and then I put the fried eggs, I put mineral salt, nutritional yeast over the zucchini. It's all succulent. It's got melted butter. It is so good.

[00:14:58]

D Now that's super helpful when you said it takes all of five minutes. In reality I've got five minutes in the morning.

P Everybody's got five minutes. That's what I'm saying. Or if you don't have five; you know you have two.

S It's going to be five minutes through a drive through.

P It is.

D Ah, good point...

S At least, you know I have a quick breakfast and a quick-quick breakfast. But my quick breakfast is similar to Pearl's. It's a veggie fry up. And it's like you know, spring onions chopped up. It's red peppers. It's little mushrooms, a bunch of kale.

P That doesn't sound too quick though because you're chopping.

S No, no, no, no... It's just chee, chee, chee, chee... It's so quick. You chopped your zucchini.

P That's true.

S Whatcha' talkin' about Willis?

[00:15:33]

P I guess I'm used to my little zucchini.

S Whatcha' talkin' 'bout Willis?

P It's one veggie.

S No, I just chop up. It's just so simple right.

P Okay.

S And then I get a couple of eggs and stick it in a cup with a teaspoon of nutritional yeast and you know actually a teaspoon of miso which gives it that really complex flavor.

D What's miso?

S Miso, it's a Japanese fermented soybean paste but it's...

P So healthy for you.

S So full of enzymes. It's a blood purifier. It's...and a liver strengthener... It's amazing.

D How do you spell that?

S But it...miso... M-I-S-O... But it's sooo complex. It gives it that umami taste.

[00:16:03]

D Oh, like the miso soup at a Japanese restaurant.

P Yeah!

S Yeah...

D Okay.

S Yes, but I just quickly like shake it up with a fork or whizz it with a hand blender; ten seconds or less and then I sauté the vegetables first and pour that mixture all over that.

P It? You're talking to your eggs and miso. Is that what you're saying?

S Yes, I like really quickly you know scramble the veggies up first like with just a little tiny bit of coconut oil or butter or whatever. And then they get so yummy and soft and then I pour that scrambled egg kind of mix over top and then each vegetable gets coated with like an eggy little bit of yumminess.

D Like a batter maybe.

[00:16:39]

S And then I put it in a bowl... Yeah... oh, it's so amazing. I put it in a bowl and I grate a little bit of sheep's cheese over it. And then I sprinkle chipotle... hot pepper and it's so delicious.

P Diced up chipotle? How do you do the chipotle?

S No, no, no, no, powder, chipotle powder.

P Oh, chipotle powder.

S And then I like drizzle MCT oil over it. It's so amazing and it's huge. I mean it's a huge bowl.

P Because of your veggies.

S Because I have so many veggies in there.

P What sort of veggies ? Do you have spinach?

S Kale, I love kale in the morning. I love spinach but it...

P Okay so those were two S; what we call S...

S But, what I'm saying is but a quicker one to me is just my kefir and my strawberry protein powder.

[00:17:17]

P Yeah, your double fermented kefir.

S Yeah, that takes ten seconds.

P And that's got protein.

P Kefir has protein, but then you've got your protein powder in there.

S Yeah.

P And smoothies are great for breakfast. But here, we've talked about S breakfasts. And S is satisfying like you've got your fats but what about an energizing breakfast, an E breakfast, where you put your carbs in there. I love very simple sprouted toast with just, I use about half a teaspoon of butter on each one and then I just put all fruit jelly. This is me and my Drive Thru Sue ways. And then I put collagen in my coffee for a protein.

S Ah, yeah...

P It's very simple. I'm not a big breakfast eater. Like that might not be enough for some people who might need a side of egg whites with that because that's you're E Meal so you're not throwing fats in there...

[00:18:03]

P Or, I love a big bowl of oatmeal. I do.

S Oh, I tell you what I love. I love Nancy's 1% cottage cheese, right. I love that. It has.

P I love it.

S Nancy's is a cultured kind of cottage cheese.

P Yes.

S It has a lovely tartness and I love that with cubed papaya for an E; ah, so good. You've got your protein in there and your cottage cheese is low fat. And then I fill it with fresh cubed papaya and green tea afterwards.

D Now this is good because we're talking about fast...

S It has to be fast.

D You know some of these things... I mean all these things are new to my ears. Like we're talking about miso and you know this brand Nancy's it sounds like. You know, but it sounds like once you just kind of get this stuff and have some ideas.

[00:18:44]

S Your norm, yes.

D It's just like, knock it out, get it done and move forward.

P Totally knock it out.

S I mean Pearl and I've been rushing out the door for years now on meals like...

P Since this Trim Healthy Mama thing started, life has been crazy.

S But I don't think I've missed a day of breakfast.

P I promise you this... I haven't missed breakfast in ten years.

S Okay, I've messed up. I've messed up a lot of things.

P No, we're not perfect.

S We're not trying to be perfees, perfees man; like you know.

P But I just know that missing breakfast messes with me big time.

D And the big take home here, right, is protein?

P Absolutely... Every meal... You know every breakfast, especially, well, where is my protein going to be in this particular meal?

[00:19:19]

S It's like the foundation of a house. You've got to set the foundations right. If you don't the house is going to crumble. That day is going to crumble. You're going to get hangry. You know, you can try with all the fruits of spirit to be wonderful and sweet, you know, and we should be able to take control. But you know what physically, we're physical beings as well.

P We're going to.

S And we have to think of the physical and the natural as well as the spiritual. And we can try and be, okay, the love of Jesus to everybody. You know, but if our hormones are just roller coasting in there with blood sugar spikes and everything, you never know what's going to blow.

P No, and so we've got to make wise decisions. We have all the... You know you can't rely on will power in the end. So the wise decisions help you do the right thing. So if you don't eat a protein-centered breakfast, and you just eat sugar or you just eat nothing, you're much more likely to make the worst choice at lunch.

D Okay, so you're fighting against your own biology at that point.

S Absolutely.

D I see.

[00:20:10]

S Exactly, yes exactly... It's a domino effect, right? A bad breakfast leads to bad lunch. Bad lunch leads to.... [laughing]

D Leads to bad life.

P Yes, it's so true. I do believe that sets the tone for the day. Breakfast is the tone. It's like, am I going to have a great day for health or am I not? And it's like if you get just breakfast right, you've already done something that you can just feel good about. And if you know you can do that, hey you can do the next thing. It's like the stepping stone.

S It's a train on the right track.

D Oh, so let's talk real quick then about... Let's say we've got, oh, 2.5 kids right there with us; with their little bird chirp mouths open and they're ready for breakfast too. What are some ideas just to get that thing knocked out? I think a lot of moms are wanting to.

S I do. I do. My children, kind of now because I've got so many and a lot of them are growing up. We kind of do a buddy system. I take care of my husband, the littlest baby and like the toddler. I nurse the baby, I fix the toddler's, fix my husband's, fix my own.

[00:21:05]

S And then you know... Some of my children... They have a buddy and they make for themselves and the buddy. But before in the earlier days, one pot oatmeal.

P Yes.

S A big pot of oatmeal, and I would do it E, and they would do it crossover and wonderful.

P We've always been an eggs or oatmeal family. My family's eggs or oatmeal because in... We have had times... I've said this in another podcast where I've allowed some cereals in; so like the not real bad cereals. Like the things like you think like Cheerios...

S I'm gasping, only at the Barretts.

P Yeah, the Barretts, and I've let them in and then I find that my children just wanted to eat them all day.

D They'll consume the whole box of cereal in one breakfast.

P And there's no protein in their breakfast. They act crazier. And so in the end, I'm just like, no, I'm the mother here. I say if my children are going to eat cereal or not. And I say, not. Okay, so at first there's a bit of whining. I like my cereal, Mommy...

[00:21:52]

S Have you given them a lecture too? I've given all my children... They're like, Mum, why aren't...? Because sometimes it's one pot oatmeal for the children and

I'll sit down to eggs or whatever because you know, maybe they're at the age where they can't fry up their own or something. And I'll give them egg sandwiches for lunch when I have more time to make something. And they'll be like, Mum, why aren't you eating oatmeal? I'm like, I had my years of eating oatmeal too. Everyone needs... Every good child needs to be raised on oatmeal.

P Yes, and oatmeal is one grain that has some protein in it. And that's why it's so good.

S Well, they pour raw milk all over their oatmeal.

P Yes, raw milk but that's why it's actually less spiking on your blood sugar than a lot of grains. It contains oatmeal.

[Overtalking].

D Now... Are there any of...

P Protein... What is my brain doing today? Oatmeal contains some protein.

D Are there any of our products, THM products, that I could add to oatmeal to be a major improver?

[00:22:38]

P Yes.

S Whisk in some whey... Not while it's hot in the pot.

P No.

S That's going to freak it out.

P You put it in with the milk; almond milk if you're doing almond milk or if your children do raw milk; whisk in.

D Add to your bowl, personal bowl.

P Yes, personal bowl... just...

S You whisk it in.

P Or you can just...

S You whisk it in. You whisk it in, like in your cup and then you pour it over.

P Yes and you can put a little Gentle Sweet in the milk. It sweetens up beautifully. Ah, it's so good. No, but we've always apart from the times that I somehow let cereal in for seasons and then I like. I woke up and, what are you doing, Pearl? It's like eggs or oatmeal. I'll just... I'll just make a whole bunch of scrambled eggs and then we'll do some sprouted toast with it for the children. But I sort of like... I'm one of those people that like to eat my breakfast once the children have eaten. Like I said I'm not hungry straightaway. So I get them fed and then I can sit down and actually relax.

[00:23:21]

S You know, I teach my children to fry up eggs pretty early too. So my children pretty much, you know... They kind of do their... They do it. They do their breakfast. They... You know, once they get to a certain, age, they're frying up their eggs and they're frying it up for their buddy.

D Oh, that's smart.

P My children love smoothies too; and real healthy smoothies like...

D Who doesn't?

S Smoothies, eggs, or oatmeal.

P Yes, smoothies, eggs or oatmeal.

S It really is a threesome.

P It's perfect. And then smoothies are a great way to get protein.

S Sometimes with some of my children it's all three.

[00:23:48]

P Yeah.

D So you know what would be great is you know, what I'm taking from this is, have a handful of killer oatmeal recipes, right?

P Just... Yes...

D That are a little different each time maybe if you want... Have a bunch of smoothie recipes. Have a bunch of egg recipes and just, they become lifestyle.

P And you don't need even need a bunch. We have like two of each.

D Okay.

P We do scrambled or we do fried eggs. We do oatmeal with cinnamon or we might just do oatmeal alone.

S I tell you what.

P Or smoothies. My children love them.

D Oatmeal with oats.

P Yes, oatmeal with oats... My children love banana smoothies or we throw cherries in there or something for them. I always have put protein powder in there for them. And if we have raw milk we do raw milk or they'll do almond milk and those are.... we've got six choices. It keeps it easy.

[00:24:31]

S My children are so creative with their... They make better eggs than me and they make omelets that are so delicious.

P Your children are little chefs; more than mine.

S And they decorate them with like... Almost like... You know how you go to the gourmet restaurants and they have like a little swivel of a color running across. They'll get like a green, they'll make a green sauce out of jalapenos and they'll just kind of twizzle it over like that so it has this kind of flair. And then they'll kind of like decorate olives all around the outside.

P But I think home, your children are home schooled. A lot of children; they have to run off to the bus stop. You know they don't have as much time, I think.

D Yes.

P And so.

S We grew up with porridge.

P We did.

[00:25:06]

D Porridge.

S That's what we called oatmeal and it was porridge before we went out to the bus stop.

P Or mom did wholewheat pancakes for us.

S Yes.

P But we had eggs. There were three choices.

S And it was the homemade bread.

P Yes.

S And that's the other thing my children love. We always have homemade bread; sour dough bread. And it's like always there and they slice it up, put their eggs on top or...

P Yes, you do that. I don't make homemade bread but...

D Or a fried egg over toast with some cayenne pepper.

S That is my Crossover treat; fried eggs on sourdough.

[00:25:34]

P Then you could do that, Danny. You've got such a high metabolism and you're male. You could do wonderful crossovers like that. Honestly, that's not going to take you more than five minutes. And if Lisa's running round with the children, you can totally get your sprouted toast, fry two eggs or three. You're a guy. You need three eggs.

S Oh, Danny could do four.

D Okay, now here's a big question. How does the protein in this breakfast thing pertain to weight specifically, and weight loss specifically?

S Because of that glucagon, the hormone that strips the fat off your body, and because if you're not having protein, you're having more carbs...

D Hmm.

P Yes, okay.

S What are you going to? You can't just eat a big, huge pound of butter. You don't just sit down and eat fat, right?

[00:26:12]

S Okay, so if you don't have like protein with that fat or something, you're...

D What do you have? It's... Yeah...

P It's spiking your blood sugar.

S And I don't see anyone with just a big plod of broccoli and butter. They... If you're not going to have protein, you're filling up on carbs. That's what happened to me when I was a vegetarian. I was a carb-fest-aholic, like blood sugar rush everything, you know. Because all that was replacing the protein was more rice, more rice, more bread, more beans, more rice, more bread, more beans.

P Or fruit, fruit, fruit...

S Fruit, fruit, fruit, fruit, fruit, fruit...

P There's nothing wrong with fruit, either. You can have fruit in the morning, but make sure you're having your protein with it.

S Yes, like my cubed papaya and Nancy's cottage cheese. Ooh, yes, it's great.

D Is there anything you can think of that's, open the fridge, open the package; instant protein.

S Yes...

[00:26:54]

P Yeah, absolutely; Greek yogurt.

S Greek yogurt.

P Put some berries on it.

S And do you know what's so great about this? Actually your wife's friend, Amelia, that taught us this little secret. You know, if you're just rushing out, maybe you're running out to a Mops Group or something, you just open that Greek yogurt, right... Stick it in a jar or zippy and stick your frozen berries in there. Throw it in your bag. No cooler pack... No nothing... Those frozen berries...

D Oh, they'll keep it.

S Keep the yogurt like completely fresh and wonderful.

D That is brilliant.

S But they slowly thaw, so you've got this kind of like streaks of beautiful blueberry or raspberry kind of like streak.... Makes you look like you've gone to a Costco Frozen Yogurt kind of thing.

D That was worth the podcast, right there.

[00:27:32]

P And then you can throw in a couple of doonks of stevia in there if you like things a little bit sweetened. Some people buy pre-sweetened Greek yogurt with stevia, but I don't know if we're allowed to do brands.

S Or, you know...

P But all I'm saying is some people don't do as well because they put inulin in there and inulin can really make little troublesome bloated tummies. For some people, not everybody.

S And women don't like the bloat. The bloat. We forgot we've got to talk about this... Super Prepared Girl. You can take like an afternoon on the weekend and become Super Prepared Girl and make your like little breakfast muffins that you just pull out the fridge.

P Oh, yes.

S And I can't believe I'm about to say this, you can microwave it or something like that.

P Or you can have overnight oats.

[00:28:12]

S And in this new book we've got some great recipes for ultimate E bars and these bars that are just like awesome like filled with everything good.

P Our new book is going to be so stocked with.

S And so good for you, you can just stock your freezer full of them.

P Prepared breakfasts... But here's the thing; little muffins like that like. Autumn, I was saying my children aren't nearly the nearest chefs as yours are.

S They are...

P But my girls are.

S They are.

P Autumn made everybody breakfast this morning. She got up and she, we have deli meat turkey. You know I get the good stuff with no nitrates, Serene, just for your benefit, your purism has paid off on me...

S Good.

P And she puts them into little muffin tins and then cracks an egg on each.

S Hang on, that's the crust?

[00:28:47]

P Yes! Oh, it's so good!

S Oh, smart.

P Bake at 350. Actually she calls them Eggilicious Muffins. I'm putting the recipe in the book. And they...

S No, no, no, no no... You're layering the little holes with a piece of deli meat?

P With a little piece of deli meat turkey...

[Overtalking].

S Like Hormel Natural...

P But if people eat ham, you can use ham, but we just use turkey in our house. One egg in each...

S Just crack it? No whisky-whisky?

P No whisk... It sits there like a beautiful egg.

S I'm going home to do it now.

P Oven is 350. 18 minutes. It's perfectly just a tiny bit soft on top. When you eat it warm it's not hard. If you like a hard egg, bake for 20 to 25 minutes.

[00:29:00]

S Does she grate some cheese on?

P She puts a little Parmesan, a little nutritional yeast, salt and pepper. Those things are so delicious. No, you can eat them warm or you can just put them in the fridge and then grab and go.

D Okay.

S You could make a whole muffin tray full.

P And kids love them and they're so cute.

S They're cute.

P And you get your protein and then for the children, you know, they need a carb. Have a piece of fruit with it.

S You know... And you know what? As a mother it's not just about your mood, it's about your children's mood. How bad of a way to start the day, is not only you being blood sugar spikey, kind of hangry, kind of like you don't even know you're hangry. You're angry and you're hungry but you don't know you're hungry, right? Because you just think you're not a breakfast person and it's not what your body does blah, blah, blah. But children having fits all morning? It's just not the way to start your day on the good track.

[00:30:06]

D Serene and Pearl.

P Yes.

D Got a question for you. This comes from a little, lovely audience member who we shall Nonny.

P Anonymous

D How is this food freedom when I keep having to think about food all day?

S I'll tell you how. Do you want me to start and then you do all the intelligent parts after I just like brain, like just blurt?

P Yes.

S The brain blurt that comes to mind immediately is when you're having cravings from your normal... Like bad food and sugar addiction and everything, that is slavery to food thinking. You know, it's like until you get your afternoon Snickers fix or things like that. So I feel like this is food freedom in the way that it sets you free from that kind of food bondage. But guess what? We're not meant to be set free from the celebration of food. We should still think about food because Jesus came to the world and thought about food, right? He came eating and drinking. We're meant to celebrate food. He didn't give us like a lifestyle where we're meant to just pop a pooh... pill.

[00:31:07]

P Pooh... [Laughing].

S Pop a pill... That's what I meant.

P Pop a pooh.

D Just one.

S That too, that too. Listen. You know we're, I forgot what I was about to say now...

P You were saying, listen, we celebrate food.

S Yes, we... No, God didn't mean us to pop a pill and be like, not think about food and be like, okay, that's it. I've got all my nutrition met. I'm not going to think about food. No, He designed us to eat three meals a day plus snacks in between which meant.

P You're talking so fast!

S He meant us to have brain space for food.

P Okay, you got... You really blurted, and you were talking 1000 miles an hour.

S I'm really red. I feel like my ears are hot red because I'm really feisty on this subject. I don't think we're meant to not think about food. I think we're meant to...

[00:31:50]

P I agree.

P But I think what Nonny is saying is, when she first starts the plan, it can be more overwhelming where you constantly think, well, hold on, I got to get my E. What's an E now? Oh, that means I have to have how much fat now? Okay... because it's new.

S It's just because it's new.

P In anything new, like when a baby is learning to walk they really have to practice that walking a lot and they keep falling down and it's.

S But walking is freedom.

P Yes, that was so true.

S Yes...

P It is freedom because once you get the ropes and once you're walking in this, it becomes like breathing in and breathing out. And then you're still thinking about food but it's in a good way. It's in a celebration way. It's like, when I go to bed at night, honestly I'm thinking about my breakfast.

[00:32:31]

S Oh, I'm excited.

P Or my coffee the next morning.

S Oh, I'm excited about it.

P My coffee... I'm like, I get to wake up and have cream in my coffee and I get to... I am going to have my eggs tomorrow. Oh, yay... and then after breakfast you know, a couple of hours goes by and I'm like thinking, lunch... lunch.... Oh, yeah.

S If I am late to lunch, like if I don't hit my kitchen by 12 I'm thinking, what was so important in my life that I like missed lunch? Food is... I love food. I just love it.

P I don't think there's anything wrong with thinking about it. Just stop, as long as you're not thinking about it with stress. No, I think when you first start the plan there is a little bit, let's not call it stress. Let's just call it a challenging, bumpy time because it's new. Anything new is challenging. Anything.

D That's a great point.

P Anything new is bumpy so it requires more thought but as it becomes second nature, we don't want you to stop thinking about food.

[00:33:22]

P Just think about it with peace and joy and, okay, what my next meal is? Let's plan it out. Ah, that's going to be good.

D No, you know you're talking about reclaiming the love and purity of food. You know I'm a drummer and I don't have problem thinking about drums. I love to think about drums. And let me tell you, freedom in drumming. You want to get on stage. You want to rock a show. Well, I don't always like to practice but I find that when I practice and I do that, you know, quote unquote, hard work, I find that now I have freedom.

P The freedom's natural then once you've practiced.

D Now it's. Yes, it's not such a chore, right?

P And, that's so true. So once you practice these. And this is a lifestyle. It's an art. It's. This way of eating is a lifelong art that you learn. The more you practice it, the more you walk in that freedom.

S Well it's like you and I, Pearl, we never think about it now. At the beginning, yes... But we never think about it now. It's just...

P No, we don't think about it.

[00:34:11]

S We think about food but we don't have to think about the ropes.

P No, we don't think about the logistics.

S So now it's just play.

P Well, how many grams in that? I don't think that way.

S Now it's just celebration and play.

P It's play. It is. So that would be our answer, and Danny, I think actually you helped with your little drum analogy.

S Thanks, Nonny!

P You keep bringing the...

S I'm so sorry I got a bit feisty with you, Nonny.

P I know. We love Nonny.

D Hey, Nonny, this is a podcast for people who love food. And that's something I like about your whole message. You know this podcast represents a bigger message that you're saying. And you know, as I survey the diet world, it's all about a... Kind of a negative relationship with food...

[00:34:44]

P It's fear; food fear.

D It's food fear. It's abstinence.

P Carbs...

D It's pain.

S It's like, fat will kill you, carbs will explode you, calories will make you fat. It's all fear of... Let's do a plant food diet because meat is toxic to your body and all that. That's fear. We don't, we refuse to accept that.

D Yeah.

P We're created to eat; eat the good foods, eat the whole foods. Now let's just do it smartly.

D Peeps in the audience. We have it right here on our wall in the studio that you know we really do feel like you're with us. We're talking to you. I catch others, I do it myself; look around the room as if there's people here. And we really do sense, you know, this is a...

[00:35:22]

S Danny's got a big sign in front of my face. It says, new peeps are in the room.

D It's the truth. Yeah, we really do appreciate you listening and being a part of this.

P Yes, so we'll see you back next Wednesday.

S Next Wednesday after your breakfast...

P Absolutely.

[00:35:47]