



trim healthy™ Official

## Trim Healthy Podcast with Serene and Pearl

### Episode #13 - Eating Healthy Is Not Beyond Your Budget

*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!*

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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.

D So the past couple of PODdy recording weeks I have seen two gals that seem to have a lot on their mind and seem to be trying to get out that door and get back to work because you've been really hard at a special little project. But today I come in and there seems to be a soul glow.

S Yes, we just... just this morning, I called Serene and I said it's done. It's finished. The new book! We completed this very morning!

D Wow, how long? Now how long has this been going on, how long have you been working on this book?

P It was close to a year project.

S Months and months and months and months and months.

P And this is funny because the joke's on us, you know, it's time for a new book. We knew we were going to have to start getting ready for the new book...

[00:00:54]

S And our husbands actually said don't do it, put it off a year, you've got the radio thing starting up, you've got this and that. And we're like it's just simple.

P A cookbook. Let's do another cookbook. Everyone wants more recipes. Ah, yeah. And we said to each other: Hey let's just do a couple of hundred, no more than 200, keep it doable. We got this. Don't stress ourselves out this time.

S Yes, because the last time it was just like, yes, it was...

P Well... 370 odd recipes later...

S Yes, burning the candle at both ends later, you getting up at four for the last months, me like not even knowing how to balance this.

P And you... And this was why too it's been such a push at the end because Serene just when we, you know, we started into the book and then you had to take about two and a half months off because your both sons ended up in hospital. One of her sons was in a tragic car accident, but he's pulled through and God has really helped him. Another son was fighting the cancer at the most crucial time and so Serene couldn't even do anything for almost three months. So then you got back into it and you've just had to pour your soul and heart and every minute.

[00:02:04]

S Yes, bleed, bleed, bleed the book.

D Now what would you say is the theme of this book or how does it maybe differentiate between a past cookbook?

S Well, Trim Healthy Mama was the past cookbook - cookbooks, but we really were like, women need to incorporate it with their families so it's not just like a separate thing they're doing for themselves. They need to know how to do it, to incorporate Crossovers for the children, for you know, everyone who's around

the table in such a doable quick way that celebrates the comfort food that America is used to.

- P Well, you've got a lot of International recipes because that's what you do, but we called it "Trim Healthy Table" because it's all about, hey plonking this easy, great filling food on the table, gather your family around, fill up, trim down, you can do this. It's about like, you know, recipes and meals that bring the family together and they're like warming and they're like, yes, I can do this. This is already the food that I was already feeding my family but now it's trimming and now it's healthy and it's still delicious and I'm not pulling my hair out because this is doable.
- D I've read cookbooks and tried to get into that and I just hung it up because it seems like such a commitment to make some of these meals. Does this take into account the real Mom, you know, with a real schedule?

[00:03:20]

- P Yes, that's what this is all about, real life.
- S Yes, I mean literally our home situations, we're not your go off to the office woman, right, which is nothing wrong with that, it's just not, it's not our deal, not in my season either. So we have the whole time we were doing this cookbook we were cooking all day, schooling the children, you know, having it all happen. So you can do one of those meals in your busy chaotic life because we were doing a million of them.
- P And so that's actually what we kept in mind the whole time, how is this going to work with crazy lives, because I don't know anyone that doesn't have a crazy life. I mean I don't know anyone that sits around eating bonbons and goes and get their nails done three times a week. Who has time for that? We all have too much on our plates and so Serene and I really, really tried to make this doable in our different ways. Serene and I are very different. She's a purist. She has different ways of doing things and I'm a Drive-Through Sue, and we brought these together. I mean we feud and compete all the way through the book because that's what we do. But people can glean from both of us and say, oh I love what Serene does there, that makes sense. Or I love what Pearl does there, that's easier. And so we've just brought these two worlds and say, hey bring this into your family. You CAN do this.

[00:04:45]

- P Yes, the title is "Trim Healthy Table". And that's what we talk about, the power

of the table. The power of the table because these days I mean you look around, do you know one family that is not touched by the epidemic of obesity and Type 2 Diabetes now is affecting children, not just adults, for the first time in history. And you know what they call Type 2 Diabetes? Serene, you do.

D I thought they called it Type 2 Diabetes.

P Well it's actually known as the wasting disease.

D Oh, wow.

P If you think of that most people that get Type 2...

S Sugar starves your body from nutrition. It starves it.

P Diabetes, you know, you think overweight and sometimes it does come from being overweight, but because there's no nutrition it's wasting your body and so you can be overweight and still your body is wasting and that's what's happening to children these days.

S That's so sad.

[00:05:34]

P So it's an epidemic and so we're just teaching start from the very beginning. You know, put this into your family. Teach these things.

S See how can we know this information and keep it just to the adults. So we're like no, the next book we write we have to incorporate children. We have to incorporate the children in that home, you know, that maybe just still, you know, going along with what they're usually eating and what they're used to, but no, we need a way of doing it that incorporates the whole table, everybody sitting around that table.

D We finally, finally did a family garden out back.

P Yay, Danny.

D And I'm so looking forward to my kids being able to really just dig into a tomato and appreciate the taste, the taste of a tomato without having it competing with this intoxicating sugar crave, where they go like bleh, I can't eat that. And, you know, I have to say since working with you two that that love has gotten a lot more real.

P Awe, Danny.

[00:06:41]

D Yes, again this is my first year doing a garden. I mean that's partly your influence.

P But actually you're better than me because I've never done a garden, but Serene's got a beautiful garden going.

S It's beautiful.

P But you know that's... I just think, you know, we want it to be doable for people and we know that even though we're bringing the children in this time that children aren't going to be suddenly perfect and following all the details of the Trim Healthy Mama plan that's not what this book is about either. It's just about...

S It's about they don't even have to know.

P They don't have to know. You're going to bring beautiful meals to your family and to the dinner table and they're going to scarf them up and hardly know that they're getting healthier. We hide veggies in everything and we just make things nutritious and filling and yummy and it's nothing to do with diet food. And so that's really what this book is about. We just threw our heart and souls into it.

S And we're done.

P Did we mention we're done?

D Oh, you're done. Is this the final book?

[00:07:32]

P No, but in...

S Yes, it is our last hurrah, Pearl. We'd better shake on it.

P We always say that when we write books, but yes it feels that way.

S No, but I'm serious this time. You know what I mean, I mean.

P It takes a lot. It takes a lot from our families. It takes...

S I think there's going to be another book from all the children on the hilltop here, you know, because then recipes by children for children, you know.

D Whoa.

P I think it'll be fun.

S Yes, and then I thought maybe like, you know, all these young marrieds that are here too, you know, all the brides, those young married brides, they're all bakers.

P They all do Trim Healthy Mama. They bake and they're amazing.

[00:08:06]

S Oh my goodness, they should come out with one too.

D Yes, they do, they swing by baked goods to the office a lot and it's a good day when they do that.

S Oh, I know.

P But it's, you know, I think this process God really sustained us through it through this time that you were in the hospital, Serene. Even though we were burning the candles at both ends like there was no minute to do anything.

S Not even scratch or itch.

P And yet I just... We really relied on the peace of God to get us through and I think there were times of stress and then it was just like no, He's brought us this far, He can take us all the way.

S And also, Pearl, it's kind of like what we've talked about recently too, the decision, to what thoughts are we going to listen to. Because sometimes I would have, I'll be at the crossroads and there were two thoughts in my brain warring; one was I am so overwhelmed. I didn't sign up for this. I can't be a full time working woman and a full time mother. Like, I have too many children in my home for that. Like this... I can't... I'd have like the warring thoughts.

P I had them too.

[00:09:06]

S And then I'd be like God gave you this platform, Serene. He's not going to leave you there without the strength to do it. You can do this, you know.

P I remember one day you encouraged me because I felt so overwhelmed and said this is too hard. It felt too hard, especially when we were in three quarters of the way through.

S Oh yes, it's like transition and there's no going back.

P You're about to have a baby.

S Yes.

P And this book was really a big 11 pound baby we had to give birth to. It was an 11 pound baby.

S I remember meeting you on a walk. We hadn't seen the sunlight for days because we're just in our kitchens and in our home and we're like we just had to get the sun to clear our heads and neither of us knew that each one was going to be walking. We saw each other and we were like, we're just in transition. We're just going to have this baby, yes.

[00:09:51]

P I know, but what was I going to say? Oh, you encouraged me and you said, Pearl, you know there's a lot to do today but all you're called to, is to do...

S Oh, that's right, yes.

P What you're called to do today. Don't think about tomorrow, don't think about next week, because I kept thinking how are we going to get this done in six weeks. Hold on, that's an almost impossible thing.

S And then we'd add up the days and all the work that you had to do on that day and basically you're, It's like that scripture; sufficient today is the evil thereof. Not that writing this book was evil, but the point that it was a whole lot of work. So don't mound up the workload and put it on your back. Now that could be even for Trim Healthy Mama, like don't mound up. Okay, you've got 80 pounds to lose, don't wear that 80 pounds to lose, how long, what kind of self-control to take that...no just wear, maybe the...

P Today's the day that I'm going to make...

S The .00 of a pound that today is going to do, you know, just sufficient. Sufficient!

P And Serene said to me, Pearl, you're not going to sit around painting your nails and watch soap operas on TV, are you. I'm like no, I'm going to work. She's like well you're going to work and today you're going to have peace. And so you were able to encourage me and that's what we did. We took it day by day and now it's done and thank you God.

S Thank you Lord.

[00:10:55]

P And I just know that this is going to minister to a lot of people. We certainly poured everything into it and I think it's... Man, when I look at those recipes and I just think, oh yes I can't wait until they make that one, I can't wait until they go make that one and we're going to see them all come back and the feedback and the pictures and that's what I love.

S And do you know what I'm excited about too, because, I've never scrapbooked in my life. You used to be a scrap booker, Pearl, remember back in the day when people did things with paper and stuff like that.

P Yes, now it's all digital.

S Yes, but I never was a scrap booker and I felt like now I feel like I have something to pass down to my girls. Because often times if I'll go away, you know, I'm the one that cooks for dinner and they'll be like Mum, how do you make that such and such. And now I feel like hey, here you've got something solid you can pass down to your grandchildren of the food that we grew up eating in the house.

[00:11:43]

P Yes.

S I feel like it's kind of like a journal of...

P And really the book is about we have a lot of like easy soups in it, meals also that can be one meal but sustain you as leftovers throughout the week too. Just doable things. We've got crockpot meals and we've got skillet meals and lots and lots of big, big soups that are really filling. We've got a lot of single serve meals

too, because some people. I mean not everyone has a family that's doing our plan. We have singles, we have couples or someone with just a baby or a couple of toddlers and so we've got quick five to ten. A lot of quick five to ten minute meals too. But, you know, we weren't going to talk about this today, Danny.

S No, we had a subject. What is the subject?

P The subject was...

S Do we have time for the subject?

P Actually no, we can take ten minutes on the subject. I wanted to talk about when people feel like it's too expensive to eat healthy. Actually it comes into the book.

S Yes.

[00:12:39]

P Because all the way through this book at the top of each page you're going to see the labels NSI, No Special Ingredients. And if there are special ingredients we put how to get around them, because it's another mind-set thinking that something's too expensive. It's just new and that's when you get creative.

D That's really good.

S It's so true, because Pearl you and I don't buy white flour, white sugar, you know, we don't go and buy Crisco shortening and things like that. So to us that's odd special ingredients that we'd have to go out and purchase.

P They are odd.

S So it's just like maybe some of these ingredients are new to your kitchen, but it doesn't necessarily mean that they're an extra expense because they are going to replace. Now it may be more expensive than white flour, but it's going to make you so much healthier that you're actually going to save money because you're going to have to not pass by maybe that Starbucks for that 4.99 sugary latte to give you that pep because your Kellogg's cheap breakfast didn't give it to you.

[00:13:50]

- P Right and so now you're really... You know, you've got no energy and so you need sugar and hey, yes Starbucks, special drinks are expensive.
- D Well and I'll tell you what, we have the money for what we want to have the money for and...
- S Have you seen poor smokers?
- D Absolutely, I mean.
- P There's many people on poverty that still buy the cigarettes.
- D Absolutely, I mean I always, you know, seem to come up with the money for my light bill. I always seem to come up with the money for water, you know, and it's...
- S Because we don't pay you enough Danny. We're awful.
- D No, so but my point is is that when we decide that something is just going to be in our life we come up with the ability to get it and I found the same thing. That was a huge block for me was I'm not paying money for organic and I'm not going to do the work to build a garden or any of those things and I just once I crossed over, not to hashtag anything from your plan,[laughing] but once I crossed over it was just lifestyle and now I'm not comparing it anymore to the junk food. That's not real.

[00:14:54]

- P That's so true and I think though there are ways to do it that are way less expensive.
- S Right and you don't even need our so called special ingredients. You don't even need those.

[00:15:03]

#### 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...
- 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. When I see mothers with children that have matching socks, Serene, I mean... I have to stop. Honestly, I have to wonder where she is getting her super powers from. [Serene laughs.] I have never been able to manage to put my children in matching socks!
- S They're not my super power, no...
- 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.

[00:16:37]

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

S I'm Serene.

P Okay, Serene, let's talk about when we first started Trim Healthy Mama, we were...

S Should we tell the deets about really how it was?

P We never really have told the details.

S Shall we tell the deets? Shall we get down into the gutter of that?

P Down and dirty.

S Okay, let's just listen. We were just slightly struggling.

P When we started Trim Healthy Mama...

[00:17:03]

S We weren't just slightly struggling financially, we were completely like, okay, Pearl, do you want to start or you want I to start?

P You're starting. You just did it. Just carry on.

S Okay, well let me start with my side of the fence because we were neighbours. My side of the fence our farm was in foreclosure, like literally we hadn't paid... Sorry, if I'm telling too many details, but paid the mortgage for a long, long time because my husband's work just went out from underneath him. And so he was looking and looking and finding just impossible to find work in the area. So he had to go to Kuwait and he was either out of state or out of country and we were just trying to survive. We didn't have money to even like buy the extra bag of beans kind of thing.

P And this is right at that time my husband was working two jobs and actually

one on the weekend, he would play his music on the weekend.

S He even gave blood I think for money.

P No, he gave plasma for money. But it was tough, but that's at the time when Trim Healthy Mama was being birthed at the time when we were talking to each other and finally saying, oh my goodness, this is amazing. We had this birthing inside of...

S It was birthed out of poverty.

[00:18:18]

P Yes and we didn't use any special ingredients. It was all whole foods. It was eggs in the morning, very cheap eggs. We didn't have money for organic. Serene had chickens running around, but sometimes you'd buy your eggs from Aldi's though.

S Well, I still because my chickens don't supply enough for our huge large family, so we get the occasional wonderful amazing golden globed egg, but most of the time it's like 76 cent, you know, dozens from Aldi's.

P And then, so we were using eggs for breakfast and for lunches, you know, very inexpensive things for our children. Your big thing was a whole pot of beans and you'd eat them as an E Meal and then your children would have them with some cheese for a Crossover.

S Yes, Crossover, yes.

P Because beans were so inexpensive. We'd have our salads with very inexpensive protein and back then we..

S We did a lot of... We did salmon fillets, you know, for our very expensive super food. They were our expensive super food. They were frozen fillets from Aldi's.

[00:19:18]

P But we didn't... I didn't have enough money for anything organic and yet I gained health just because I was getting rid of a whole bunch of starches in my life.

S I remember like putting down on my Christmas list for whey protein from Swanson's.

P Yes.

S Yes, that was huge.

P So our special ingredients we asked for for Christmas...

S Christmas and birthdays.

P So we would make smoothies with their whey protein. That was our big deal. And then we sweeten with pure stevia extract because it's so budget friend. To this day it is the most budget friendly sweetener.

S Yes, we had no other sweetener.

P Stevia is sweeter than honey and so you know, it's sometimes hard to get sweets right with stevia, but we were just happy. Maybe they weren't very sweet compared to what we can get them these days with Gentle Sweet, but we were just happy.

S We were, yes.

P And it was done so simply and that's how we birthed this plan. And now, yes, we have special ingredients just because they make things easier and fun and lots of ladies love them. Like ladies asked us to come up with a...

S A blend.

[00:20:16]

P A Baking Blend.

S Yes, they did.

P They wanted the sugar, they wanted a sweetener just like sugar.

S Sweetener that was going to make their brownies, you know, taste just like they would with sugar.

P And these things are great, but you know what, you don't have to use them.

S No, not at all.

P I mean let's think of a day, let's do a day without special ingredients.

S Oatmeal or eggs in the morning.

P Absolutely.

S Nothing special to that. At lunch time rip up some romaine lettuce, have a yummy salmon fillet and not the expensive kind from Whole Foods, cheap Aldi's kind. Frozen as well.

[00:20:46]

P Or a chicken breast on it.

S Yes, fantastic.

P A snack in the afternoon, apple and a cheese stick or just a very few nuts if you want to stay in E mode. At dinner - chili.

S At night time... Yes, amazing!

P Easy, right. Yes. Or for an E like beans or sweet potatoes, side salad, tuna... These are easy basic things, that's good food. Another inexpensive breakfast is the Trim Healthy Pancakes that was from the very first book because all they are is oats and egg whites and Greek yogurt.

S Yes, but you know what I find is that when people say it's too expensive to eat healthy. It's just a statement that they really haven't researched behind it because a lot of packaged food, junk food is expensive. Cereal it's way more expensive than oatmeal.

[00:21:34]

P Yes, it's so true.

S You know what I'm saying?

D On that note, you know what else is expensive?

S What Danny?

D Driving through a Drive Thru when you could make something. You remember I think I was sharing this with you the other day, I always find that, you know, it's like oh man I've got to get something to eat, I'm going to...

P It's five bucks.

D But I don't have time. I don't have time, right. But when I time what it makes to put a fried egg on some toast, you know, it's way less time, just knock it out.

S Right, as far as time and as far as money, you go through fast food you think cheap, cheap food, right.

P Right.

S You're not getting out of there for less than 5.99. Taco Bell, I don't even go. What does it cost for lunch at Taco Bell for an adult?

[00:22:13]

P You're at about 7 to 9 dollars.

S Okay, that's three quarters of a bag of... I don't know what the prices are on our stuff because I'm not in the business side.

P It's almost a bag of Baking Blend. That's going to last you a month.

S And that's going to make... Yes, you see. Do you see people?

P Yes.

S So that white bread, that white bread roll is costing you way more per roll than Baking Blend.

P But it's costing your health. That's the thing, it's expensive not to eat healthily because you pay for it with your health.

D Great point. That's a great point.

P You're going to pay for it down the line. You pay for it in lack of energy. You pay for it in how you feel. You pay for it in your moods. Your family pays for it when you're walking around cranky and blood sugar low.

[00:22:51]

S Can I tell you something? We buy all our clothes from Goodwill. Now even though we have the money to probably go to Target or whatever, but we still go to Goodwill right.

D Oh, all the way up to Target, huh? Real high class!

S Yes, like we're like really on top of it.

P Ah, yay, Tarjay

S But I want to tell you though... What was my point?

P She's drinking the Yuck Yum Biddy right there.

S Yes, my Yuck Yum Biddy. No, but the deal is guys is that... I literally got off my roll.

D I know what the deal is. You're boasting at how lucrative Target shopping can be.

S No, my point being is...

P She shops at Goodwill.

S Is that...

P Now she's up to Target.

[00:23:28]

S Pick what you want to spend your money on. Our Grandpa... He's not a Grandpa, we call him Granddad, always said to us growing up if you're going to spend money on something, spend it on food, good food. Never skimp on food, right. Hey, so maybe you don't have a big enough budget, but maybe you just want to just go a little more easier on the clothes or the things or the stuff. You know what I'm trying to say is that...

P Because food's important because it's nourishing your children, it's nourishing your body.

S Maybe you go cheaper on your skincare line maybe you go cheaper on your shampoo. Maybe you go, I mean and feed the inside of your body and that beauty is going to shine out. So that's my point is yes eating is expensive but so is good clothes expensive, so is like brand name shoes expensive. You know, I know a lot of...

P I think are. You're saying so is, but I think it's so are.

S So are. Okay, good on you grammar queen. But the point is, you know, I see a lot of people that are budgeters that have brand name clothes. I don't wear no brand name clothes. There's nothing wrong with it, but...

P I'll tell you what though, you can, I will admit that like say white bread's very cheap. Let's do... A lot of, you know, people they get out their coupons and they think I got two weeks full of groceries for 100 bucks, but let's look at what is in the cart, because it's...

[00:24:38]

S But you also got two weeks' worth of headaches and mood swings.

P You're drinking your Yuck Yum Biddy. You've got your mouth full. It's just rude. It's rude to our mamas. Okay, think about it, yes, I'll admit. You just got Yuck Yum Biddy dripping down her... For those of you who don't know about the Yuck Yum Biddy, it is coming out in our new book just because we've had so many people write in about it now because she brings a smoothie to our podcasts and drinks it and it's her smoothie and it's sort of so yuck. Like when I taste it it's like eeew, but then its yum.

S It's so yum.

P And you grow to like it, because it's like this bitter chocolate and...

S Do you know what it is? It's absolute suspense in a mouthful because you go to the very, very, very, very, very precipice of yum. You take yum as far as you can go till it teeters on the edge of yuck, but you don't fall into yuck. You stay there at yum and you don't. For a second there you think is it going to be yuck. Oh, it is yuck. No, it's still yum. It's like going to the edge.

[00:25:41]

P It's actually good. It's my favourite drink and she's converted me. It's in the new book. But anyway, all I was saying was. Oh, yes, what else is in your cart. Okay, so you got some white bread because that's cheap. You got white tortillas because hey they're cheap. You've got some grocery store brand potato chips. You got some ramen noodles. More white noodles. You got your packaged macaroni and cheese. That's cheap stuff I'm telling you. What else do you put in there, Danny?

D What am I the poster child for putting in the wrong stuff?

P Serene doesn't know, but...

S I just have no idea.

P Danny's surely done it.

D You're like what do they do out there? What do those people put in their carts?

S I just love to go...

D Danny.

S My mouth drops wide open sometimes when I'm at Wal-Mart. Pearl's like... close the door.

P Close the door.

S Like lift it up a little bit.

[00:26:28]

P Be kind. No, but listen some people were brought up that way. They don't even know how to change. So we're gently showing people how they can change.

S No, I love them. I'm kind. It's just shocking.

P It's shocking because it's not... So all those things are in your cart but I'm telling you might think you bought a lot of food. You haven't bought any food.

D Wow.

S You bought glue. You brought crafts. Arts and crafts.

P White starch.

S Paper Mâché. What do you call it?

P Paper Mâché.

S Paper Mâché.

P Because it's going to stick to your intestines and raise your blood sugar. That's all it's going to do. It's not going to offer you any nutrition.

[00:26:59]

S You've bought yourself a cart of sickness. See originally it's not like we're calling health food like food and the other... It's not... and the other thing food too. No it's not food. You see originally wheat was not what wheat is these days. What it is these days is not food. It's a perverted morphed weirdness, right. It's what do you call that Pearl?

P It's hybridised and carved up and GMO.

S Yes, but what do you call that stuff? Franken food? It's Franken food. It's not food. So really there's no debate of this is more expensive food than that food. No, that food ain't food.

P That's true.

S So there's only one... The only kind of food...

P Has to be food.

S That has to be food and it's just one price. I mean you can get like a few deals here and there, because the other stuff ain't food people.

P And I do think though Serene, you know, when people... We know what it is to struggle, okay, and so I don't think...

S But lentils are cheap.

P Lentils are cheap. Beans are cheap, yes, and then we utilize those things, you make great lentil soup. Oh man, when we first started the plan we used to live on lentil soup. It would last us three days.

[00:28:04]

S And I would turn like pasteurised, before we like had cows and goats and all that stuff I would turn pasteurised Aldi's milk into live probiotic kefir and that was like one of our main proteins.

P You're a purist. I was still too lazy to do that.

S But what I'm saying is that was...

P But all I...

S You get that on WIC and you turn it into like a super food.

P Yes, I used to use WIC and get the peanut, the natural peanut butter and things like that. But what I wanted to say was... You took me off my train of thought...

[00:28:40]

S Just like taking over.

P Oh, you don't... Now organic's great. Listen, when you can get organic and there's a couple of things that I still don't do organic, even though Trim Healthy Mama took off and we're now blessed and God blessed us amazingly and we no longer struggle financially, but I still don't do everything organic.

S I can't buy organic fruit. I just can't do that.

P We've got big families.

S Because my children go through like...

P It's expensive.

S Nine bags of oranges in a week and...

P But people think to eat healthy that you suddenly have to go to Whole Foods and buy all your groceries there and have a whole cart full of organic. Look, just balancing your blood sugar without all these puffed up starches does more good for you than going to a health food store and buying organic macaroni and cheese which is still going to be glue in your system.

S Rain forest friendly trade whatever...

[00:29:29]

P Yes, don't let the package. You know, it's all the package is all brown and it's like it's so earthy looking and it says organic and...

S Organic unbleached flour.

D Oh, I'm guilty. See I'm...

S You go and buy that pizza there and it's still glue.

P It's still white glue. Just because it says organic, so you just be smart. And maybe you're buying something that's not organic, maybe you're buying ground beef and chicken and then you're buying salad and you're putting that together. It's better for you than that package of organic stuff over there. And so you just be smart and you just be simple about it and you can eat healthily.

S And also, you know, talking to purists out there, it's better to feed your child the protein that's stabilising their blood sugar and just building their body and being able to give them the opportunity of frying four eggs up in the morning, growing teenagers if they need it, or more right, than saying, oh we only can afford one egg per day because we're buying the 6.99 dozen from Whole Foods, pasture raised, you know.

[00:30:26]

P Those are a little expensive. They're like 6.99 for organic and that's why people think they can't afford good food. I think they set their expectations of purism is too high.

S So just know Pearl and I who wrote the book, we buy the 67 cents or 76 cents eggs at Aldi's.

P Depends upon the week.

S Right, I buy 10 dozen a week. Aldi's eggs, those are the eggs that we're experimenting with for the book, that we're using in our home, that we got rid of all of our problems on.

D Are they going more organic?

P No, Aldi's is pretty great.

D Okay.

S I tell you what, those yolks are more yellow than some of the expensive brands. Amazing.

D Yes, I've actually noticed that in Aldi eggs as well. That's funny you said that. They're more of a neon-ish, like seems to be more vibrant than...

S It is.

[00:31:10]

P And hey, we know they're good because there's a scripture when you open it up.

S I know, there's a Bible scripture when you open the lid up, blessed.

D Are these blessed eggs? Special blessed eggs?

P Those are blessed eggs.

S And the other thing is, just getting a little bit of scripture in, we always do on our podcasts, is that you know you do what you can afford and if all you can afford is non-organic, pray over it and bless it and believe it.

P And believe it and keep a happy face and don't worry over it, because worry is more harmful for you than that non-organic egg I'm telling you.

S Yes, if God's not going to provide the billion dollars to buy those organic eggs He's going to provide the protection. Because He says beloved, I wish above all things that you prosper in health, even as your soul prospers. He wants us to be healthy. And listen, if we're living in a day and an age where, you know, there are like some crazy eggs out there and that's all you can afford, He's going to bless them. He is I believe it.

[00:31:59]

D Hey, but let my male logistical side come in here for just a minute, because I had to really come through what I was spending money on while I was saying I couldn't afford quality whole real foods and what I was spending my time on while I was saying I can't. I don't have the time for a garden. You know, I had to get real with really what I wanted out of life I think too.

S Yes, that's true Danny. That's so true.

P Yes, that's true because I always say I'm not a gardener and I don't like the hot and I don't like the heat and I don't like spiders, I don't like ... But you know what if I really wanted to I could get out there and do it.

S But I want to say, I don't want us to be sounding contradictory because we're say, contradictory because we're saying, you know, the Aldi's eggs, blah, blah, blah and there'll be people out there saying but they're... What do you call it, something hatched?

P Battery?

S Battery hatched and blah, blah, blah, so that's not the real food you're talking about, that's the fake food. No, but what we're talking about is that's still real food.

P Whole foods.

S It hasn't had like stuff stripped out and we're not talking about...

P Devitalised food.

S Devitalised food, you know.

[00:33:04]

D Absolutely, yes.

S So there is a different there so you know we're not contradicting.

D There's a big difference.

S Because there is a place where you cannot afford the 6.99 eggs.

P There is that place.

D No doubt, absolutely.

S There is that place, you know.

P I can't afford those.

S No, neither can I.

P But maybe if we had less children, maybe if it was just my husband and I we might be able to.

[00:33:22]

S Yes and just a couple of children maybe.

P But we're all in different seasons and have different families.

S Yes and I want to be able to say yes to my boys who are like growing super, super, super like inches a day and I don't want to say nope, three more hours and you can just last on two eggs. They need five or six eggs.

P That's a lot. Your boys eat more eggs... I limit my boys to four.

S Oh no, no my boys they have unlimited amount of eggs they can fry up.

P Yes, but anyway I think did we cover this well enough? You totally can do this.

D I'm convinced.

P It's not too expensive. It's all about mind-set, it's all about getting creative. If you can't afford the special ingredients, there's ways around them. It's not about necessarily organic, it's just about smart and you can do this where you are in your season at your local grocery store. Hey, it's doable.

S Preach it, sister.

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](mailto:support@trimhealthymama.com) and we will get them.

[00:34:23]

S Let's go back to our inbox and grab an email here.

P This one's from Betsy. Betsy says I want to talk about the subject of goal weight. How do you even figure it out? How low is too low, too little, how will I maintain?

S You know what, this is an excellent question and I think personally if you don't mind me blabbing on first, Pearl.

P Well, you're going to do it anyway.

S I'm going to do it anyway. So, anyway, I think you almost need to have an accountability partner if you think that you are a person who may get to what you wanted to be goal and then not stick to it because it's like, you know, some people can lose. My goal is to lose 25 pounds. They lose it and then they say oh, 10 more may not be so bad, you know, and then they'll keep losing and then almost get an anorexia about it, thinking skinnier is better when it's not.

P Right.

S So to have an accountability partner saying you're done, I think you need to stop losing weight.

[00:35:17]

P And you know what, we were that for one another, Serene. Remember when we were, I was on my way to goal weight and we have to have someone who really you trust and you care about saying, enough.

S Yes, you are just getting skinny and that's awful.

P It's not healthy.

S Please eat some Crossovers.

P And, you know, our husbands they want a little meat on our bones. It's not about being skinny, it's about being nourished and so it doesn't necessarily mean a number on the scale because we are pretty much close to same height. You're a little bit taller than me.

S And I weigh what, 10 pounds more than you easy.

P We're different body frames. You know you can have someone who's 5 foot 5 weigh a certain amount and someone who's 5 foot 10 weigh a certain amount and they'll look completely different.

S And almost it's not about the number because you could say, okay my goal is to lose 25 pounds but do you know what, if you started even exercising and even eating more protein-centered meals you will build more muscle and you may actually end up losing more than 25 pounds at that 25 pound mark but it'll be like 30.

P But it doesn't reflect on the scale.

S Yes.

P Yes, so it's a good question.

S I'm skinner now than I used to be, but I weigh more.

P Yes.

S So be careful with the scale.

[00:36:32]