



Trim Healthy Podcast with Serene and Pearl Episode #17 - The Top Ten Least Expensive Foods, Part 1

*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! Welcome back to the PODdy. Here we are, because it's Wednesday, and we are in the PODdy cabin.

S And we're sad, we're just a wee bit sad because our Danny, our...

P Our Danny boy.

S Oh, Danny Boy, the pipes, the pipes are ringing. [singing].

P And I actually think Danny's stomach's ringing today.

P That was beautiful, by the way, Serene, touched my heart.

S Yes, you know, I missed my calling in life.

[00:00:35]

P That goes out to you Danny, Danny's sick, poor guy. He's got something from his kid, it's a throw-up thing, and so he was actually willing to be the man and drive out here.

S He was!

P We said, Danny, turn yourself around and go home.

S Wow, we just... we have a whole hilltop of babies and children we don't need having the crud.

P Yes, we need it, but he was willing to do that. And no Danny means no PODdy Tea, Serene.

S I know. I know, I'm so... and I was counting on it too. I was counting on it today. I just really needed that PODdy Tea fix, at least we won't be going to the bathroom every three seconds.

P I know that, that's true, but we have a topic burning on our hearts today, and we're... so we're going to bring you a lot of stuff with or without Danny, actually.

S And Pearl, you're the only one with the notes, so how am I going to seem intelligent?

P I know. I sat here like five minutes before we started and actually wrote notes for you. This is the first time we've done a PODdy with notes.

S I know.

[00:01:25]

P We're going to talk about the... let's just say you are really on a budget. But even if you're not on a budget, we want you to listen to this, because these are the top ten basic foods that you can slim down on, get healthy on, do the whole Trim Healthy Mama plan on, nothing special.

S Yes.

S And this here is your, it's just your safety net to say, hey, if you don't ever, ever, ever, ever get a penny to spare for specialty ingredients, there is no reason you can't do Trim Healthy Mama.

P Absolutely.

S With these top ten foods, in fact, we started Trim Healthy Mama on these top ten foods. That's all we ever ate.

P And do you know what? They remain our core. I'm looking at this list right now, Serene, and I'm thinking, yup, got that in my cupboard got that in my cupboard. I have every single one of these things in my cupboard and they are always there.

[00:02:16]

P They're basics. So, if you wondering well how do I this. I mean, what foods do I fill my... If you have these ten, you've got it. You can do the plan. And so, Serene, you're sitting on the other couch.

S Yes, so I can't see it, so you roll with number one. I can't remember which one we did as number one.

P So, number one - **Cabbage**.

S Yes.

P Now when people think of cabbage they think some wilted, sort of like soggy plop on your plate.

S I know, I know, and I remember growing up, when Dad... when our father would tease us, we'd be like, Dad, it's my birthday. What are you going to do? Like, are you going to...are you and Mum going to bring home something special? And he'd be like we're bringing home cabbage salad. Which was meant to be...

P The worst.

S The horrific thing.

P Cabbage in growing up was always supposed to be... I mean, people think of it as a nasty vegetable, but it can be an incredible boost to your health, it is cruciferous - that means it's cancer-fighting...

S And it's so jolly high in fiber.

P Yes.

[00:03:13]

S And it's got... full of silicate, so it's beautifying.

P Yes, beautifying for your skin.

S And your hair.

P And it is yummy. It's a vehicle for flavour, you see.

S It's a billion other things that make it so special, but we're just flying off the top of our brains.

P Yes, but it's all how you make it. Okay, so you can make wonderful cabbage noodles. Just cut it finely, super-finely, like angel-hair, sauté those up - there you got your noodles. Or if you're Drive-Through Sue like me, don't even cut it buy bagged angel-hair cabbage at the store.

S That angel-hair cabbage, fried up with coconut oil or buttah next to eggs in the morning is one of my faves. Is one of my faves.

P I know you...that's what I was saying, you never think of cabbage for breakfast. But you can do cabbage for breakfast, you can do it for lunch, you can, obviously, have it as a salad, you know, bagged cabbage is great for a salad. You can put you some mayo on it, and chicken salad.

[00:04:02]

S I just... like you said, like the angel-hair - and I don't always cut it angel-hair - I love it for my noodles, for my noodies. I just love it. I just put... I put salmon on it, I'll put, you know, tilapia on it, I'll put chicken. It's just...yes.

P It's a great bed to lay things on. Whether sautéed or whether raw. I mean, think of our plans are like basic recipes, if you're go to our cookbook and Eggroll in a Bowl. You don't even need to go to our cookbook, it's all over webs, it's all over the internet now, Eggroll in a Bowl. The basics of it is cabbage and then you put some ground meat with it and seasons and spices and fills a crowd.

S Now, it's not bird food. Let's just think of the cultures in the world where, cold

climates, where you imagine the people chowing down. Russia.

P Russia.

S Romania, all these places and they live on cabbage. Cabbage is a basic, because it's hearty, people. It really is. This is not bird food.

P No, and why are we loving cabbage? It's one of the most inexpensive vegetables that you can buy.

S Yes and it's one of the most nutritious. And can you... Pearl, have you ever tried making garlic bread with a cabbage?

[00:05:09]

S You, like, cut a cabbage in half, and then lay the cut part down on maybe like a greased baking tray, and then you kind of slice it, like you would bread, but not all the way through so there's like a little bit of left to connect. And then you kind of like drizzle oil down in the whole, coconut oil or whatever you want, down in the creases and then sprinkle garlic and salt, and you roast it.

P No way.

S It's delicious.

P So you have it on the side of your plate almost? You eat that with a fork or with your hands type thing?

S Oh no, you just... so then you pull off a slice or cut off that last little bit, like you would garlic bread.

P And it's all yummy and garlicky and buttery?

S Oh, it's just so delicious.

P Oh, I've never done that.

S It caramelizes.

[00:05:49]

P Yes. Why didn't that go in our cookbook we just wrote, Serene?

S I was just brain-dead at the end of that cookbook.

P I know. Well, we'll save that for another one.

S Okay, so next one.

P Next, next - **Salmon**.

S Oh yes.

P I know, and you're thinking, salmon sounds expensive. Oh no, it's not. Not the way we do salmon. Okay, because we are budgeting families, big families.

S Walmart or Aldi's.

P Or any budgeting grocery store.

S And its wild caught too.

P You buy it frozen, people. I know that fresh tastes, okay, incredible. Occasionally, I don't know, once a year, we might buy fresh salmon.

S I never buy fresh salmon. When I go out to a restaurant, I get fresh salmon. That's when I keep...that's when it's special.

[00:06:29]

P But they're frozen and then you can get like a pound, like a four pack of fillets - really nice fillets, wild caught - four to five bucks, or five to six bucks at some places.

S Okay, but listen, that's cheaper than a McDonald's hamburger and you've got four to five servings.

P Exactly, say that's feeding four. Or if you've got kids, then you need half a piece each if they're little kids. So it is feeding four to five.

S Now salmon is so beyond healthy.

P Oh my goodness.

S All the fats, Omega-3 fats...

P The DMAE, and that's for your skin and your brain.

S Firming the skin yes.

P And the Omega-3's in there, which is such an important part of the balancing of your fats.

[00:07:06]

S Exactly.

P And you know, I know that people say sometimes, well, I hate seafood... I hate salmon. It's really all in the way you cook it.

S Do you know what? You know, sometimes I like to sauté that with coconut oil or butter, and, you know, salt and black pepper and just make a nice fillet. But you know that sometimes, if I just want to do it quick, Pearl, I'll just quickly put that little frozen thing in hot water from the tap. You know, in its little pouch. They say remove it, but I just can't be bothered.

P Really?

S I just keep it in its pouch and put it in warm water, hot water, until it's thawed. It takes like three minutes. Then I take it out of that little plastic pouch and just rinse it down and stick it in a centimeter of water with a little soy sauce in it.

P Just enough to cover it, or?

S Yes, and I poach it and I just bring it to a boil then turn it to low, and by the time I've got my salad all beautiful and ripped up, it's done. I drain off the water and I just like flake it, and then put balsamic vinegar and olive oil and I just spice it up and then I throw it all over my salad. It's not hot, it's like warm.

P Oh and it warms your salad.

S Yes.

[00:08:05]

P I love a warm salad, because cold salad makes me feel like I'm eating salad, but if there's a warm protein, it's like a protein meal.

S It's so beautiful, but it's so quick. It's so quick.

P Yes, that's like a five minute meal there. Do you know, my favourite way to eat salmon though is at lunch time, I usually do... I mean my family, I can make the meat salmon, and we'll talk about canned salmon in a minute for salmon patties, yes. They eat that. But like fillets of salmon, I'm the lover and they're not so much. So I do that for lunch usually, because I'm sort of on my own for lunch.

S Yes, my children like tilapia, more than salmon, but I just love salmon.

P But... oh, I love, I just get a zucchini, a big one, just dice it up so finely, fry it up in a frying pan - and I use a, you know, a big skillet - and one side I'm doing the zucchini, at the same time I get my thawed fillet, do it on the other side. And then they're cooking sort of at the same time, so you've got another, basically, five to ten minute meal here. Lots of good spices, nutritional yeast, salt and pepper, you know cayenne pepper. Then, when you're done...

S And you could have put the cabbage on the side there too.

[00:09:03]

P Yes, absolutely with the cabbage. But I use a zucchini or a yellow squash, put a big, then it's done, put a pile of it on my plate, put the salmon on top. I feel like I'm at a restaurant.

S It sounds like a restaurant, yes...

P And it was cheap and inexpensive. So yummy.

S Yummy, I remember coming to your house for some of the book edits last time, and you making that. And I was like taking half of it.

P I mean, that's my lunch two or three times a week. If it's not a salad, it's that.

No, I know, okay so you're saying, but I'm... hold on, guys. You know, I just... I can't love salmon. Give it some baby steps try it in these ways that we're talking about.

S No, listen. Let me just be vulnerable. I was a vegetarian my whole life, and then I was a vegan raw foodist, and when I realised it just, it wasn't such a great idea for my health, everything was like, my teeth were falling out of my mouth, I was kind of falling apart - I needed that protein. I had to ask the Lord for the love of it, you know, and I actually had to open my brain too and just say, this is an amazing food. It is healthy, so I'm going to love it. And I kind of just told myself

to love it, and I baby-stepped it. At first, I had to have it all like forked up, so it was all in little tiny bites...

[00:10:09]

P Yes, tiny bits, like you didn't want to bite into a big piece.

S But now I can just order a huge fillet and want more. And I really want my ounces, right Pearl?

P Yes, oh Serene. Don't ever go to a restaurant with Serene, please people. Just save yourself the misery. If you go to a restaurant with Serene, she gets anxious about her ounces. Like, she always asks them, the server, so how many? She's got this look she puts her finger on her cheek. Hmm, so how many ounces is the salmon? And they're like, oh, six or you can get an eight. And she's like, oh, oh, the eight, eight. Can you please make sure it's the eight, no, not the six. Oh, oh, hey, not the six, the eight.

S But you know what? They always bring me the six. Pearl never cares, never asks and she'll get it put in front of her face...

P And I'll get the eight.

S The big, beautiful salmon, and I get this, like, chicken nugget sized little scrawny end. And it's like... I don't know if it's like, I'm meant to be learning this like satisfied contentment, but every time, if we all order the same salmon dish, like a whole table full of people, I get the scrawniest piece.

[00:11:16]

P You did. It's happened about a hundred times. I don't know if it's God's lesson to you, Serene, to just be thankful for what you get...

S I know.

P But then I... and then, yeah, she looks at mine longingly. I have offered mine a few times to you, but then she's like: Oh no, I couldn't do that to you, Pearl.

Anyway, so we're saying, hey, it's mind-talk once again. We talk a lot about what you tell yourself on this podcast. And it is what you tell yourself, you become. As the Bible says, as a man thinketh in his head, so is he. You tell yourself you're a salmon lover, but hey, if you're not, baby-steps. You can definitely do the plan without it, lots of other proteins.

S Great, number three. Let's talk about another protein, did we put that there?

P Oh, okay. Let's talk about another protein - **Eggs**.

S Eggs, so cheap. We have our own chickens, they run around and they give us beautiful golden yolks, but you know what? It's Easter egg hunt, because I want them to be all like... I don't want to feed them, so they're all free-range to the point where it's like treasure hunt when you find an egg. So we... for the huge family, we buy all these eggs. Sometimes they're like under a dollar, seventy-nine cents for a whole dozen.

[00:12:17]

P That's what they were last week when I went there.

S Yes!

P And we've said this on the podcast before, because we love eggs and we've had another PODdy about the, you know, the wonderfulness of eggs. But hey Aldi's eggs are blessed, they have a scripture on it.

S They do. I'll tell you what their yolks are even more golden than those six bucks pasture-fed Happy Eggs from Whole Foods.

P But they are. Aldi's must love us, we give them such love.

S And we've also talked on other podcasts too, and in the book. Hey, you know what? In a perfect world, we would all have these pasture-raised, wonderful eggs, but maybe then you couldn't afford to have an egg. Or you could only have one, and what's the point, right? So you need the protein, you need the healthy fats inside the eggs. You just need all that eggs have to offer, so...

P If all you can afford is battery-raised eggs, you know, just eggs that you don't absolutely know what the chickens names were, and you still can get healthy. You can still slim down on this wonderful protein that study after study is now showing is not harmful to your cholesterol.

[00:13:15]

S And I said healthy fats in the eggs, and I do understand if they're fed the bugs and if they're fed the flax meal, they have more Omega-3's inside the eggs, but still there are some things in eggs that you cannot get if you're not going to eat an egg, because you don't have the money for the expensive kind. You still need eggs.

P Yes, like the lutein and things like that. These are just essential things in eggs.

S For your brain.

P Yes, exactly, even if they're not fed organically or fed bugs. Even if they're fed...

S That's when you pray over them.

P Yes, got it.

S That's where faith comes in.

P And we're told to pray over our meals.

S And I'm like, God, you either give me the finances to provide this super-food, you know, perfect food for my children, or you'll bless them with protection, because you know, sometimes he just blesses with protection.

P Eggs feed protein to our large families. I mean they really do. I am an egg lover.

[00:14:03]

S So am I, in the morning, a huge non-starchy fry-up with eggs. Like I just cut up, I love kale. I cut up kale at mealtimes.

P That's what you were you telling me the other day, I've started eating so much more kale because of what you said to me. Because I was a spinach girl, and now I'm more kale.

S Spinach is great and I love it. But, you know, if I'm going to overdo a green, I'll overdo kale, because it doesn't have the oxalates. It's actually a low oxalate green.

P Okay, so when you say oxalate, on being Danny now, because Danny is like, and girls, what is happening? Now how does he say? Girls, so what was oxalate? Tell me about oxalate.

S Well, oxalates can kind of cause little crystals inside of your joints and can give pain, and things like that. But it has to be an overdose, spinach is not going to do that, but I like to overdose on my greens, right. And that oxalates combined with certain...

P Because you put them in smoothies, you put them in salads, you put them in stir-fries. And so kale...

[00:14:57]

S Oxalates have other issues too, but this is not a podcast on oxalates. So but, kale is low in oxalates. So you can have them raw, you can have them cooked, and also, they find that cooking spinach doesn't help taking the oxalates out. Now, spinach is great. Do not stop eating spinach, but I like to load up.

So, I load up on my kale, I slice it very thin and then I'll slice a few red, those little red rainbow sweet peppers and a few little Baby Bella mushrooms. And, but it comes to a lot of non-starchies. I throw it in my pan that I spray with a non-stick, stick a little bit of salt, mineral salt, on it. Just sprinkle a little bit in, it helps draw out the moisture, and I put, after I've rinsed my kale, there's a little bit of moisture on the kale - so I put the lid on, and it just...it just cooks it.

P It wilts.

S It wilts it. I just like get it hot - on number six - and then turn it down to low, and it kind of wilts it. And then I'm kind of, get a couple of eggs and I whisk it up with a nutritional yeast, a little bit of apple cider vinegar - just gives a little tartness - and some pepper, black pepper and a little half teaspoon of miso. And I whisk it up and pour it on those soft non-starchies, and make the yummiest large non-starchy egg scramble. It's huge. Then I grate sheep's cheese on top and pour a teaspoon...because I had no oil in that, because it was just a spritz of non-stick...on a non-stick pan.

P Oh, right, so there's your fat.

[00:16:19]

S Then I put fresh, a teaspoon of extra virgin coconut oil on it.

P Oh, so you put it in. You're not cooking your virgin coconut oil, so you're keeping...

S And the flavour just like it just drizzles and melts all over and then I sprinkle...

P This is the longest description in the entire world it's gone for half-an-hour.

S Now what is that sprinkle I put in? That pepper, that pepper that's smoky? What is it?

P Chipotle.

S Chipotle, oh, I'm in heaven and it's so filling, I can hardly get through it.

P Hey, Mr. Producer, we've done... we haven't even done. How many? Three, where are we on time? Seventeen minutes, have we been...

S Oh, let's just speed through. Okay, what's?

P No, but I wanted to say, so if that's your S breakfast, that's how you do your eggs.

[00:17:01]

S Oh, yes.

P Yes, okay, if you're not doing E Meal.

S Fried eggs, for me is not enough food. So when I wake up and have just two fried eggs, I'm starved so I have to fill it.

P Yes, so you fill your plate.

S I have to fill it with non-starches to make it through.

[00:17:13]

Announcer: Hey Mamas. Do you have a question for Serene and Pearl?
Send your e-mail to Support@TrimHealthyMama.com.

[00:17:23]

P Let's talk about another inexpensive thing that we can use for E Meals. I need Danny's PODdy Tea, because I've been talking a lot and that is **Oatmeal**.

S I get mad when people tell me that they don't love it. Now, I'll still love you guys if you say that you don't love it, but let me just tell you why you should love it. It even has a little bit of protein in it.

S Yes, without adding anything to it.

P Exactly, and that's why it's slow burning grain.

S Yes and, it's so yummy sweet, with cinnamon and Gentle Sweet or a little doonk of stevia.

[00:17:53]

S And you can either, if you're dairy-free, I mean, because you can pour on almond milk - because that's dairy-free - but I like to do a teaspoon of coconut oil with boiling water, with like a cup of boiling water, and put my Gentle Sweet and my cinnamon, vanilla and a little mineral salt, and make a Trimmy and pour that over my oatmeal, so divine.

P You mean you blend those things? You blend.

S Yes, I blend them like a Trimmy.

P You... okay, so explain that to people.

S Okay, so your cup of boiling water, and I stick in Gentle Sweet or Super Sweet to taste. If I was doing Super Sweet, it would be about a teaspoon, so about a tablespoon of Gentle Sweet. And then I put a little, like a quarter of a teaspoon of cinnamon, and then a squirt of vanilla, a few pinches of mineral salt.

P Then you blend that and you pour it over your cooked oatmeal.

S And my teaspoon of coconut oil.

P Yes, the coconut oil makes it cream.

[00:18:40]

S And do you want protein in there? Put a little collagen. If you're going to do whey, blend it first and then add your whey, and just turn it off immediately, or just blend for two seconds, because you don't want it poofed.

P But we're talking about no special ingredients here, so you don't have to add that.

S No, you don't. You can have just oatmeal for breakfast.

P You can, or you have a side of egg-whites. And here's another thing, we're talking, if you're new to our plan, an E Meal means your carb meal, your energizing meal. And so oatmeal is a great energizing food, it gives you great carbs. But you can have it savoury as well, Serene.

S Yes, but what I was saying about the, about you don't have to, it's like when we have lentil soup. Occasionally, you can have...

P Yes, occasionally you can.

S Because lentils have a little bit of protein, this is not what you would have every morning.

P No, you don't have to be rigid. I'm like I could never eat oatmeal without added protein. Sometimes you could, you'll survive. You'll be fine, you know, and especially if you're on a budget.

[00:19:28]

S But if you wanted to scramble a few egg-whites on the side, then you have this yummy, extra-large slimming breakfast.

P And I love to have it savory.

S So do I.

P Like, I... if I have left-over oatmeal, I'll spray my pan, I'll do some egg-whites, you know, in one side of the pan, I'll sauté my oatmeal up with like some nutritional yeast and salt and pepper. And it's divine, it gets a little crisp.

S A little cayenne pepper on top.

P Yes.

S Love it.

P Oh my goodness, and that's a great lunch too. Another way, you could do oatmeal bread. In our first book, it's a basic, easy bread. One cup of cottage cheese, one cup of egg-whites, one cup of oats. Blend the oats first, add the other things, a little salt. Bake that in a pan, or you can make pancakes out of it, because if you put sweetener in it, it's a pancake, right?

[00:20:09]

S What about your baking powder...yes.

P Two teaspoons of baking powder. You can either have that sweet for you pancakes or savory without your sweetener. And it's bread. These are inexpensive ways to do the plan.

S Yes, they are, and super-healthy and super-slimming. And what about your Bust-a-Myth Banana Cake?

P Exactly, it's all oatmeal-based.

S And I don't even know the page number, but check it out. Bust-a-Myth Banana Cake.

P Check it out in our cookbook. Okay, the next thing...we need to get through these real quick.

S Oh, sorry okay... You've got to throw a handful of oats into your soups. Oh, it makes them so hearty and so yummy, and it kind of thickens up the water a little bit, so it doesn't feel like you've got just like a broth. There's a little bit of a more hearty mouth feel to the broth.

P And even in a soup, you can have, as we said, this is... you can have with just a very few carbs in an S meal, or a little bit of fat in an E meal. So just a very small handful of...

[00:20:57]

S It's not even an S helper.

P It's not. It's fine.

S Okay and it does. It does something to soups, doesn't it?

P Real quick, Serene, let's get to the next one. **Frozen Berries**. That's the way to get your Vitamin C, and frozen is the way to make it inexpensive.

S Exactly, I never buy fresh, unless fresh, like, strawberries go on sale at Aldi's. An they're like a dollar a pack.

P Well, or unless you've got an orchard close by and you can do that.

S Oh, yes, we do that. But I'm saying buy at the store.

P Well, if you buy them fresh, they are expensive, especially.

S We're blessed, because we live out in the woods and we have wild blackberries everywhere.

[00:21:30]

P They're about to come up. I was thinking that as I went past the wild blackberry patch.

S I smelled their blossoms as I walked over here to this PODdy Cabin.

P I know, so that's exciting. We'll be picking those soon, but frozen is the way to go. Why do we want you to eat berries on plan?

S Sooo high in anti-oxidants and they are anti-inflammatory.

P And they're so high in Vitamin C, and when you eat a protein centered plan like ours is, you need your Vitamin C to balance it. It's the perfect balance to protein.

S It so is, and as we said, yes, inadequate supplies of Vitamin C makes weight loss a very hard game.

P Yes, you need your Vitamin C, you get that on our plan, not have to take a supplement for it, although you could, but in berries and in your green leafy greens. They have more than oranges. So there's nothing wrong with an orange, but berries and your green leafies have more, so...

S So what do we do with berries? Dessert, cheap dessert?

[00:22:27]

S I love just berries, with just a little drizzle of cream.

P Oh, yes, that's nice.

S Well my children just... That's their treat.

P And of course, "Cottage Berry Whip" our basic staple. Listen, you guys, if you've never tried it because you think you hate cottage cheese, you won't. Half a cup of frozen berries a half a cup of cottage cheese.

S A doonk of stevia, that's budget, you don't even need Gentle Sweet.

P You don't need for that, and stevia is your least expensive sweetener and it tastes good and it won't taste bitter.

S You don't put this in a blender, you put it in a food processor.

P In a food processor, whip it up. It's like ice-cream.

S It's like cheesecake ice-cream.

P It is.

S It's divine.

[00:23:02]

P It's so good. And see, these are other things in your smoothies. Throw berries in your smoothies, throw berries in your salads.

S Oh, thawed raspberries.

P Thawed raspberries in a salad will put all this yum yum in your meal, it's delicious.

S Even in your oatmeal.

P Absolutely.

P And so there's an inexpensive way of doing that, guys.

S Or just pop them in your mouth straight.

P Yes, my children think that they're like frozen candy treats, you know. Yummy.

S Yes.

P Next thing's **Beans and Lentils**

S Oh, in the summer, if you're watching a movie like a fun family movie night or something, and, you know, you just want that hand-to-mouth satisfaction while you're watching something. But you know what, you don't realise how many things you're taking in your mouth.

P When you're watching a movie.

[00:23:42]

S Frozen berries they take a long time to eat. They are great.

P They do.

S They're a great thing to snack on while you watch TV.

P Do you remember when I was pregnant with Meadow, my very first child, and I had this addiction to frozen berries. But my body was craving the Vitamin C.

S It was, and shows you how much, how light of a food they are, you gained like nothing. You should have gained.

P Yes, because I kept eating berries like constantly.

P Okay, the next thing is **Beans and Lentils**.

S Beans, beans the magical fruit, the more you eat, you know the rest. [laughing]. But really, my husband is a tall strapping man of 6-foot, jolly six six and he was raised on beans. He'd come home to dinner, to eat after school, and he'd say to his mother, what is there to eat? And she said, many things, all of them beans.

[00:24:32]

P That's right. Because they were raised in New Mexico and basically in a hippie commune, they didn't have a lot of money.

S No they didn't have, like hardly a cent to rub together.

P Yes, so beans, and it's all, hey listen, if you don't want beans to give you gas, a good soaking them will be great, soaking them for seven hours.

S Even adding a little kombu seaweed, but that's a little complicated, let's just keep it simple.

P Or even beans in a can, Serene, is what I do. You're much more from scratch.

S I just dragged my heel across the coffee table, it sounded like a little toot. That wasn't a toot there. [laughing]

P Sound effects, but beans are full of protein, they're full of resistance starch.

S Resistance starch, that's it.

P That's why you can eat more beans, like in E meals, which is your energising carb meals, than say other things like grains, because beans are very, very slow burning grain.

S Now don't just think chilli when you think of beans. No, you can make chilli, you can make beans into an E chilli, where you can eat, you can have more beans in

the chilli. So, you can have beans as the star, but you can do the trick, beef where you, you do the little trick where you brown it and then you put very, very hot water over it, and then you even boil water and pour it over and press the bottom of a large mug on it while you're pouring the boiling water on it, so that it kind of just drains all that oil of it. And then rinse it with cold water and kind of squeeze it.

[00:25:54]

P So then it's an ultra-lean beef that you can use...

S If you can't afford like lean, lean turkey, you just like buy your regular beef and...

P Yes. That's a cheap way to do.

S Yes.

P A lean... and lots of beans in it.

S Okay, but if you're a hunter you can use venison.

P But, here's Serene's idea, I mean you, we had, as we mentioned in another podcast, we started this plan back when we started Trim Healthy Mama on the tightest budgets you can ever imagine, because our husbands were having trouble in the work that they had...well, mine was working two jobs.

[00:26:18]

S It was back when that, in that time when, you know, America was going through it.

P Yes, and so we were very struggling financially, but I did this because you told me. I was like, Serene, I can barely afford to feed these children. You said, Pearl, here's what I do. The children are out of school for lunch, you know, they come hungry. I'm like I always have a big pile of cooked beans up.

S Yes, basically, I would cook packs and packs in these huge, like, cauldrons. And then I'd drain the water off and then let them cool, and then stick them in big containers or zip-locks in the fridge. And then when they wanted something to eat, I mean, listen, we fed them eggs, we fed them protein. Don't just think we're like beans and rice family. But you know, growing children, you can hardly fill them, right? So, they would just fry up beans with...

P It was called a Bean Fry-Up. My children started doing Bean Fry-Ups. It got us through those very lean years.

S Parmesan cheese, hot sauce, all that. Be creative and make all different kinds of beans.

P So they'd take their beans, and put them in a frying pan and whatever seasoning they want, and they were yummy. They'd get crispy.

S To this day, Bean Fry-Ups, they ask for them. And now we have money to not do just beans like for snacks.

[00:27:23]

P And of course, those are a cross-over, because you're putting fats with your beans, but that's great for children.

S Hey, now let's talk about people who want to stick on plan. I love making white bean mashed potatoes.

P Yes. You whiz them up in the food processor.

S And then you make a Gluccie Gravy. Tell them about your Gluccie Gravy, Pearl.

P Well, you just get any old chicken stock or, you know, and then, and seasonings, basically all it is and then thicken with a whisk with gluccie while you heat it up. It's absolutely delicious. Put some nutritional yeast in there.

S Oh, that's the key.

P Oh, and then you've got...

S A little chili powder sometimes?

P Oh, absolutely.

S And, when you cook the white beans, drain the water off, put them in food processor with like, depending on how many people are eating, a teaspoon of fat per person. Their most delicious, garlic, oh.

P Now here's another thing, lentils are so cheap. Lentil soup can feed a family for three days, I'm telling you.

[00:28:14]

S I've got a huge cauldron of it in my fridge right now.

P Yes and my children love it, because, you know, we raised them on lentil soup.

S We do.

P And I, to this day, I love me some lentil soup.

S Yes and you can... like we shared.

P I'm talking a dollar for a pound.

S It's a great E Meal, and children can cross it over and sprinkle cheese on top. Now if you're concerned about protein because you don't want to... we base our Trim Healthy Mama meals around protein. Like we said with the oatmeal, an occasional meal that has a little bit of protein in there naturally, that's fine too.

P Beans have some protein.

S You can do other things like have lentil soup and on the side, you can have a quiche that you made out of egg-whites or veggies.

P Or put some, you know, just a little bit of chicken breast in your lentil soup.

[00:28:54]

S Oh, divine.

P I mean it's great, but we've got to get through these Serene, and the next on the list is **Sweet Potatoes**, another great energising carb food. That in-season is very inexpensive.

S Yes, it's the most nutritious root vegetable. It's so high in vitamins and minerals, and children love it.

P Most of them do, ours do, beta carotene, that's why it's yellow and that's why it's so good for you and your children. Now my children eat it as Crossovers, we bake up heaps of sweet potatoes and they pile on the butter and salt.

S Yes, and we don't want to talk about specialty ingredients, but my children, being from Africa, and the one's influenced from those who're from Africa - we

love red palm oil on our bright orange sweet potatoes. And it just ups the carotenoids and ups that beta carotene, and I tell you what...we make it spicy with peppers. It's divine.

P We love Mexican sweet potatoes. So, we do a nice energizing carb meal with that. We do some lean protein on it, some Greek yogurt, cut up lettuce, you know, salsa, just Mexicanize the whole thing. It's so great. So, then...

[00:29:51]

S Tuna, though, is a delicious way of proteining up your sweet potato in an E way.

P It is. Yes, tuna on it, with salad.

P Okay, so the next thing, **Leafy Greens**. We just have to talk about these, because they're the basics of Trim Healthy Mama, too.

S Oh, yes.

P We've gone 30 minutes. How are we going to get four done, Serene?

S Well, should we do a part one, part two? What do you think, Mr. Producees?

P Tell us, John. I think there's a Part Two here... So, we got through... Yeah.

S Because, hey, we want to give suggestions,

P We do. And I like all the details we've been giving here, so I think we've got a Part Two.

S Well, we need to teach Danny four good things.

P Danny needs to be back, because he needs to learn a thing or two...

S I know, we might need to feed his homework - he needs to play this back.

P My phone has been like completely lighting up with Danny. "*Girls, I wish I was there. How can you do this without me? Can I be a call-in guest?*" I mean, he's texting every few minutes.

[00:30:46]

S We need Danny to be a call-in guest. Can you call Danny on the phone and put it him on speak ease, please?

P No, I don't think... we're not set-up for it.

S Oh, we're nto.

P So Danny, you just cuddle into your bed, get better and...

S We should be bringing him PODdy Tea.

P We should. We'll see y'all here next week. And, hey, you're going to come for Part Two. We're bringing good stuff here; how you can get healthy and trim...

S The cheap way.

P The cheap way.

[00:31:07]