



Trim Healthy Podcast with Serene and Pearl

Episode 40 - “Stalling & Stubborn Weight Loss” Part 2

*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 · Charlie = (Pearl's Husband)

[00:00:00]

S Our Trim Healthy Podcast is sponsored by this awesome Life Insurance called Health IQ, this amazing company that actually helps out people who are health conscious, like people who run or go to the gym, or just stay home and exercise in their house, but people who are actually proactive about their health they get discounts.

P And with your diet too, if you are making smart blood sugar friendly choices, like you are you get a discount. So go to

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[00:00:32]

S This is The PODdy with Serene.

P And Pearl

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

D What is up? It is another beautiful day in Tennessee and this is going to be another beautiful PODdy.

S You know, Danny is so up right now, he's just so up because he's sitting here taking his drug.

P Yes.

D I'll call it a drug. This thing is, like, the most addictive thing I've ever done.

P Tell us what you're saying, you're saying this has changed your life because you have been Danny the Gut Problem Man, boy, Danny Boy!

D I have been a little bloated boy.

P Yes.

[00:01:06]

S The agro bloated boy, right?

D For the past two or three years I have had gut bloat and it's just like... It's the new me, I'm gut bloat guy. That's my lot, until I found kefir. Plain, if you will. Kefir, am I allowed to say the brand I've chosen?

P You can say it, Danny.

D I've tried several brands and the one I found...

P It's not like you're fermenting it yourself at home, like Serene does, and I've started.

D Oh, mercy, mercy

S No, I've got kefir grain sitting in my fridge waiting for you. She killed the other lot.

P Yes, I started making kefir and I killed it.

S Don't worry, I'm my brother's keeper. My sister's keeper. And I'll just keep supplying you with new live grain.

P What do you drink, let me have a look at what you're drinking, Danny.

D Well, the name brand is The Greek Gods. To me it is about 50% tastier and creamier than the other kefir I've tried.

S Well because it might be nice and full fat, is it?

P It's 2.5 grams of fat. No, so it's...

S That's not bad.

D It's not. I wish it were full fat.

S It's a low fat culture... Yes, because you could take the crossover.

P Yes.

D True

P But you have it with meals and you put fat in your meals

S But I tell you what, Danny, that's the heart of our Yuk Yum Bitty, is the

plain kefir. We double ferment it so it's extra full of those good bugs...

P Oh, I'm glad that you're drinking this a lot, Danny, because it gives you protein too.

D And let me tell you, overnight the gut issues stopped.

P That's so interesting.

[00:02:30]

D Years of gut issues healed by kefir

P And you obviously needed those probiotics that are in there.

S And the fact is, Danny, is kefir's not only a probiotic, it's a prebiotic. It actually has... Have you noticed kefir has a nice slip to it? It puts the right...

D Yes

S Just a lovely environment to nestle those probiotics

P But do you know what, some people, like, overnight and with kefir, others... For other people it's not their, you know, cure all. So each of us is so unique.

S Right, but, you know, it does make you happy and Danny was saying it just makes me happy. I said, there's science behind that, Danny.

D Yes

S There is something in kefir that raises your serotonin.

P Yes.

S It's the tryptophan too.

P I am... Since I have been doing Yuk Yums I've been happier.

S Yes

P Hey, but today we are going to be continuing to discuss how to bust through stubborn stalls when weight... You know, you're doing the Trim Healthy Mama Plan, let's just say you're doing it right. Let's just say you're not...

D Cheating

P Doing half way, you're not doing 50%, you're not binging. Let's just say you're really trying. Last week we talked about the way you eat, not just what you eat.

S Which has just so changed my life, I'm a different girl.

P I just think if any of you didn't hear last week's and it was about slow down and stop stressing, please go listen to that if you're having a stall, if the weight won't budge.

S Or if you're just stressing

P Or it's just a great principle no matter what.

S Rushing through life

P For all of us, even if you're losing weight, no problems, you should still go listen to that PODdy.

S What if you're losing weight and you're just running around with bubbles of gas churning through your tummy?

P Yes.

D Slow down

P Slow down.

D Slow down when you eat.

P And... But today we're going to talk about some other things that maybe you're doing to hindering... To hinder the scale dropping, you know what, we talk about how it's not about the scale, Serene.

S Yes

P And it's not. But sometimes it could be very frustrating if you've been there six months and it won't drop. You know?

[00:04:23]

S Oh, I agree, and I just want to clarify too. Some of these things that we're saying it'd be like, ah, that sounds like rules. Well no. The thing is, the Trim Healthy Mama Lifestyle is very simple, it's very easy.

P Freeing

S We tell you about freestyling and food freedom and everything. That's great, it is easy. But now we're troubleshooting for the people who need the troubleshooting. So don't think we're putting a bunch more rules on you.

P No

S Those who don't have stubborn weight loss, don't think you have to partake with any of these rules, but if you think, hey, I just might enjoy slowing down, or I just might enjoy having that feeling of not being bloated after a meal or whatever, if you get the inkling to add one of these things, feel free. But this is not extra rules it's helpers for the stalled.

P Love your eyeshadow, Serene. Is that the Trim Healthy Mama line?

S It is. We're coming out with Trim Health Naturals makeup and it's going to be very trim.

P Yes, I was just noticing her eye...

D You know, I heard rumours and it sounds like that's going through.

P I got completely off-topic there but I was just watching her face...

S It's going to be very true to people that the compacts that all the stuff comes in are going to be so slim and slender you can fit it into anything, because I hate bulky make-up containers.

P But this make-up's going to be like all our other stuff, so natural

D Ah, get the chemicals off the face.

S We have been going back and forth with the most incredible, pure make-up chemist lady.

P Yes, she's a Trim Healthy Mama and she contacted us and we have been working with her for over a year now.

S She's been almost 20 years in make-up creation.

D Wow

P But anyway, back to this. I want to talk about... Listen, if you've just been... If your scale's been stuck for two or three weeks that's not a stall, okay? That's just natural. Look, weight will putter around, stay at the same, you know, stay right where it is for a while, and then it might even up-tick for

a little bit, and then you might see a little whoosh. It doesn't have to go down every week, I don't want you to think it does.

[00:06:15]

S And don't think every time you have an E Meal that you gained weight just because there's a few ounces of water on the scale.

P Yes.

S Extra water in you

P So let's talk about a stall, a stall is probably a stall when it's been like about four to six weeks and you see nothing.

S Yes

P And some people still lose weight, every four to six weeks they'll see a little drop and then they'll go on two or three years and they're down 40 pounds.

S Yes

P So we're all so different. But let's just say you're stuck for months. Okay, we're going to give you some, just some of our points and tips.

S And many of them you've heard before.

P Yes.

S But sometimes you just need to hear them again.

P Yes, sometimes you do.

S So in that case...

D Perhaps...

S Danny, you go.

D Oh, for... I was going to say, this is a specific... This may not be everyday advice, this may not be, am I right, is that what I'm hearing?

P Well for everyday us with Trim Healthy Mama

S Yes

P I mean, you can apply this though. Serene and I do a lot of these things.

S Yes

P Not because we are in a stall, we are at goal weight, but just because they're smart...

[00:07:13]

S They're just good habits. And we don't think of them as constraints.

P No, we don't.

D Yes

S We think of them as, hey, this makes our gut feel friendlier.

D Yes so I'm stuck in the mud, I need a winch. I need four-wheel drive. I've got to get out.

S We're four-wheel driving you out. Okay, number one, it kind of goes with the slow down approach that we talked about last week. But it's like please don't rush through your meals so crazily all day that you feel deprived of the experience. So once all the children are in bed you think, ah, now it's my time to have a date with food, the pleasure of food.

D Oh man.

S So the ice-cream comes out and the enjoyment...

P Or no, but what if it's Trim Healthy Mama? You're doing the Trim Healthy Mama plan.

S Right

P So now...

S Well there's two... Either way, if you're consuming most of your calories at night when the children are in bed because you finally can relax and breathe through your food...

D Ah, that's what it is.

P But if it's a little... A Tummy Tucking (FP) ice-cream I think that's probably going to be fine. but...

S Because that's not most of your calories, good on you, Pearl.

P No exactly I have to clarify, mates.

S Yes, exactly

P Just helping you.

S Yes, especially if you're pregnant and nursing mama, some people need a little paci, before they go to bed. Something to quiet down the little mongrels in their tummy saying, feed me, feed me.

P Yes. But what I think Serene's...

S Not that the baby's a mongrel, I meant the hungry feelings

P Yes.

S The grumbles the hunger pangs.

P I'm going to have to help you out again, Serene. What you said, that's what

it sounded like, didn't it?

D Serene actually just misunderstood herself.

S Yes, I'm pregnant. My baby's not a mongrel.

P I think what we're saying is, yes, sometimes especially if that scale won't budge you can think, I'm going to be so good today, I'm going to do Fuel Pull all day. And you're really denying yourself and you're stressing about food all day and you're cutting back or... and then you... And then it's like 8 PM and you're just like desperate. And you're just like...

S Well it's scientific...

P Heavy S, bring it on.

S Well it's scientific that if you deny yourself the nourishment you need and the pleasure you need from food, your body is going to send out chemicals. There's actually a name for it but I can't remember now. That say, that they're desperate. They're desperado chemicals and they will get their needs met, those chemicals.

[00:09:23]

P Yes.

S They want the pleasure and they want the nourishment. So if you've deprived yourself of fat all day or proper fuels all day, you've just gone FP all day...

P Well, no, we have an FP day in our fuel cycle.

S Yes I know, but you know you're going to give yourself a full up day the

next day so it's different.

P Exactly, yes.

S But I'm talking about you don't know when that up day's coming, you're just deprived.

P Yes.

D So a question then, so the proper eating during the day to nourish, to make those chemicals happy, if you will. Sets you up for success and non-binging at night?

P Yes, daytime hours have some proper meals, have a good S or a good E. Fuel Pulls are great too but don't just try again every single day you wake up, oh, I messed up yesterday, so fuel pulls again today, going to eat light, going to eat less.

S Yes

P Give yourself a good meal and then you'll be less likely to... you're going to go to bed at night and so you don't want to eat all your calories in those evening hours.

S Because at night is when you're meant to have like detoxification of your liver, restoration of your body, repair and renewal, and that can't go on when your body is just dealing with a whole bunch of Heavy S, a whole bunch of heavy, dense foods. Now the deal is if you feel like you messed up the day before, well then think I messed up the day before, so get stuck into some good nourishment during the day, keep those Fuel Pull snacks for

when you know that you're going to be wanting the hand to mouth experience in the evening and you can keep a lighter calorie load at night.

D Fuel Pull snacks, for example

P If you're struggling with, you know, stubborn weight, in the evening if you're super hungry it is better to have a Fuel Pull snack, like maybe even a Trimmy, like a Hot Chocolate Trimmy.

S Yes

P And then a lighter snack, rather... Maybe a Cottage Berry Whip.

S Listen, I'm not even trying to lose weight, of course, and I'm pregnant, but I used to be hungry in the evening and have a good hearty snack before I went to bed. But I would wake up the most bloated uncomfortable person. So I just do this, I have the Trimmy at night and it gives me that protein. I just have a tablespoon of collagen in it.

P But what if you do want to eat something? You just sort of need that hand to mouth...

S Well then the Tummy Tucking Ice Cream is the same kind of low caloric thing.

P The Tummy Tucking Ice Cream, yes, or something... Or I think one of the...

S Or the Polar Bear, we call it Polar Bear whatever ice-cream in the second book? I forget the name of it, Polar Bear Soft Serve.

P I think we did. But you know what, it's great in the Trim Healthy Table book, all the baby-size shakes and smoothies too. They're just that perfect

smaller amount that's not going to bloat you up either. We're not saying you don't have a proper evening meal. We're just saying, you know, don't have your evening meal at like 8:30 and then, you know, an then hour later be having another two Heavy S muffins. It doesn't make sense.

[00:11:59]

S Yes, and this is real world. If your family doesn't get together until 8:30, fine, that's your life, it's okay, embrace it. But if you can rearrange things so your meal's at six or to seven, that's better, because it's better to eat heartier earlier in the day than later in the evening because your metabolic force is stronger. You know, closer to when the sun was around.

P So that's... So that's one pitfall, I think, is, you know, so many of your calories at night. Second pitfall would be we've said this, but we need to say it again because we see it over and over and over. A rut, if your scale is stuck and you'll be like, oh but I'm doing Trim Healthy Mama, but you keep constantly doing S Meals and you're not having those E Meals and your S Meals are all heavy and we'll talk about what that looks like, yes, you are in a rut. And that's not Trim Healthy Mama.

S And if you're afraid of Es, in your head

P Yes.

S You know, you're in a rut then, because you're just...

P Because E Meals, carbs, healthy carbs, rev your metabolism, and they're so necessary, and the change-up of the fuels is just so important, you know,

for your metabolism.

S It's something we learned in... Is it David Marc or Marc David?

P Marc David... Oh...

D Just because you asked I forgot.

P Marc David, the author of the Slow Down Diet?

S Yes

P That's a great book we talked about last week.

S Okay, so not only do you have to have your E's to nourish your adrenals and your thyroid, but have a good attitude about them when you're eating them because a lot of women say, no, E's make me fat or E's make me hungry, or I know I just gain weight when I look at an apple. Well, you know what, come... The science that came out of that book, and it's not psycho-science, it's truth and it's been tested, with that kind of thinking your body does respond and burn less calories and hold on to the weight, with that kind of negative thinking.

P Yes, because when you're that sort of thinking releases cortisol. Yes and so cortisol is definitely not weight loss friendly. You want to release peace in your body, you want to release hope in your body.

S Yes, go make this awesome oatmeal.

P You've got to make time to eat. Yes.

D This kefir

S I'm made for this stuff.

D It releases peace in my body.

P There you go, see Danny. You believe in it.

D I feel it now. Even drinking it, we were talking with our good friend, Lesley, before the show about how, you know, now on her journey she's getting to the point where, you know, a regular old sweet tea is like psycho levels of sugar and it's... and she is becoming aware. Well, this plain kefir, unsweetened, somehow for me is candy-coated sugar in my mouth.

S That's interesting, guys. You know how we just recently learned how that there's more sweet detecting taste buds on our tongue than any other taste bud

P Yes.

S But it's so interesting because the more healthy you get the more you get to be nourished by real food.

D You awaken those little sweet guys.

S Yes, you detect sweet in plain kefir.

D And they're like super-powered.

P I know, I agree. I think when you're sugarising your life so much, and this is off topic, but it's great, I love you brought it up, Danny. Those ones, they're almost dead and asleep because they can't find their way to life. It's like the big trees are overshadowing all these wonderful smaller trees, right?

D Right

P That never see the light of day, then you take that sugar monster out, and it takes, as Lesley said, it takes actually a couple of years sometimes.

Danny, you quit sugar a couple of years ago, right?

D It's been over a year.

P Over... About a year, okay.

[00:15:18]

D And this plain kefir was not sweet when I first tasted it.

P No

D It was like, oh, a little bit bitter.

P Yes. But now you're detecting all these things in it.

D I can't stop drinking it.

P It's because those little trees have the light of day.

D Yes

S We have noticed too, Pearl, how our doonks have gotten less and less and less.

P Oh yes I don't require a lot of sweet because when I have a little sweet everything in my mouth is like, detection, oh yes.

D Well you can taste the sweet in nature, in the earth, it's already there. It's just you have like abused and damaged your precious little taste buds.

P Not to say though, those of you who are just starting and listening in, it's fine to use Gentle Sweet to get your cakes as sweet as you like them when you're first starting and stuff. It's part of the food freedom. Just watch how

you grow, though. You'll be surprised at how you change, I'm just telling you.

D So good

S And Pearl really mentioned that point just then because her husband walked in the door.

D She's super balanced now.

S Too sweet

P Okay, so most of you will change, but my husband keeps the sugar alive a little bit, I have to say.

S Can I just say something about your husband? I'm saying it really loud because Chucky Cheese is here. I call him Chucky Cheese, his name is Charlie Barret. But anyway, what was I going to say? I got distracted, by Chucky Cheese, by the name Chucky Cheese.

P You were going to talk about Charlie.

S Oh yes Charlie loves to cheat

P Oh, loves.

S That's why it's ch-ch-ch, right? C H for Charlie, C H for cheat

D Cheating Charlie

P We're talking about you, honey.

S Well I'll tell you what, do you know why he's still so wonderfully thin? I've just realised it.

P Why?

S Because when he cheats there's no guilt.

P No guilt

S No guilt

P I said that to him the other day, I said... I don't know if we're actually giving a good principle here. Don't be like him.

S No, because you have him on the plan

P I know...I do

S You get lunch up to him and you feed him all that...

P We're talking about you, honey. I feed him good food, man. His breakfast is made, his lunch is made, and that's just because he will make choices that are just so bad unless I make them for him. But he likes to cheat. So when he cheats, I asked him the other day, do you even feel an ounce of guilt? And he has this huge Cheshire cat smile and he dimples, it's so cute, and he's like, not a bit, you're my guilt.

Charlie I'm here to protest any discussion about me.

P Well it's happening, honey.

Charlie My first appearance on the podcast

P Yes.

S But you know it's Vitamin P for pleasure. Charlie finds pleasure in food.

P He does. He still finds that pleasure in sugar. You know, all the other Trim Healthy Mamas, they're like sugar, ooh, it makes me feel bad, it's like, uh, I feel gross, and it wasn't really good. Just like Danny and his sugar, like

Lesley, it doesn't taste sweet now. Honey, can you get on...I want you to announce what you always say, you've never said that. If it wasn't for Trim Healthy Mama what would you be like? Come on.

Charlie Well if it wasn't for my wife, Pearl...

P Oh, you don't need to say that.

Charlie And Trim Healthy Mama, I would probably weigh about 280 pounds now.

P Yes. And you're 61, he's 15 years older than me, and he's in really good health. And he's...

Charlie Yes, I only weigh around 200, so...

P Yes, so

Charlie And I'm six foot tall.

P Yes. He's happy and healthy and cheats.

S But there was a point to that, though.

P There was a point.

S The point is, is finding pleasure in food. Like find the pleasure in the E Meal, please.

P Yes, oh yes. That was your point, wasn't it, Serene?

[00:18:36]

S My point is, when you have pleasure in the food there's less negative effect.

P Yes.

S Than if you've got guilt

P And back to the whole point of if you're just saying you're doing Trim

Healthy Mama and you can't lose weight but your meals... Let's give a typical day of why you might be stalling. Let's say you get up and you have an omelette and you put cheese and maybe cream cheese in there and then you have your coffee and you pour about two, three tablespoons of cream in there. And let's say you have a little frosted muffin on the side or a couple pieces of bacon, okay? You've got an S Meal. Yes, it's Trim Healthy Mama.

S But it's also a very celebratory S Meal.

P Yes, it's like a good once a week type one. And at first you're going to lose weight on that. But let's take your lunch, Serene, let's give a good Heavy S lunch which is a fine lunch but these are the things that if you're doing them on a daily basis might be stalling you.

S A leftover Cheeseburger Pie

P Yes, leftover Cheeseburger Pie. And then instead of having salad with it you're going to have...

S A second piece

P Yes, a second piece and you're going to have a piece of like... Oh you're going to have...

S Nuts

P Any, and almond flour piece of cake with it, or, yes something like that.

S A brownie

P Something dense, and then that afternoon you're going to have some cheese and nuts for your snack.

S Yes

P Then that night you're going to have another casserole topped with cheese and you might have a little salad. But then you're going to have broccoli and it's going to be topped with cheese and butter.

S Ranch is all over the salad too.

[00:20:00]

P Ranch is covering your salad. Then for dessert you're going to have a piece of on plan cheesecake. Okay, you have been on plan all day.

S You've been on Christmas plan all day.

Charlie Can I have the Cheeseburger Pie three times a day?

S You're still here. Danny, take the mic.

Charlie I'm still here but I'm about to turn it back over to Danny because I'm not really enjoying this all that much and I don't have that much to add to the S and E plan thing.

P Because you don't know what they are

Charlie I just do whatever Pearl tells me. Don't worry, gentlemen, if you don't get it your wife will get it, that's all you have to know.

D Ladies and gentlemen, round of applause for Charlie Barrett.

S For Chucky Cheese

P His cameo

S Hey, but I'm the only one in the world allowed to call him Chucky Cheese apparently.

P Yes.

D Yes, I don't think I'm going to breach that rule.

S There'll be no paycheque in the mail, Danny.

P He pays the cheques.

D I'm going to keep that little deposit coming.

P All we're saying is that meal, those meals on your day may be stalling some of you. So let's go back and let's change this day.

S So let's rearrange it. So in that morning breakfast have a couple of eggs, fry them up, and on the side have a bunch of spinach, mushrooms, your favourite non-starches. Or make them the Big Egg Scram from the new book.

P Right, now if you need, you know, you need a lot of eggs, maybe some of you are doing three and four eggs, have a couple eggs, and if you feel like you need more eggs throw on some egg whites. You've already got your nutrition with your eggs.

S I agree with that, Pearl, but those non-starchies...

P But you need your non-starchies.

S What I'm saying is the more you put in the more full you're going to get, the more large that bowl is going to be.

P So true, so hey, so there's your breakfast, or have an E breakfast. Have your oatmeal and... or have... What else have we got, Serene, Es for breakfast?

S Oh, I love a good couple of pieces of Ezekiel toast.

P Yes.

S With some cottage cheese on top and some hot sauce, and then...

P I love frying up egg whites until they're crispy and then having some fruit on the side.

S Oh yes

P I love that.

S With a little... In a non-stick spray.

[00:21:53]

P Yes.

S Yes

P And I put nutritional yeast on them...

D Egg whites, why do you lose the yolk?

S Because of the E

P Because it's E, Danny

S Good on you, mate, see? See that was just a good example of the Man Plan...

P What's an S, Danny quick pop quiz.

D S is satisfying.

P You're right, but what does that mean?

S Sam came home today, right, with the new Trim Healthy Chocolate for us to try, to taste. before he brought it over to you. And I'm like, sorry Sam, I'm doing an E for lunch. And he's like, chocolate's E. I'm like...

P Oh my goodness

S Right, okay. The book might need to be read.

D Is it safe to say that all men just full-on abuse any semblance of plan?

S Hey, anything's an E when it needs to be an E.

P Yes. I don't know, some men are really right on there, Danny.

S Oh yes

P You know, you've got, some of your 17 men that follow you, they're way better than you.

D There are some serious dudes out there that... Yes.

S Men don't... Men are a very intelligent race. The men that don't get it, it's because of choice.

D Oh, thanks Serene.

P Or my husband, standing there smiling right now. He knows it's choice, he doesn't want to know exactly what these things are. What he doesn't know doesn't hurt him.

[00:22:54]

S Hey, shout out to you guys! We mentioned this awesome sponsor for our Trim Healthy Podcast, called Health IQ to you guys, and they had such a response they were so thrilled, they were like hey, can you just tell them again about this, because you guys make things happen, you have made things happen for us.

P The Mama's in the Trim Healthy World are world movers!!

S You guys are game changers, we love Healthy IQ because they take into consideration your steps, your hard work that you are already doing.

P You know how some auto insurance companies will reward you if you are a safe driver, well see Health IQ does that in the same way.. if you are a smart eater and you are if you eat Trim Healthy Mama or if you move your body, they reward you...

S It makes sense and I love companies that make sense!!

P So to see if you qualify go get your free quote today at healthiq.com/trimhealthy or mention the promo code trimhealthy, if you talk to a Health IQ agent You can take your Health IQ quiz there and if you score well, you get lower rates

S Up to 33 percent

[00:24:01]

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

S Serene

P We were fixing this Heavy S day, okay? So now we...

S Now it's lunchtime.

P It's lunchtime, mate.

S Okay, maybe you had that E for breakfast, right? That we were talking about.

P Yes, let's do you a salad.

S Salmon and salad with some nice walnuts thrown on, I had that yesterday.

P Yes, but don't overdo the walnuts if you're in a stall, just a nice little sprinkling.

S No, but I'm just saying, just that little bit, it's better than the croutons. It gives that little crunch.

P Yes.

S I'm just talking about a smattering. It's an S, by the way, and you're not adding ranch.

P And, no, if you're stuck in a stall please don't be adding a pouring ranch all over. In fact, if you're in a stall I never want to see you, being bossy here. Sit at a restaurant and they bring you that little quarter cup tub of ranch on the side. And you pour the whole thing over your salad.

S I think it's a half cup, mate.

P Like my husband does, he asks for a second one. Look at him smiling. He's like can you bring me another one of those ranches? Both go over, all I'm saying, if you are in a stall...

S He's not in a stall. If you're in a stall we're going to boss your brain about it.

P We'd rather you do olive oil or vinegar or do a little of the ranch. Do half or just dip into it. But I don't want to see that whole thing consumed because it's not healthy oils.

D You're not eating salad at some point, right?

P No, you're not eating the salad. And so, you know, have a huge amount of veggies, top it with a good protein like Serene said, like salmon, or grilled chicken or something.

S Yes, so you know how I love to do my salmon, because it's so quick? Because sometimes why I make stupid choices for lunch is time.

P Yes.

S It's like, I'm hungry when I'm hungry and thawing out that piece of salmon and then like waiting for it to fry and it's still raw in the middle and the outside is crispy, oh, and then I have to wait longer. So I just do a quick thaw, like stick the piece in, you know, like in its plastic in the hot water real quick, not boiling water but warm water. And then five minutes goes by, I open it up and I stick it in a little... I poach it in a little bit of water.

P Yes, you taught me that, I love it.

S Yes, and it's done so quickly

P And then you flake it.

S Then you drain... You just put a fork in it and then tip the little pot upside down so all the water's going out. Then you add your little bit of coconut oil or butter or whatever fat you want to do, and then you flake it in...

P Nutritional Yeast...

S That little bit of crispy, at the end, instead of overcooking the oil.

P Yes.

S And it takes so long to then cook the centre.

P Yes, and then you season it up, put it on your salad, it's delicious. Hey, then you might be thinking, I just had a salad for lunch, I need more. Okay, then...

S You know what, if you do a really big salad you're full, I'm telling you.

P No, I like to end with either a Trimmy or my Speedy Chocolate Milk. It's just half a scoop of whey with a cup of almond milk. Or a Baby Shake from the Trim Healthy table book. You will... If you're hungry after that... I guarantee you won't be.

S No, if you're hungry after that, make that salad bigger and make that shake a little bit bigger but there's no need for the big almond meal croissant or something.

P No, exactly, okay. We have an afternoon snack coming up, Serenie, for the busting stall day.

S Well if you just... Yes, if you're in a stall day, I tell you what, I like, you know, a little bit of a Glycine Glory Pudding and if you're not a pudding girl maybe you just want to have a metabolism-revving apple.

P With...

S With like some peanut junky nutty butter, whatever you call that thing,
Pearl

[00:27:08]

P Yes, absolutely, or again you could have... You know, if you're a shake

person the baby-size shake or...

S But you just had a shake at lunch.

P Yes, you maybe did, then again you might not have, Serenie.

D By the way, what did you say, Glycine Glory Pudding?

S Oh, I was just naming one of the puddings in the book. I like to have a nice little like yum sweet...

P Yes, I like... Or a small like, yes, kefir smoothie or Yuk Yum or...

D Is that the actual name of it, Glycine Glory?

P Yes, that was in our last Trim Healthy Mama book, wasn't it?

S That was when we were in the glory of glycine. We were glorying in the glycine, you know, the...

P Yes, that was not Trim Healthy Table. We have a new gelatine pudding.

S Yes, what is it called?

P Pudding

S I forget the name.

P In the Trim Healthy Table book

S Yes

P I forget the name, sorry. Hey, let's go back to that lunch for a second, we only gave an S option. You need E's too. So perhaps you could...

S Yes, oh, have a sweetie.

P Sweet potato

S Sweet potato with a little tuna on the inside

P But a lot of people, like if you're working, you know, you're not there to make the sweet potato, but you can have them...

S Greek yoghurt and berries, I love that for when I'm out.

P Just for lunch, it doesn't seem enough for lunch.

S Well no, you've got the Greek yoghurt, good cup. Filled with the protein, and then you pour those frozen berries into the container before you left and a good amount, this is E, right? And then by the time you eat it at lunchtime those frozen berries have oozed out their rich, gorgeous...

P Sounds more like a snack to me.

S Yes, but it's huge, this bowl. And you could have added whey protein in it.

D Yes, no, now it's like a flavour... It's like a flavoured yoghurt.

S You can add strawberry whey protein and just kind of like stir it around. So it's sweet and yum and protein and rich...

P Or you can pack an E sandwich. Like with sprouted bread or sour dough bread. And then have a piece of fruit on the side.

S Yes

P A little bit of cottage cheese or something.

S Go for it.

P So...

[00:28:44]

S Waldorf Salad taken to work is a great one.

P That's what I brought today.

S Yes

P To the PODdy, I had it with cherries instead of an apple.

D And you ate it with your chopsticks.

S Of course we do, Dan, we're slowing down.

D Slow it down.

P Slows you down.

S My husband asks for chopsticks at night now.

P Does he?

S He hasn't read the book but I've told him about it.

P Charlie who's still standing here watching us...

S He's scared. He's now nervous that we're going to say something more as soon as he leaves.

Charlie Let me say now, the only reason I'm in here instead of out there on the porch swing is that I forgot to take down the hummingbird feeders...

P I know, there are bees

Charlie And I've become an accidental beekeeper.

P You have.

Charlie So I've got to clean that up at some point.

P They're swarming, honey.

Charlie Yes, they are.

P Scary, but you're still listening.

S While we're in here, just to... Just so you have the picture of this whole PODdy experience, well we're in here talking on the PODdy, Charlie, we see him through the picture window sitting on the porch swing, staring at his preciouses which are the hummingbirds. And his head moves from side to side like a clown at a fair, you know how their mouths open and they go from right to left in a very rhythmic timed fashion.

D Fashion

[00:29:44]

S That's Charlie's head as he watches, right to left, both the hummingbird feeders.

Charlie We need to start doing this on video. See Serene doing that, so you can get the picture.

P But now, now it's all bees

S Okay, we've got dinner.

P Yes, we're up to dinner.

S I would have a Trimmy Bisque. If you're stalled you need a Trimmy Bisque.

P She means that from the Trim Healthy Table book.

S There's 21, I believe, Trimmy Bisques.

P And she's promoting her own soups, and mine are in fierce competition with hers.

S Hey, I tell you what, Pearl is queen of the casseroles. If there's a good casserole in that book, it's Pearls. I'm telling you. I'm just giving her all the

glory. That White Wonderful Blender Bread, I can't take a cent of the glory for it. But I tell you what, I'm going to stand here on my little block and say, my soups, man, there's nothing coming near it.

P They are going to shred the weight off you and they're delicious. Yesterday I had your Cheesy No-Cheese Trimmy Bisque, Serene. It was so amazing...

S And they're so filled with superfoods. Now I'm not the All-American cook like Pearl but I'll tell you what, I'm going to make you lose weight with my Trimmy Bisque's at night.

P Yes, and you think to yourself, oh, there's so many ingredients, it's going to take me forever. It did not, it was quick for me. And it's because so many of them are seasoning. Serene's the seasoning queen.

S And Pearl formatted the book and she puts the...

P I didn't format, I just put it together.

S Yes, because if I...

P Now they're all going to blame me for all the mistakes.

S No, no I'm just saying she put all those Trimmy ingredients all in their little gorgeous position.

[00:31:09]

P Yes, the way I receive recipes from Serene you'll all just feel sorry for me right now.

S Just thank Pearl. They were in a creative brain blurb and I press send.

P Yes, they're messy.

D So after you hear Serene and Pearl share about all these wonderful ideas of cell-nourishing real food, and losing weight, how do you ever go to some horrific diet that involves you buying their special expensive bars and that are laden with chemicals and bellyaches, but sure, you maybe at some point lose weight miserably.

P I agree, Danny.

D What else is out there?

P And you're getting a pay raise next week.

S It's because Charlie's still in the room.

P Yes.

S He's just being on his best behaviour and throwing out compliments to his wife and...

D No, I'm really curious. Every time I hear you talking that way...

P We never ever bash other diets, ever, because we feel like everything has a premise, everything has a gem.

D But that's why I'm here, to help bash the diets.

P Yes, well... But sometimes I see like, you know, we'll see protein bars around and it's... These diets are supposed to strip weight off you and look and the first thing is like...

D Full of chemicals

P Soy protein, the next thing is like some filler. How, honestly, can they feel

in their heart that they can do this to people?

S I know. It is...

P It's the way we feel.

S It is a crime. It is a crime.

P But anyway, hey, back to that. What if you don't want a soup?

S So if you don't want a soup...

P And you can do my soups too,

S We're having that soup, ladies. No, but you don't always have to have soup.

S Actually it's not even a soup, Pearl, I told them in the book that you can't call it a soup, it's a Trimmy Bisque.

P What about some of my skillet meals are so awesome, in the Trim Healthy Table book try the Fish Tacos in a Bowl

S Yes

P Those sorts of things, there's a bunch of E's, there's a bunch of Lighter S ones too.

S Hey, and if you just want to do quick Sweet Potato Bake Night is so quick.

P Yes, that's another E.

S You stick those sweeties in the oven and then you just load them with your favourite protein, you know?

P All we're trying to say is not the Heavy S casserole every night. There's a place for them.

S Yes

[00:33:02]

P They're comfort food, and I certainly have them in my home. But if you're doing them every night and you're in a stall you're not doing yourself any favours, you need to change up.

S Right, and then for dessert...

P Yes.

S I'm telling you what, a dessert could be a little Tummy Tucking.

P Tummy Tucking Ice Cream, that's from the middle cookbook.

S And there's another one from the middle cookbook. And it's a great... I think it's called Polar Bear or something, it's... You make about eight ice-cube trays full of it.

P Yes.

S I forget the name but that stuff is so light and rocking. (Polar Bear Soft Serve)

P But John wants us to wrap this up. We're going to have to continue this stall-busting streak for a third time.

D Yes, and again, if you missed the beginning, this episode was specifically for people who feel like you're in a stall. So some of the things said may not be your everyday.

P We don't want to hear on Facebook, Serene and Pearl said we can't eat past seven at night, we don't want to hear that, because that's not a rule.

S No

P We just want to give you some pointers.

[00:33:57]

Trim Healthy Mama Product News and Notes.

P The very new Trim Healthy Mama Nutritional Yeast...

S Nashina.....Nutritional Yeast

P Why are we even carrying this, Serene?

S My children, my little ones and my ones when they first came from Africa they couldn't say nutritional, they call it nashina. Where's that nashina yeast?

P Oh, that's cute.

S Why are we carrying it, because it's in nearly every recipe

P Yes, it's just such a great flavourful stuff. It's cheesy but it's full of B vitamins, it's full of protein.

S It's full of chromium. It's full of Beta Glucans that help your immune system. This stuff is medicine and it's not... Please do not think when you hear the word yeast that it's going to be creating yeast in your body. It actually fights candida albicans.

P Yes, it fights the bad yeast. It is very good for pregnant women, Serene, why?

S Because it's got a natural folate

P Natural folate, yes

S Yes, exactly, we don't put the synthetic B vitamins in ours, that's why ours

is more of a pale buttery yellow, it's not that bright like I am yellow yeast.

P No, because that's synthetic, listen, you can buy nutritional yeast from the store these days and we thought, why should we carry it until we found this non-synthetic form, and then we're like, we have a reason now because we prefer this

S And you know what, some people they can only buy it like at their local grocery stores so it can be very expensive because it's not like an item that's readily bought.

P Yes.

S And at the health food store some people don't live close to a health food store.

P Yes.

S So if you're at Trim Healthy Mama, you know, the online store, it's just... or if you come to one of our retail stores, it's just easy to pick it up while you're there, pick it up online and we just thought it'd be easy to put in your cart.

[00:35:40]