



## Trim Healthy Podcast with Serene and Pearl Episode 41 - “Stalling & Stubborn Weight Loss” Part 3

*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 · L = Leslie

[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 Welcome back, everybody to the Trim Healthy Podcast with your hosts, Serene, Pearl and Danny.

P And Danny Boy!

S Well done, Danny.

D We are on to some good things again today. Today we are doing kind of a

Part Three of a, I guess, theme for the Mamas who are kind of in a rut, you're in a stall, if you will, or you're stuck in the mud, you're not seeing the scale move, and you're doing everything right. Serene and Pearl are going to wax hot on some tips for you!

S I tell you what, you're doing everything right; you're doing the free styling food freedom, Trim Healthy Mama way right, though there are some little tweaks that can make your journey maybe a little bit more right.

D And all of this, what is about to be said may not be the same advice they would give for those who are not stalling. This is specifically – am I right? – for the stallers.

P Yes. It's all practical and it's all... hey, if you're...

S It's all truth.

P It's all truth. Serene and I actually apply most of this stuff to our own lives...

S Yes

P Not just because we're trying to lose more weight, but just because it's sensible and it's ultimately healthier.

S Yes, it is.

D Yes, I think the goal here...

P It's very mature.

S We just don't want to put extra rules on people that don't want them.

P No

S We don't see them as rules. We see them as freedom.

D Because anything that even looks like it's going to violate food freedom...

P Out of here!

D Is not allowed

S No, out of here

D Yes

P And, you know, we all have our own journey of progress. When I started Trim Healthy Mama, I did it a certain way. I do it differently now; I think I matured in the plan; I've got a little more Serene on me. Maybe she's got a little more Pearl on her.

S Yes

P I've realised I don't need certain things; I've tweaked things here and there. So as we grow we mature, so if you're not ready for this, put it at the back... put it on the shelf and say, hey, I'm going to pull that out one day.

[00:02:32]

S We wouldn't have been ready for it.

P No! We're just saying, hey, if you need this because you're stuck in a stall, this would be your freedom, you see.

S Yes

D Four-wheel-drive time

P Yes, let's push through this.

S You like saying that. It's a man thing. It's like a special Ford ad.

D I get to keep talking about four-wheel-drive, and I never really get to do that, so...

P Yes, I don't know how many of the Mama's are resonating with it, maybe a few, but you're 17 men, you have them.

D All right, so instead of four-wheel-drive...

P No, you're good, mate.

D What's like the final push for the baby? I don't know. I'm done! I'm done!

P I don't know. We should...

D Just move on. Try to pretend I never said that.

S He tried to do a birth analogy, but, yes...

P Yes

P Okay, so please listen to last week's, which... we talked about some pitfalls, we talked about if you're Heavy S'ing or if you're eating all your calories at night...

S And the first week of the series, which is...

P Oh, that's the most important one.

S The catapulting part of this

D Oh, slow down!

P Slow down and stop stressing!

D Slow down and, specifically, it was about, of course, slow down in life, but slow down when you eat.

S If you get a chance to watch the little ten-second movie of Danny slowing

down...

P Danny...

S It blessed my soul.

P Yes, after... we didn't tell Danny to do this. After our podcast on slowing down, Danny took out his bar – I didn't even care what bar it was, it had some protein in it, but Danny does the Man Plan, things aren't quite perfectly S and E sometimes, but he looked for a bar with protein, and it was a good protein. It wasn't like soy protein.

D It was solid bar.

P So he... hey, he just started eating this thing in a totally different way than he usually would...

D I gave you an example, if you will, of a slowdown.

S And we were like: stick that phone in front of him because that's just too perfect, so...

P Yes

S It wasn't planned.

D Where is it...? Where is that?

[00:04:05]

P I don't know. It's on. We'll make sure it's on.

D Is it on somewhere, all right.

P It's good. Okay, so...

S Where did we leave off? We left off last time about: don't be in a rut of S.

Or if you're in a rut of just E's, which is very rare, but some people may be in it; maybe they're scared of fat...

P I think it's possible.

S We need to change that, because it's all about fuels people.

P And, you know what, we talked about Heavy S and all that, but the pure fat, we didn't really discuss, Serene...

S Oh, that's huge....

P What are the revving fats and what are the non-revving fats, which is still a part of Trim Healthy Mama because they're fun and they're wonderful, comforting fats, but what are the fats that help you lose weight?

S Coconut oil, MCT oil, butter, red palm oil if you're weird enough, like me; any of those... olive oil...

P Yes.

S In salad, any of those pure, super food, real food oils. We're not talking here about mayonnaise here that's Hellman's, soy bean oil or ranch...

D At least that's Hellman's

S We're not talking here about, you know, pasteurised cream cheese and...

P Yes, now, those things... hey, they're on plan. They're not as trimming as the other oils we talked about, and let's talk about amounts; some of us, like the more oil... the more coconut oil Serene uses the more it just burns the fat off her body.

S Yes, I have to be careful not to have too much, because I'll go underweight

with too much coconut oil.

D So coconut oil on its own can shred fat?

S No but whenever you have it in an S setting, like, you know, if... like, that's where, yes, but...

D It sounds like I'm going to have to start spreading some coconut oil...

P Well, you don't need to lose weight, Danny.

P But MCT oil is the most trimming oil, so, like, if you've got a salad, instead of putting ranch, put some MCT oil and balsamic vinegar and something...

S And it makes everything so silky.

D Yes

P So delish! I love it!

S I love it!

P But, hey, I want to talk about amounts here. Like I said, Serene can just chow down on that stuff. Some of us use those trimming oils, but you might be a person who just doesn't burn fat as well as Serene or some other people, so then you don't go putting four Tbsp on your salad...

S And maybe you burn carbs better than me.

P Yes.

[00:06:17]

S So we're all different.

P We're different. So don't go putting four or five tablespoons of oil on your

salad. You're going to get wonderful health benefits with one to two tablespoons.

S Yes

P So as much as we've just told you about the most slimming fats there's also amounts to consider. Tune into your body, listen to your body watch what's happening; don't just think, well, hey, coconut oil on plan, I'm going to just shove it down my throat all day. Tune into what your body needs.

S Give me chocolate, every time I pass the fridge.

P Yes.

S So, actually, that brings us to a point, but we're not there yet, to that point, but we should talk about...

P Okay, what was that point?

S Grazing Grace

P Yes, we'll talk about that later, mates.

S Yes, we'll talk about that later.

D Is that a new show coming out on Netflix?

S Yes, it sounds like a new show. But, yes, so one way of really tweaking your S Meals is make sure that not all of them are Heavy S, which is... Heavy S simply means the more dense calories from fat that are not as revving.

P Yes, let's talk about some of the fats that are welcome on plan and people do well with them...

S Store-bought mayonnaise

P Okay, these are the ones that, if you're at the store, let's watch some of these. You don't have to eliminate them, but let's watch them, store-bought mayonnaise, store-bought ranch, if you're going to have some store-bought ranch, please thin it down with some water. And here's my best tip, oh, my goodness, this can change your world and you still want to eat some store-bought ranch, because, Serene, I know you never do. Serene has a fabulous ranch dressing in the new Trim Healthy Table Book.

S Thank you, Pearl

P That's Fuel Pull

D A recipe...

[00:07:47]

P It's a recipe, and people, like, I cannot believe I'm eating this ranch and it's Fuel Pull.

S Hey!

P They are loving it Serene.

S I'm so happy. I'm like wiggling my toes in delight.

P But some of us...

D I can verify that; she is.

S I have toe issues.

P Some of us don't always want to make ranch dressing; we don't want to take that trouble, so we buy... okay, I am talking... I am the half-author of these books, half the co-author, I still buy ranch dressing. I just love it.

Usually, I have olive oil and vinegar or MCT oil and vinegar, but sometimes I just want my ranch.

S And Pearl and I are still friends.

[00:08:17]

P We're still friends, but here's what I do now. Oh, my goodness, Serene, this can just change people's worlds! First of all, I do thin the ranch down with a little bit of water because I don't want, you know... it's not healthy fats, the store-bought ranch. I just put a small amount on my salad. Then I get Frank's Buffalo Hot Sauce and I put a lot of that on my salad, and so I've got a little bit of white and a lot of red, and my salad is so tasty, and I've got so much dressing because I really dressed it with the hot sauce...

S Wow!

P That I really don't need much of this ranch

S I truly love hot sauce on salad.

P And my salad is just zinging!

D That's kind of an interesting point that I think applies more broadly, how instead of drowning your foods and things, consider something spicy, because what you're going for is full flavour, right?

P Yes, you are, and it revs your metabolism with the spice. Well, we actually have a... for Serene-lovers and purists, you can make your own fermented hot sauce from the Trim Healthy Table Book.

S That stuff rocks.

P And it is yummy, but some of us just want to buy stuff. And here's the deal, if you're not a spice-lover like me, like, I really love that heat in my mouth, you can use a mild salsa and do the same thing. You can use a mild hot sauce and do the same thing, but it's just that flavour.

S Oh, yes

P And you're cutting down all the junk ranch.

S And all the calories

P Now, listen, ranch is on plan, but I sort of consider it junk.

S Yes, it's a Franken.

P Yes, it's a Franken.

D Franken!

P So let's keep going with some of these fats that aren't so healthy.

S Yes, okay, now these fats that I'm about to say are super-super-healthy. They are also... they...

[00:09:52]

P What, I thought we covered those?

S No, they are super foods, but they're not as revving as pure coconut oil, olive oil...

P Can we cover the junk ones first?

S Yes, but we did... mayonnaise and ranch are the major junkies, margarine was not ever on plan.

P Okay, well, let's...

S So what else

P Okay...

S Everything; soybean oil is junk.

P No, Serene

S Oh, yes, the pasteurised cream cheese

P Store-bought ultra-pasteurised cream and cream cheese...

S Half-and-half, yes.

P I go small on those amounts, but sometimes I will have a good piece of cheesecake and I'll just enjoy it. Come on!

S We do.

P But if they're your daily fare...

S If I go to a birthday and our wonderful hill baker, hilltop baker here, Esther...

P Yes, Serene's daughter-in-law.

S She's the best pie baker, cake baker, I'm going to have a piece of her cake.

P I totally am.

S I'm just going to have some and enjoy it

P And sometimes I'll have a little tablespoon of cream cheese in my shake; it's okay.

S Oh, I won't go as far as that.

P Okay, well, you're the purist of our team.

S I will still be your friend Pearl

P Yes. But all I'm saying is, if you're in a store, check... also, ultra-pasteurised cream you're pouring in your coffee, are you just...?

S But do a Trimmy. I tell you what, the Trimmies are so delicious, and if you're not going to take the time for that, then do like Pearl does and...

P I do one...

S Over the years she's just got less and less with her cream.

P I do one teaspoon.

S When she wants to fatten me up, I know what she does. She's like, Serene, hey, would you like me to put some cream in your coffee?

P Yes.

S She purposefully pours as much as she can pour in.

P Yes.

S So... because she knows too much cream in your coffee is a way of doing that.

P Yes, I do one teaspoon of cream in my coffee. I'm sorry, I've just grown to love it.

S Yes

[00:11:15]

P That's full-fat, that's full-on heavy cream. That's not half-and-half. You need more than that when you're dealing with half-and-half.

D Every now and again I still. just a little sip of heavy cream

P Oh, you just swig it out of the carton?

D Just a... but it's... I used to chug it like a psychopath.

P That's all right, mate.

D But every now and again now...

P That's funny.

D Just to... just for old times' sake.

S Sometimes I get the psychopath deal for my raw cream, on top of that pastured raw milk, but I have no guilt about that.

D Yes

P Well, it's grass-fed.

S But after reading the Slowdown Diet, you shouldn't have guilt about that little chug of the real. stuff..

D You know, my kefir has curbed that desire for me to be chugging heavy whipping cream.

P We will just call you Kefir King Danny.

P I love it, Dan, I love it.

D Kefir is king at the Valdes house

P Okay, so...

S Okay...

P Okay, I had to get another out of the way. Serene, go, what's yours?

S Okay, so these fats I'm about to say are healthy. They are superfood, they are wonderful, but they don't burn as well as the coconut oil, the MCT oil.

Those are the first burners, and then next the butter, and then next under that the olive oil. Olive oil does burn majorly, but it's not the middle-chain fats; and the butter is a short-chain fat. The shorter and the middle-chain fats, they just burn quicker.

[00:12:20]

P Along with those, I'd just put some other oils, like sesame oil...

S Yes, they're so great.

P Things like that

S But they're just... they're more of a long-chain fat and they are Deep S, so they're fantastic. Your body will just do well on them, way better than the pasteurised dairy and the fandangled soybean oil. But just know that they are like not as revving.

P They're B instead of the A.

S Yes, and as far as the rev...

P Right, the rev

S Because God made everything A, you know.

P He did.

S But then nuts...

P Okay.

S I just call that a C on the revver

P Yes.

S .A on the quality of wonderful health

P Health

S But if you're in a stall, don't go like pig out on the not-so-revving fats.

P And can we talk about almond flour for a minute?

S Yes!

P Oh, my goodness

D Please, Pearl. Well, I don't even know...

P Almond flour is nuts ground up. You can so easily overdo that. If you're just going to, in finding your Trim Healthy Mama way on Pinterest, you'll find that every second recipe has almond flour in it. That is not the way we invented our plan.

S You know, that's massive monsters with giant teeth done all the hard work first for you, right, mashing those almonds up. It would've taken you a while to sit and chew all those almonds. So you don't even realise how many almonds you're eating.

[00:13:37]

P And, you know, you've got an almond flour crust and then you're putting almond flour into your cookies and listen that's why we created Baking Blend, because almond flour is too heavily dense. You can do it occasionally, but it's too much for your body. I don't know one person that could...

S Our Assistant Manager is walking past the podcast like a psychopath speed-walker walking down the creek.

P Oh, she walks down the creek and she goes fishing and kayaking and stuff.

S I just wanted to paint the picture. Anyway, back to the podcast

P Almond flour – listen, we’re not saying it’s a bad food; it’s a fine food, but people are overdoing it, and it has been overdone.

S It’s Christmas, it’s birthday, it’s, like, you go and have that almond flour crust awesome.

P If you want to... if I could list maybe the number one reason for stalls on Trim Healthy Mama...

S Thank you.

P I’ll just blame almond flour.

S And cream cheese

P Yes.

S Almond flour and cream cheese

P And that’s why we created Baking Blend. There’s a tiny bit of almond flour in it, but there’s all those other lighter flours in there so that you can enjoy your treats without overdoing fuels.

S And collagen in it.

P Yes.

S Which is fantastic for weight loss

P And it’s cheaper than almond flour. Listen, we don’t always, we don’t like force our products onto people, but there’s a reason it’s there.

[00:14:43]

S There is a reason, because we care.

P Yes.

S That's why it's there, and it took a long time to figure out. We had a good old bunch of fights in our kitchen, and so...

P Yes, about how to formulate Baking Blend.

S Yes

P Well, okay, so there we go – nuts. Thank you, Serene, for bringing that up. Let's be respectful of nuts.

S And avocado is another super food and I want you to put half on your salad, but not if you've already got walnuts and goat's cheese and all your olive oil. Just choose one fat, one... besides from your olive oil. You can choose like a sprinkle of nuts or, you know, or that half avocado. Now, if you're at goal weight or if you've got no trouble with that scale tipping, or if it's just your one special Sunday afternoon salad, have a few varieties of fats, but if you're in a stall and this is your everyday salad...

P You can still really enjoy that salad...

S Yes

P You really can. But what we're talking about is a daily basis thing here; if your salad has goat's cheese, has oils, has nuts and has avocado, there might be a little pulling back there.

S Now, the recipes in the first, first, first Trim Healthy Mama book, the first one, before we even went to a publisher...

P Yes, original Trim Healthy Mama.

S There are some salads and some menu days... because it was my beginning experience on Trim Healthy Mama, and those are in there.

P And, you know what...

S To suggest a salad like that, and they're fine and I did well on them, but now we've learned that people can have issues...

P People can.

S So we've changed, if you've noticed...

P You're always pregnant or nursing almost always, so you totally need those calories.

S But, you know what, I don't always choose all those fats any more...

[00:16:14]

P No, you don't.

S Because I don't feel like I'm starved for them any more.

P No, we don't overdo in our natural, basic plan, you know.

S Because I can't enjoy my walnuts if I've got all these other things, like, crowding out my brain space.

P I'm telling you, there's that little place in Dixon... we go to this little pizza place in Dixon, Tennessee, that's our hometown, and it's funny, because, you know, we take... Serene and I take people there, business, Trim Healthy Mama people, and they're like, why are you taking us to a pizza place. Anyway all that, just to say it's a Christian place, lovely, family-

owned, but they have the best salad there; I always get the goat's cheese and walnut and blueberry salad, and, Serene, I feel fine doing that.

S Well, that's fine, but I tell you, when people have got a list of five fats going on at the same time.....

P Yes, and doing it on a daily basis.

S The whole avocado, all the walnuts, all the goat's cheese, the olives, the... all kinds of different fats.

[00:16:59]

P But we laboured that point. Do you have any more to say, because I've got a new point...

S No, I think you could definitely move on. I'm still wracking my brain. No, but I do want to say really quickly, the cream in the coffee is a big deal.

D Kidding!

S My husband, bless his soul, I know it's his downfall...

P Bless his soul!

S He knows it's his downfall, he makes his coffee like Ninny. Ninny is what I call "mother's milk". All my children named my milkies Ninny.

P Oh, no! Ninny, Mama! Haven was like: Ninny!

S And every time Sam comes back from the gas station, the Shell, and he's got his coffee, I said, let me taste it. He's like, no, because you'll tell me it's Ninny. And I do. I taste it; I'm like, that is just pure Ninny!

[00:17:43]

P His coffee's almost white, hey, with...

S Yes, so... no and that's why he is exactly where he needs to be, and I think he's the gorgeousest [sic], sexy thing in the world, but...

P Just hunkness

S Yes, just a massive hunkness

D But it's the cream?

S It's the cream

[00:18:00]

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 Health 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

[00:19:09]

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

S Serene

P Let's talk about dairy itself.

S Okay, so my double-fermented, raw, pasture-fed kefir, I personally noticed, for me, like, you have to take in your own makeup, your own metabolic, genetic form

P Please do like Danny's just realised kefir is rocking his world.

S Yes

D Rocking my world

S Kefir... basically, I lived on my Yuck Yums, for breakfast, lunch and dinner when we wrote the last book.

P Yuck Yum Bitty, for everybody, just...

S It was just sanity; I had no time to sit and eat...

P Serene, new peeps in the room

S Yes, it's from the new book, Trim Healthy Table there's a recipe called Yuck Yum Biddy, and it's just kefir-based and it rocked my world. Now, there

was no slowdown diet at that point of our lives, because...

P Yes, you know, like, it's... it was an intense time of book-writing.

S Yes I had, like, three a day; that's what I lived on: three quarts of Yuck Yum Bitty.

P Yes.

S Okay, it was how I survived. But I tell you what, I burned through that stuff, so it's a burning fat for me, but it may not be for you, but if it's pasteurised, just be a little more careful. Like pasteurised cottage cheese, pasteurised cream cheese, the pasteurised dairy, for some can be a staller for some, they lose weight fine on Greek yoghurt and all that stuff.

[00:20:22]

P They do. Like, whenever I have the Cottage... Waldorf Salad, which I brought here today, it has a full cup of cottage cheese; it's pasteurised cottage cheese; I burn. But I don't...

S You can actually lose weight on that salad.

P I know, but I don't like to overdo dairy, no matter what kind. I mean, I know that you grew up with granola and yoghurt. Our Mum made homemade yoghurt, and Serene's favourite food growing up was her Mum's homemade granola...

S You shouldn't say granola and yoghurt, because...

P And yoghurt; that's the way we said it in New Zealand.

S ...when she thought back to her past, she had to say yoghurt.

P And Serene is so Scottish in her looks. She is genetically wired to burn dairy.

S Yes

P I'm less Scottish in my looks; I don't think I burn it quite as well as you. And we're so unique...

S Yes, you haven't got that Scottish nose, Pearl.

P No, I know! I don't look...

D You've got... that's a... I'm looking at a...

S Mine's a thicker nose....look at my thick, old Highland nose.

P Mine is a pointy?

S Hers is like a...

D No comment

S Refined...

P No comment!

S An English nose

D So, what, and the Scottish is a thicker nose?

S It's a little turned up.

P It's a little turned up, little larger nostril.

D I always pictured... I'm a flarer. Are you a flarer?

P No, I'm not, but I have children who are flarers, yes.

[00:21:27]

P She's a snorter

S Yes

P When she laughs

D Oh, she'll snort you out the room. But, yes, I thought the Scottish was like a redhead thing.

P You don't have to be redhead to be a Scottish.

S Yes

P Look at... Lesley's in the room...

D We're looking at a redhead.

P Lesley works for us, and she's sitting here with the most amazing red, curlyish hair

S Her hair's on fire!

P We just look at her hair to be in a good mood.

S It's on fire!

P What nationality are you, Lesley?

L British

P British

S British, I can see the British nose on her; it's nice like Pearl's.

D Hey, before we move back into serious talk, I thought of a joke.

S Okay

D Why was the milk just out of sight?

S Because it was off.

D Because it was past your eyes

S Oh, past your eyes!??? [laughing]

P Serene finds that funny?

S Oh, that's so good! "pasteurised."

P I get it, but it's not real funny.

S Oh, that's the best. Danny, you've got talent!

[00:22:14]

D I do have talent!

S Ha, ha, that's a good joke

P Oh, my goodness, you just made that up, though?

D I just... as you were talking, yes.

P Oh, my goodness!

S He's smart, yes. That's the kefir in him doing that.

D And from that... look, it was, like, three solid minutes ago, and from that moment I've heard nothing else. I've just been repeating my joke...

S So just under your breath

S And he's been waiting for the time to jump in and shine! I just...

P I don't like, like, ba-ha-ha, those sorts of jokes. I just think, ah, okay.

S That's awesome

P It's not a ba-ha!

D No, that's fair, because most jokes I hear, I'm like, oh okay, like I see.

S No, that's amazing.

P Hey, back to this whole dairy thing, so Yuck Yum Bitty's going back to that.

Look, pasteurised or not, I try not to overdo dairy. If you're having dairy at every single meal – now, maybe Serene with her not-pasteurised, you know, dairy, she burns through it...

S Double-fermented

P But she's genetically wired, people.

S And that's the full-cream stuff.

P Now, me, I'm not... I do pretty well on dairy. I'm not as genetically as Serene. I found with my Yuck Yum Bitty - I'm doing something different with it – and I find it...

S Yes, Pearl, you can do a video on that.

P I do, but can I say it here too? I'll do a video for the member site, but for all of you who are not on the member site, this is the way I do my Yuck Yum Bitty. And, first of all, it's so delicious.

S It is, I vouch for her it is.

[00:23:30]

P It rocks my world. And it's more fat-burning for me because I'm cutting down the dairy a little bit. Here's what I do...

S She's cutting down the cals (calories)

P Yes, I'm cutting down...

S She's not pregnant or nursing.

P I'm not pregnant or nursing. One and a half cups of almond milk in a blender, with a heaped tablespoon of chia seeds.

S Yes

P This is going to be a perfect thickness for everybody, okay, blend those up until the chia seeds are no longer whole

S Is... chia seeds is...

P So the chia seeds are like pepper; they're no longer whole; they're definitely blended really well. Blend for about a good minute. Now add one cup of kefir. Since I killed Serene's kefir grains, I was making my own, so I've been buying from the store like Danny, so I've been buying...

S And she leaves that kefir out overnight, double-fermented.

P I do a double-fermented, thank you, Serene. I buy it from the store...

S Oh, look or Dad is going over into my driveway.

S I'm like Marilla Cuthbert and Rachel Lynde sitting on the porch in...

D We need to sit Serene on this side of the room, yes.

S In Anne of Green Gables!

P She's giving everybody the hilltop gossip! Okay, so where was I?

S One cup of kefir until it's like pepper, mill for a minute in the blender...[Serene laughing]

P No, that's the one and a half cups of almond milk with the chia...

S Yes...

P Add... now add... yes, I'm coming, John. Add one cup of kefir, the juice of one and a half lemons...

S John was looking at the clock, but he's not worried, Pearl.

D No one has this recipe at this point.

P Oh, my goodness!

D You have to completely start over.

[00:24:43]

S One and a half cups of kefir, one tablespoon of chia

P No, wrong!

S Oh, wrong

P Just don't interrupt me; I'm starting again.

S Okay!

P One and a half cups... one and a half cups of almond milk...

S That's what I just said!

P No, you didn't, you said, kefir with, ssssh! Do not open your mouth Serene. One tablespoon of chia; it's heaped. Blend. Now add the juice of one and a half lemons. One cup of kefir, thank you very much and a dash of vanilla...

S If you were Siri, you'd be fired

P A dash of vanilla, stop! Two doonks of stevia, slightly rounded; you don't want to make this too sweet. It's called a Yuck Yum for a good reason. Now what I do is I add a rounded half teaspoon of gluccie. If gluccie gives you the bloats and the stomach aches - it does to some people, okay, and it depends upon my day, whether it does or not; it shreds the fat off me, though, so sometimes you might want to go for the bloat...

[00:25:33]

S Hey, yes, go for the bloat!

P Gluccie will shred the fat off you. If not, you can thicken it...

S You just wear a shirt that day: hey, it's gluccie.

D It's Gluccie Day.

S Yes

P You can thicken it with gelatine, one and a half teaspoons bloomed...

S We should come out with shirts like that.

P Ssh!

D Gluccie-belly, hashtag goals, that's on the shirt; glucciebelly#goals

S That's the shirt, Danny!

P I'm trying to tell people who don't want to bloat with gluccie... listen, gluccie does not bloat everybody. I'm just talking about the gluccie bloaters here.

[00:26:01]

S Okay, back to your recipe.

D It's a very niche group.

P You can thicken this up with the gelatine, which you just put it in a little...

S I'm a gluccie bloater; that could be another saying...

P Shush, two tablespoons of cold water mix with two tablespoons of hot water, that's blooming. Next put it in your... put it in the blender...

S Blender

P Instead of the gluccie

D I feel like Mom's talking and demands our seriousness and all we can do is

smirk.

S Yes, I know!

P Now you blend this thing.

[00:26:27]

P Oh, I'm helping. I'm rocking people's world right here.

S Yes, you are.

D It's true. No... Yes.

S Yes and it's delicious. Keep going.

D Fascinating

P This is the most, best thing. It makes almost a quart. If you want it to reach a quart, put a quarter cup of water or something in. I hope I gave everything. Did I, Serene?

S Well, you're going to do a video...

P I'm going to do a video on the member site.

S Very soon

P But this stuff is so yummy, and all this to say, this for me is more of a weight friendly thing than Serene's original Yuck Yum Bitty, just because we're genetically different. So what... all this to say, tune into your own self with dairy.

S Yes!

[00:26:53]

P Are you overdoing the dairy? Are you having like Greek yoghurt for your dessert and then cottage cheese for your snack, and then cheese on all your meals, and then, you know, you're having a cream cheese shake...

S Hey, and tune into yourself at different seasons. Maybe you're pregnant, nursing and you burnt through it; maybe as a teenager you burned through it; but now you're 52, and you're, you know, post menopausal and it's a different season for you.

P Yes, see, dairy is on plan, but you have a unique Trim Healthy Mama plan, and so figure out where dairy fits for you. Some people, sadly, have to give it up, but I don't think many do.

S No

P I think many have to put it in its place.

S Yes, and especially that raw kind with all the enzymes in there, the lipase, to digest that fat.

P Yes, Serene loves her raw dairy.

S I'm telling you what, oh, yes, just yes, yes, yes!

P So we covered dairy in 26 minutes... Do we have time to go for the last one, John?

S Yes, he's got thumbs up.

P Let's talk about veggies, please.

S Yes, we mentioned it, like that big, old, four-egg omelette breakfast we

were talking about, with maybe some bacon on the side, and maybe even something else on the side. We said it could be changed to be just as hearty and filling with adding a bunch of non-starchies.

P We said that last week, Serene...

S No, I know that, but I'm saying that was just one way and that was just one meal, but one of the main things, I think, if you're in a stall, is not to just ask yourself the regular Trim Healthy question, which is: where is my protein, but where are my non-starchies? Like, fill up on those things. Like, literally, don't think about your meal as density, think about it as being...

P Your protein's going to be dense, okay, your protein's going to be either a meat or sometimes beans, maybe, but... or a dairy, like a cottage cheese or something, that's dense. Your protein's dense. But you don't want a whole plate of dense food. You want to balance that dense with the light.

[00:28:52]

S Exactly

P And the light are your water filled veggies, the protein is dense.

S And while she's saying this, he has got a beautiful look on his face.

P And then you have a side of on-plan bread.

S Yes, dense

P Dense and then...

D I know when God is speaking.

S You know, and then there's just about four different little squares of

denseness...

P And then you have a cake afterwards – dense.

S Yes

P Okay, think about dense and think about light, balance. This is going to help you through your stall. I love... I say it all the time, I want to repeat it here, because we're in the stall PODdy – if you want to have some dense foods, like one of the casseroles, put it on a whole plate of salad; then you've got a balance there. I love... like, even talking about an E Meal, the Cowboy Grub from the Trim Healthy Mama Cookbook, you know, that's a big hit. I always tell people, hey, have that with salad.

[00:29:40]

S Hey, and if somebody hates salad... like my husband, he likes salad, but he doesn't love it, but do you know what he loves?

P What?

S While he's waiting for his little piece of casserole to heat up, like if he comes home for lunch, instead of giving him two big squares of casserole, I give him one big square of leftover, and then I just throw him like... he likes to eat straight raw lettuce, he likes to eat...

P That's weird, yes.

S He likes to eat straight sweet bell peppers...

P Oh, cut up veggies.

S Yes

P I notice some people like that, yes.

S Crudités or whatever he doesn't like it once it's all dressed and then he has to, like, say, this is my favourite food. Like, when it's just its own little, simple thing, he finds pleasure in it, but when it's all mixed up into a dish called salad...

P He doesn't like...

S Not his favourite thing

P I know some people are like that, see. So I love salad so much!

S So do I, but, you know what, I tried his deal the other day and I just really found simple joy in just oh, this pepper is really divine...

P Okay so on the side of your plate, cut some peppers...

S This piece of celery is just really nice, this...

P Yes.

S Yes, he's...

P There's ways around if you're not a salad lover... But learn to like salads, I do think, if you can. Serene, if you're not going to be a salad-lover, can we talk soup, I know we talked about soups, you talked about your Trimmy Bisques last episode, but I want to talk about soup, especially if you're not a salad-lover...

S In a single-serve

P Soups, broth-based soups can be such slimmers and you can put your veggies in there. Let's just say you're not a salad-lover, put them in your

soups. Have that broth. It fills you up without too many fuels.

S You know what, it's a different form of nutrition than salad, because the salad is the raw and all of that stuff, but, you know what, it's just as slimming.

P It is.

S And it's just as many...

P Especially if you've got a lot of water content in there.

S And it... yes,

P I do want to talk about something when it comes to veggies, and this is a huge thing; I want to talk about breakfasts and I want to talk about eggs and the breakfast meat and how I believe that they're overdone if you're in a stall. Eggs and bacon or eggs and sausage, you know, with cheese on your eggs...

[00:31:37]

S If it's Saturday or Christmas or Valentine's breakfast, yes, have that

P No, it's a way to start the plan too, it's fine. I just think if you're in a stall, it's not doing you any favours.

S It's time to move on, to choose one or the other. Eggs or bacon or something...

P And then get your veggies in there.

S Yes

P I think... Listen, here's the science behind it: you've having your eggs,

which is your protein; then you're having some meat, which is your protein; then maybe you're having collagen in your coffee...

S But it's not just protein, see; those are S proteins, they have a lot of calories because they have a lot of fat...

P Yes.

S Which is great, but

P They're just adding up, and then maybe you're going to have, you know, an S bread on the side and you're going to put butter on it. You see how the fuels are adding up, where you could just do, for ultimate slimming science, how about doing just the eggs or just the meat and throwing a whole bunch of...

[00:32:26]

S Spinach, beans...

P Put some veggies in that pan and it's going to be delicious. If you need cheese, just do a little sprinkle. You can still fill up.

S Oh, majorly, fill up more. When I used to have my three fried eggs and then, you know, maybe like some kind of almond butter biscuit on the side, I was still a bit hungry, but I'm telling you what, that fiber and the non-starchies and the bigness that you get in your bowl, it's so good!

P I think people think, but, oh, that's so time-consuming to put... to sauté veggies in the morning.

S You can buy them already cut up, and if you have children, I've put it as

part of their homeschooling, like...

P Yes, this is...

S This is, like, a little chore that they do.

P It's not going to happen, Serene.

S Some of them, their job is to cut up veggies for the week.

[00:33:10]

P I just think it's so quick; you grab some spinach from a bag, put it in a pan, in two minutes flat it is done; it's done faster than your eggs.

S If you have a good knife – look at those chefs – cutting doesn't take time.

P But all I'm saying, with spinach you don't even have to cut.

S I know, but even if you had to cut...

P Even if you have to cut...

D Even if you had to cut...

S Yes!

P It's like my hash that I love doing. I love doing eggs with either tiny diced zucchini squash or eggs with, you know, the cauliflower rice or...

S Oh, that's easy; there's no cutting there.

P No, I know. So I think we're done. If we didn't cover everything, we'll be back next week with more stall busters!

D Definitely coming back.

S Oh, there's some stall-busters for next week burning in my head.

[00:33:44]

Announcer Hey, Mamas, do you have a question for Serene and Pearl? Send your email to: [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

[00:33:53]

D It's question time on the Trim Healthy Podcast. We've got a question from Angie G, I'm having trouble, my blood sugar crashes an hour or two after an E Meal. What should I do?

P An E Meal, yes

S I thought you said an email.

P Lots of things

S Yes

P That's a good question. It comes up quite a lot.

S It really is.

P Serene, you want to go, because I'm raring..

S Well, I just want to start out with this, make sure your E Meals are really anchored with protein, because sometimes, well, you think, oh, E Meals, I need those carbohydrates, and have a couple of slices of Ezekiel bread and maybe, like, a couple tablespoons of cottage cheese on it or something, but maybe it wasn't enough protein for you. You need to remember, if you're that kind of person, to really make sure it's anchored with at least 20g of protein.

P Yes. You don't have to start counting like a freaky...

S No, no, that was weird...

P But I think protein really helps, along with... If you're still hungry, add more veggies to it. I like to have, like, a salad with my E too, or let's say I'm eating my E on a bed of greens, because I feel like I just fill my stomach up more and it's just healthy, but here's the thing, this is what I do with an E, and I usually do it every time, you can either... take a drink at the end. You can either do a Trimmy, like, Serene will probably do a Trimmy like a Hot Chocolate Trimmy, you know, with a little collagen. I just do the Speedy Chocolate Milk, which is the, one big cup of unsweetened cashew or almond milk and half a scoop of our chocolate or strawberry whey. Now, if you don't have that, you can easily do it with a regular unflavoured whey, one teaspoon of Super Sweet and one teaspoon of cocoa powder.

S And, of course, she's talking about the store-bought cashew and almond milks that have very little fat, because you're having an E Meal.

[00:35:29]

P Exactly

S Because, you know, this could be some people who are home-spinners like me, Pearl, like, whoo, cashew and almond milk; yes, one cup of cashews and one cup of milk!!

P Yes, exactly. But I just feel like that really holds me.

S Yes I think that is the key. I think it's just, like, having that nice, little

drink at the end with the extra protein boost, and put in some non-starchies in there.

P It's my trick, at the moment, it's just a trick that works every single time.

S Yes

P And it's okay to be a little hungry before your next meal; it's okay to feel that little bit of hunger. It just means your metabolism's revving up and you've had some carbs, that's what happens naturally in your body...

S Yes, it just means the digestive cycle is completing, and that's a good thing; it's a good thing.

P Don't freak out about a bit of hunger.

[00:36:10]

Trim Healthy Mama Product News and Notes.

S This here, baobab, is just... is the bomb. I'm so excited about it. I just made my children do an article on it for school, a research paper.

P Of Baobab Boost Powder

S Yes... no, I just made them like research baobab, research the dickens out of it because of how much incredible... how many incredible benefits that it carries. It's just... do you know, Pearl, that it has five times the fibre of oatmeal, it has more antioxidants than the acai and the pomegranates and the blueberries? Well, more than pomegranate and blueberries put

together and more than acai, the prestigious acai.

P I do know, Serene, and, Danny, for your knowledge, that...

D Hey!

P Baobab is the highest antioxidant food on this planet.

S Baobab Boost, why did we call it that, because it's going to boost your level of every, nearly every nutrient. It's so high in magnesium and iron – it's got more iron than spinach... I mean, it's got more...

P But here's the deal: for us women in our menstruating years, okay, you lose a lot of blood and some, so many of us are walking around with mild forms of anaemia.

S But you know what...

P We don't even realise it.

S It's not just iron supplementation that fixes it.

P No

S You've got to have the right Vitamin C level to absorb the right iron level, and baobab is the bomb because it's so high in Vitamin C and iron together.

P So we call it an energy powder, not because it's instant energy, you see – it's not like caffeine – it is long-term energy; it builds in your body.

S And do you know that the baobab tree has these big coconut-sized fruit but not as round as a coconut; they're kind of longer, like tear-shaped; and do you know that the fruit actually dries on the tree? So all we have done to it is just ground it into a powder. There's no processing here.

P None

S It is the... This stuff is so pure and harmless, but so wonderful, I feed it to my little baby.

[00:38:13]

P Your two-year-old, he's not a baby anymore, he's two.

S He's a baby till the new one comes.

P Yes, that's right.

D Let go, Serene! I'm just kidding!

P Why we love it too: it is so full of fibre, as Serene said. It's a Fuel Pull, so it has as much fibre as it has carbs, so you can put it... How do people use it? People always ask me, well, what do I use baobab in now?

S Everything

P Yes, pretty much, every smoothie I just chug it with water sometimes.

S Everything sweet... You know what we have in the new... in the new book, Trim Healthy Table...

P Put it in your Good Girl Moonshine!

D Just get it in you!

S Yes

P Oh yes, the new All Day Sipper Hello Health, that's baobab-based.

S But do you know what, if you just want to make a simple juice, I call it juice for my toddler, I put a teaspoon of baobab in an 8 oz cup of water, one doonk of stevia, I like him to have raw honey and get all good and fat, but just for

this, because I don't want honey sitting around in water all day – you know, botulism – I put a doonk of stevia.

D What

P Right

S And it could be just that, shake it up or maybe just like a cap of lemon, a squeeze of lemon...

P So say that again...one cup of water...

S Yes, one cup of water, one teaspoon of baobab, one doonk of stevia and then an optional squeeze of lemon shake it up, and it's juice.

P And then it's juice.

S And what's good for him is it slightly thickens the water, which he needs, because he always just kind of like chugging....

[00:39:26]

P Yes, he chugs the water.

S He gobbles his water so fast, he kind of just splutters and chokes, because he's still little.

P So that's a good juice for anyone that likes juice.

S Yes, my children say, can I have Remy Juice? I'm like, no, it's Remy's...

P Oh Remy Juice

S You know what, after my children had been studying baobab, they're asking for it all day and they're making concoctions with it because they know how good it is for their bodies. But add it to savoury dishes as well,

it's light, citrusy flavour is just as good in savoury as it is in sweet.

P Yes.

[00:39:48]