



trim healthy™ Official

Trim Healthy Podcast with Serene and Pearl

Episode 44 - “Stalling & Stubborn Weight Loss” Part 5

*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 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 healthiq.com/trimhealthy to support the show and see if you

qualify

[00:00:32]

S This is the PODdy with Serene

P And Pearl

S Get it right P- O- D- D- Y.

D Hey, it's another rocking day at the PODdy with Serene and Pearl and I,
Danny.

P And today's going to be very special for you, Danny.

D Why is it special for me?

P It's a day of new news.

P Not N E W S, not like newspaper, but like “brand new” times

S I didn't get it...

P Like the day of the new, he's going to experience new things. Like not news,
news, as in this is “new and plural.

S Awesome

D Another exciting day with Serene and Pearl is what I'm sensing.

[00:00:41]

P Yes, because you're going to be eating Kale chips for the first time.

S Oh, I get it, that was just, like, slow on the uptake.

D I was potty mouth with kale on the PODdy.

P Yes, last week you were pretty horrific, you got fired, but we decided to
rehire you.

S Yes, because you were like not what if you could, you were, like, what if you couldn't ever eat kale chips, like never....

D I think I was having a bad day, didn't I come in in, like, a bathrobe or something? I can't remember.

P You came in and you thought you were... You weren't dressed right.

S Usually you're dressed with like some kind of vibe, some kind of Pedro the Powerful kind of something or other, but you were in, like, some kind of painter's T-shirt and old, old Nikes and junky jeans

P And you kept smelling your armpits.

[00:01:58]

D Yes, okay, that recalls, I came in like a proper bum, and yes, and then it came time...

S So of course you couldn't eat kale chips with that attitude.

D Oh no, you can't come in like that and throw a kale chip down.

P So today we're totally showing Danny that yes, one can if one opens one mind, do anything. Also, we're going to talk more about the importance of E Meals because this is our last final day on busting through stalls and stubborn weight. And we're going to talk about the importance of E meals. And we've discussed that before, but...

S No, we're not going to talk about the importance of E Meals, we've done that. We're going to bring it to you like the last and final lecture you will ever, ever, ever get on it, man, we're going to sock it. You're going to realise

not just the importance, but the absolute, like, it's not going to work for you without it.

P Yes, the imperativeness, I don't know if that noun is actually a word?

D It's fine.

P But what would the noun be of imperative

D I mean you guys home-school so it's really not, doesn't even matter if you get it right or wrong.

S I make up my own words with my home-school.

D So before we do all that, can I share a little NSV? For the new peeps in the room that stands for non-scale victory, it's the victory you achieve rocking out the Trim Healthy Mama plan.

P Danny's back today, look at his positivity, wear the cape, wear that cape, Danny.

D It may not necessarily be pounds coming off of a scale, it's a non-scale victory, it could be some other sort of victory. Like you replaced Coke with kombucha and you feel better or, in my case, my non-scale victory today. And this may not sound like a victory, might sound like a reverse victory, but for me it's a big victory because I damaged, I believe, my gut with all the sugar and riotous eating my whole life.

P You probably had a big dose of candida.

S You probably had a big dose of worms.

D Most likely

P Let's bring it to worms, because we need to at every podcast.

D Yes, let's get back to worms, Serene, thank you.

P We need to do a whole podcast on worms.

S I'm telling you, if you've got a bunch of sugar in there, you've got to have a party of worms to eat it.

D Yes, I'm sure I'm purging.

S It's like you put a six-pack out there, you going to have a party of boozers.

P Yes, and what a great analogy, right?

D That's a perfect analogy, depends on the six-pack too.

S You put sugar fermentation beer out there.

P That's true, if you put it out here, they will come.

S You get those kind of worms.

P Okay, let him NSV himself.

D So this is a big, big deal and those of you who feel me can feel me because you have some sort of little victory, and for you it's, like, a mountaintop and, like, the world's like, what are you talking about?

S Can I just tell you that the only person who I've ever heard that feel me phrase from is my African son.

P Oh Isaiah

P Half in the hood, mate.

D Well, that makes sense.

S Danny grew up in the hood.

D Grew up in the hood, sister.

S Awesome, Memphis boy, keep going.

D All right, so I think I damaged my gut my whole life and thus killed my appetite, killed a good, healthy appetite. And so I've always struggled to eat food and not bloat and suffer for it afterwards, I've always had a bad relationship with food. But this morning I got up early, I really worked out, like busting a sweat. And not the little, like I did my part today I'm fine, but like I pushed, I did a...

P You did some man workout.

D I did some man stuff.

S I'm glad you're clarifying that as a man workout because we don't want women to push.

P We don't want women to bust their guts, but you can gym, you can go ahead and do it.

D Yes, this is a man, a man... For me too, I needed to push and I did and I worked up this monster appetite. And I ate not one, but two fried eggs.

P I'm glad to hear it.

S Your a little anorexic, it is a NSV.

P No, I've heard Danny say before he can't eat breakfast. And that was your problem, you'd go all day, like you'd go for hours and hours without eating because you had no appetite and then you would shove in sugar.

S Yes, you'd shove in some bars, some sugar bars.

P I'm glad to hear you got protein in, Dan, good for you. And did you feel better all day, all day, how were you?

[00:06:04]

D I felt so solid, I didn't eat lunch until noon, which for me, like at 10:30 I'm just dying and crashing and then I'm putting a bar in and jacking it all up again. So it kept me until noon and didn't have to eat a huge lunch, you know.

S I feel like what he's teaching us everybody, and it's part of the principles of Trim Healthy Mama, protein for breakfast stabilizes you for the rest of the day.

P It so does.

S And not just a one egg protein, at least a two eggger..

P Yes, get some two eggs in there.

D Let me tell you, it was difficult, like by the end I was just, like, okay.

P Because your brain's not used to it, but now it's what if you could. Now, speaking of that, let's do this kale chip test, Danny, open your mind, okay, close your eyes, Danny.

S As you know, I have kale growing, I could've brought a bouquet, I didn't, but I tell you what...

P Bouquet

S My young and tender...

D Back to that, yes.

S Tender kale is just so amazing it's just candy for the mouth. I didn't bring any because I was rushing.

P You didn't bring your kale chips?

S No, I brought the kale chips, I wanted to bring him a tender bouquet, just have him taste the raw, real...

P The romanticism of the Allison Hill where it grows

S Raw, real romance of the stuff

P So Danny, close your eyes. Serene, let's walk him through.

S Well, my kale chips...

P He's closed his eyes, help me out here, Serene, stop doing your big soliloquise lecture.

D So hard to keep my eyes closed.

P Yes, now Danny, kale when you were a youngster...

D Yes, go on.

P Was something that you said yuck to because you didn't understand God's goodness inside kale.

D No, I didn't.

P The green, the little crunch.

S Hey, can we turn a candle on in here, get some aromatherapy going, I think it will help him out.

P The slight bitterness, Danny, the little bitterness now you're an adult, now that you wear a cape saying what if I could, you detect that bitterness, which actually is actually extremely appealing to your mouth.

S I'll tell you why it is, because it's no longer bitter to you Danny, but it's groundy, it's earthy, it's very connecting with the depth of just life.

P He has his hands raised.

S It's not painfully sharp like all that sweetness, but it's just so grounding, Danny. And you love that, you have embraced that taste bud.

P Danny, raise your hands again, we need to get this on vid, we need to follow this. Okay, now Danny, when you take this bite you're no longer that little boy inside of you that just was brought up on sugar and stuff.

[00:08:46]

P He is released and the man, the man inside of you, Danny, is rising, he's going to rise Danny. Now, Danny, here we go. You're going to taste Pearl's... You may open your eyes. These are Pearl's kale chips, okay, she used frozen kale, which you're not supposed to do, but Pearl said what if I could?

S That's right, Danny

P Pearl did not have normal kale, but that didn't stop The Pearl, she put that frozen cut kale on her tray, she layered it with a little coconut oil, salt, nutritional yeast and she baked it at 400. Danny, you're going to take a little handful, you're going to pop it into your mouth. You're going to accept there's a little bitterness.

S No, we're not calling it bitter anymore, Pearl.

P It's grounding and earthy. Now what do you think?

S Let the organ play.

D It's fantastic.

P Oh, really

D Yes

P No, really

D I will eat green eggs and ham. I will try them, Sam I am, I will eat them in a cabin, I will eat them... There's nothing that rhymes with cabin.

P But that was great. Okay, so no, for real, you weren't just doing that because of the organ playing and stuff.

S I will eat them in the cabin of the PODdy, I will eat them... What does rhyme with PODdy? In the...

P You were supposed to start until you had some.

S And I'll put them in my body.

P There you go.

S I'm so smart.

P Now you'll try Serene's, which...

D I could snack on that.

P You totally could, man.

S Okay, but you just wait. I like things very strong, so this is a strong, jalapeno, nacho cheese flavour, okay, it's very lemony, it's very zingy and I

put a bunch of nori seaweed in there because...

P Because Serene's likes things strange, right.

D The look on your face though, that's quite a handful.

S Just shove it in, Danny. Mine is crisp and dense and crunchy and...

P Serene's is very different, Dan.

S What do you think, Dan?

D I'll just wait until the aftertaste. You have to be fair to the full flavour.

S Forget about the seaweed aftertaste, just imagine it was just all kale. Are you just in love?

D This is like a chip I'd buy from the store.

S This is Dorito all the way.

D Except it looks, like, dank and has a tenderness to it.

[00:11:08]

P Dank, there's the Memphis coming out.

D Now I've not had as deep a dank a chip.

S Oh man, I know how to do some dank

P Serene makes food with soul, Memphis soul.

S Yes, that's a yuck yum chip, that's so yum it's slightly yuck.

P Now taste a chilli one that our friend Leslie made.

D This ought to be packaged.

P Right, but Pearl's was good too though, right?

S Well, it won him over.

P It was a good start.

S It won him over, Pearl

P Yes, it made you a big boy.

D Now this is Leslie's?

P Yes, she's got some really...

D Now what's the bake here?

P Leslie, what you got in this? You've got chili powder, cayenne, so her's is a little spicy.

D Whoa, hers was like a wisp.

P Yes, hers are lighter. See, Serene layered hers.

S I made a slurry

P Yes, she made a slurry.. Now Danny, would you say you're a kale hater any longer?

D I would say that kale's one of my favourite snacks, I've just never had it in this form.

P We've got a convert, Hallelujah.

D Nice cherry on the Hallelujah cake there, man this right here, this is something you could sell.

P Yes, so it's all about what if you could, right, but when you open your mind, because we have these mind-sets of the past that need to be broken.

S They're lies. Because what you had in your head, Danny, for kale, was prison food. You saw yourself in shackles, you saw yourself behind the bars,

you saw your striped suit and you saw a sloppy, lukewarm plop of half-old rat-pooped kale. And that's...

P I just took a sip of Yuck Yum Bitty when she said rat poop kale.

D She executed the word.

S And that's what you had framed in your mind, how dare.

P How dare. So let this be a lesson to all of us, right. And there are things in your life that you think oh, I don't eat salmon, I just hate salmon, I like salmon only when it's in a can in someone else's house in the pantry. Don't put yourself in the prison striped chains of it any longer.

D May I share a carpenter's revelation

P You can, now that you're back to being good boy Danny.

D Wow, that's good.

S You're hired again, you know.

[00:13:24]

D You have more of that, right?

S I made a whole bag, you can have it.

D All of you I mean.

P Yes, I know you like Serene's best.

D But that spice and that lemon together

S Oh yes, mate.

D Oh, man, so as a carpenter I came to this great understanding that though God made the wood, it was beautiful as a tree, but it has not achieved its

highest form until it's fashioned into a beautiful piece of furniture. Now I don't mean to take away from the beauty of the tree, I just mean it's not complete, okay. And there's something about the Creator putting forward something that He anticipates beforehand that man will receive and fashion.

S I agree Danny, because we're created in His image and He is a creative God and He wants us to be creative, so He gives us raw material.

P So I see where you're going with that Danny.

D He invites us.

P The piece of kale that you pull out of the garden which Serene actually likes right there in her bouquet

D And that's fine, yes.

P But when you take it and you take your human creativity given by God and make it something that is, you know, even something else, it's honed, it's honed with love.

D Yes, people make it a, oh, how do we commune with God? Do we become a monk and go to a monastery? No, you take something that he's handed you and then you put your love on it, you put your art to it and you fashion it. And it's not that the kale from the garden is inferior in any way, there's just another beauty that comes when man puts their hands to the things God has given.

S I love it Danny.

P Beautiful

S I just love it. Take that carpenter's revelation, yes.

P So let's take the tide of this, well done first quarter of the PODdy.

S Oh man, let's all give ourselves a pat on the back. I reckon we failed a lot of the first quarters, but this one, mate, I just...

[00:15:20]

P There's been a lot of failed PODdys. I mean, just saying.

D That's just the reality.

S We could've flushed them.

D We're no gurus.

P We're awful half the time, but we just rocked that one out. So now let's talk about the need... We're going to finish this four-part PODdy about busting through stalls. The need for E Meals and let's just be... Let's give our full selves, Serene, let's not hold back this time because we've been kind in the past, but today, today we...

S You're all lucky that I'm pregnant right now because I'm a little bit more subdued when I'm pregnant, so you're going to get three quarters of myself.

P Sometimes you're a bit feisty.

S No, that's the beginning.

P Oh yes, the beginning of the pregnancy.

S I'm third trimester now so I'm just a bit subdued, but so you'll get three quarters of my passion about it, but you'll get it.

P Then are you guys ready to hear our real thoughts on E Meals? Because on Facebook I'm super nice, I'm super kind to everyone because I feel like social media should be a place where no one feels attacked. It's awful when people sit there behind their computer and attack. And today I'm not going to attack, but I'm going to really give you my real, heartfelt thoughts and maybe it won't come across as so sweet.

S Yes, but that's all right.

P Because I feel like you are doing yourself such a huge disservice and even harming yourself when you take this Trim Healthy Mama plan and you don't eat these God-given carbs.

S Can you hear us? Can you hear us say loud and clear, Trim Healthy Mama is not low carb, it is so not low carb. We embrace carbs, we celebrate them, we take the God-given gift of all that falls off of the trees and grows out the earth, yummy, starchy tubers and we create with them and make yummy, delicious meals.

P Exactly

S Why, and I'll tell you why, because it's a gift and it's so weird to leave a gift out.

P It's so true, it's just too weird.

P What if you chose protein? What if you woke up and said, oh I'm just going to limit protein to once every second day? It'll be so weird, people. We were designed, our whole genetic makeup was designed to burn carbs as well as

fat, as well as protein. Carbs are the actual first ones you burn, that's the way your body... That's what your body goes to first, it burns the carbs. So you were designed so when you pull them out, you are messing with your design. What we have to do, carbs have been abused, but it's just like...

S The only reason, yes, that we ever had to put them on, like, the jury, for a whole was because our Western world had become, like, abusers with it.

P But just because marriages, a lot of them end in divorce and stuff doesn't mean we don't marry.

S True

P I mean come on, we were designed to find our mate and have families. And just because it's messed up and things happen doesn't mean we abolish that and say well, that's not for human kind, it is for human kind. And carbs are for human kind, carbs are for you. Yes, even if you have blood sugar issues, we can teach you how to use them in a way that your body can still work with them.

P Yes, I just love it, so hear us.

[00:18:29]

S That's my really heart's desire to say that. Every second day, that's not enough. Okay, once a day, that's good.

P Then it's a good start, yes.

S It's a good start, but still, you've got to throw in some snacks, like it's just like I said, to take one, choose one, just choose it and make it the baddy

and then try and limit it and put it in the back corner, it's not normal.

P It's not normal and they did that with fat, remember the low fat diet, what happened? People actually went almost mental because your brain needs fat. They got depressed. There was depression, there was skin sagging, there was wrinkles, there was oh, so many endocrine disorders.

S And after the initial weight loss, there was this terribly slow metabolism and a weight gain because the body's like hold on, I am not receiving any fat, so I'm going to hold on to every little bit of... Every little fat cell I have and that comes down the tube because I don't know where my next fatty acid's going to come from.

P Well, same thing goes with carbs and we have done a whole podcast on keto, what we feel about the keto diet before, and we don't bash any diets, but we shared our concerns.

S We feel strongly that everything God made should be celebrated and not made to be the villain, we feel so strongly about that. And we feel so strongly in just the simple common sense, you know.

P So true, that's why diets get so complicated, when they go out of the simple, very simple, common sense. And that's how we started this whole Trim Healthy Mama thing, because we were so consumed with what this guy said and what this book said and what this guru said. I remember, Serene, I remember one day just being like at that "done moment". I was like, but what's true? This book here and this science here says you just eat a plant-

based diet and this book over here said I should throw out carbs and in the end I'm, like, where is the truth? And we found the truth right there in the Bible where it says I give you, you know, the fruit, the harvest of the field

S The harvest of the field, the blood of the grape, the fat of the ram

P All the food groups where there

S The milk of the goat, come on people.

P And it was just very simple and we were like, yes, okay, we're supposed to eat all of them, thank you Creator for making me to burn these fuels.

S This is a fallen world and some people have allergies, but you pray for healing, you try and get through your allergies and in the meantime you might have to be a little more careful, but in the end your goal is to receive everything with thankfulness.

P Absolutely, so as part of your Trim Healthy Mama journey, please include your E Meals and your E Meals are your carb meals and they will... They are designed to be safe for you. Some of you with blood sugar issues will do them a little differently, doesn't mean you throw them out if you have blood sugar issues.

S Let's just talk about what is not an E Meal. Berries with Greek yoghurt is not an E Meal

P No, it's not, unless you did a full, generous cup of blueberries, because blueberries are higher in sugar.

S And that would still be a very light E Meal.

P It would. And so your fruits that are not your basic berries, like an apple, an orange, a peach, a mango, these are all wonderful E fuels. Healthy carbs that God made for your health, yay, and they're so good.

[00:21:39]

S Let's just say here again, Trim Healthy Mama does not think bananas are evil at all. The only reason we cautioned, like, pigging out on them is because they are easy to pig out on, like people make banana ice cream with, like, ten. You know, they throw a couple in a smoothie.

D Why are bananas... Because I agree, I'm like, man, I'm feeling peckish, I look around, there's a banana. I'm like, I'll eat 12 of those, why are they so easy to eat?

P Serene and I used to sit down and literally, no kidding, we'd eat four at a time.

D Is it because they are like baby food.

P That was when we were on our vegan...

S Yes, fruit and dates

P And there's a lot of sugar in them and when you already have a bowel full of candida, it's like the sugar feeds the sugar. So that's why it's good to sort of put every protein in every meal and do Trim Healthy Mama for a while, you lose that compulsion to eat four at a time.

S And we've kind of just go this kind of little rule right now in Trim Healthy Mama to have half of a large banana.

P Half a large or one small is fine.

S Yes, just because it's just one of those fruits that people have tended to just overdo and it's more of a starchy fruit and people on Trim Healthy Mama for the most part, are trying to lose weight. So that's just a good plan for while you're losing weight. But hey, my children, I let them down two or three at a sitting.

P And especially children that are wirey and growing bananas with peanut butter or almond butter, wonderful food. But so look at what you've got in these E Meals, you've got wonderful, wonderful fruit, we're talking about fruit and it is such a blessing from God. Look at the colours in fruit, look at the antioxidants in fruit.

S The fiber

P And I love fruit as an E Meal or an E Snack.

S And of course we're not into fruit juice.

P No, we're not.

S Because you've removed the fiber and once you've removed the fiber, then that's that straight sugar into your bloodstream and that's not what we're going for. That's where there's been a bit of abuse with carbohydrates.

P Absolutely, yes, that's when you're taking fruit, something that God made, and turning it into an abuse to your blood sugar.

S Right because why did God put all that fibre in there?

P Yes, I know, it's for a reason.

S Just slow it down.

D When you say E Meals, E for Energizing?

P Absolutely, and because these carbs, these natural, you know, these carbs they give you energy, they also give you serotonin, they put glycogen in your muscles. And serotonin in your brain and serotonin makes you feel happy.

S And glycogen in your muscles makes you be able to move without feeling like you're lead.

P Yes, like you're lead.

[00:24:03] Advertisement

P Hey, we know you guys are health conscious, like us, because hey you are tuning in here right, so you are going to love our new sponsor "Health IQ." We love Health IQ because they believe that the best way to improve the health care of the world is to celebrate the health conscious people rather than harassing those who are not, and I love that.

S That is just awesome because there is a difference you guys should be getting a cut for making healthy choices because you are not sitting on the couch eating McDonalds

P I know right, if you are making blood sugar friendly food choices, if you are moving your body, then go see if you qualify, get a quote today at [Health IQ.com/trimhealthy](http://HealthIQ.com/trimhealthy) or mention

the promo code trimhealthy, when you talk to a Health IQ agent

S I love it.

P Check out HealthIQ.com/trimhealthy to see if you qualify today.

[00:25:00]

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

S I'm Serene.

P Let's talk about some grains.

S Do you know what, we are so not going to get on that trendy bandwagon that grains are not for humans, this, you know, everyone listening may not have the same, you know, foundational beliefs as us, but we don't believe we've evolved from Grok, or cavemen or monkeys. And we believe that grain was a gift from God and so we're all about grain.

D Hey, a little side note on the caveman thing, you know people are like, well, clearly, I mean look at their primitive form of art right here on the cave walls. Has anyone ever thought, maybe those were, like, kids drawing on the walls? Has that, like, not even entered into your realm of possibility that children could have simply been...

S Hey, go to my house, there's a bunch cave drawings all over my walls, with crayons.

D Anyway, side note

P But what I was going to say was, look at modern art, looks like... Sometimes it looks like, you know, who knows what those drawings represented in there minds

D Yes, but to hold up a cave wall painting as, like, proof of what

P This was half-man half-ape, yes.

S This is because we only had half of a brain, yes.

P Let's just say you do, you know, subscribe to the evolution theory, I still say that you shouldn't throw all grains out with the bathwater. Because yes, our modern grains, many of them have been, like, totally ruined, look at wheat.

S Even in our biblical perspective, we're like, we don't do modern wheat because it's so freaked-out messed with by, like...

P GMOs, hybridised.

S Crazy

P But, you know, some ancient grains, they're fantastic for the body.

S Oh yes, we make the most incredible eight huge loaves of artisan sourdough bread with organic rye and kamut or spelt and it's just so delicious.

P Yes, you do, I don't, but that's awesome for you, Serene because in your romantic life...

S Yes, alongside the bouquet of kale

D I immediately saw an image of a child and a bouquet and, like, real fairies floating about his head.

P But, you know, and they are wonderful... Now if you have blood sugar issues, maybe instead of going right to the brown rice, quinoa will be more gentle for you.

S Because we've messed with ourselves in our modern eras, we have to sometimes gently lead ourselves back to the pasture of carbohydrates.

P You know, we have one really firm number in Trim Healthy Mama, Serene and I don't actually follow a lot of numbers. I never think about them rarely, but we have this number of 45 net grams. Net is when you subtract any fibre or sugar alcohols and that's what you're left with. For E Meals, and that is because we want to protect your blood sugar, so we want to raise it, just to get some glycogen in your cells, but...

S Feed the adrenals and nourish the thyroid.

P You do, yes, blood sugar nourishes your thyroid and adrenals. But we don't want it to spike dangerously and that's why we say 45 grams of net for an E Meal. But however, if you have some sugar issues, maybe prediabetes or type 2 or something like that, you might not be able to do 45, you may only be able to do 20. But get up to about 20 and that should be very safe for you.

[00:28:07]

S Yes and there might be also some situations if you're a very hypo, you

know, blood sugar, your blood sugar just tends to drop and, like, you might need to do a bunch of research into our S Helpers too, because you might just have to incorporate just a little bit of carb occasionally.

P And just making sure you have a good amount of protein in these E Meals too, that will help your blood sugar not to spike.

D Yes, and all the S E and helpers and all that stuff, that's all on the original THM plan book.

P It is and then your Trim Healthy Table book.

S And it's in the new one, yes.

P And that's a very easy way of learning in the new book.

S Because sometimes once, you know, you're kind of in that predicament where your blood sugar is crashing you sometimes need to incorporate that little S Helper form of a carbohydrate, even in your S meal.

P Yes, so what have we got, Serene, we discussed fruit then we discussed grain, let's talk about...

S What about the yummy tubers, like, you know, the starchy vegetables?

P Yes, the sweet potatoes, we'll talk about white potatoes too, but sweet potatoes are so fantastic as you're trying to lose weight, as you're on the weight loss part of the journey for an E Meal.

S Their low glycemic yes

P Look at their colour too, all that beta-carotene.

S They're one of the most nutritious vegetables in the world, they're so full of

carotenoids and just incredibly packed with vitamins and minerals. I just love them, I love them sweet, I love them savoury, I love them every way.

P I do and I love to bake up some sweet potatoes and I love to just cut up some cucumber and I have that and I just put my one teaspoon of MCT oil and then I just get some tuna from a can and I'll just...

S I love tuna with sweet potatoes.

P Spice it all up and then I put that in the sweet potato with the cucumbers, it's so delish and it's a huge meal because you keep putting it in and you can only stuff so much in at a time and then put more in.

S You know in the culinary world that sweet and sour is such a wonderful, harmonising blend?

P Yes

S I love the sweet of the sweet potato with a little bit of a sour, if you make a vinaigrette over your tuna, makes it so moist.

P Yes over your tuna and your cucumber, oh, so good. Or you can, if you're used to sweet potatoes that taste sort of like candy, you can put some cinnamon and some Gentle Sweet, things like that. But get your protein in there too.

S One cap of MCT really lusher up that sweet potato.

P Danny, do you like sweet potatoes?

D Oh yes, they're one of the best potatoes out there.

P And you know what's great for a Crossover, and Danny you can do

Crossovers because you don't have a weight issue, is just sweet potatoes with coconut oil.

S Oh my, that's to die for.

D I've actually had that.

S That's my biggest treat in the world.

P And I love Braggs and a little cayenne pepper with it.

S And I'm not talking a little coconut oil.

P No, we're talking a lot.

S A couple of tablespoons

P Or red palm oil, oh my goodness. You can do it with butter too, but man, you know, we have, Serene and I, have Crossovers, we're at goal weight. And that is just I think my favourite Crossover of all, it might be, but...

S And caramelised in their jackets, so it's like you've got the crispy, chewy caramelised sweet potato jacket and then just that oozy...

P But even if you are not at goal weight yet, there are times you can do Crossovers like that because they can just bless you.

S And bless your metabolism because they're a little bit of a jolt of something different.

P Yes, they are.

[00:31:10]

S Yes, and then we don't really encourage corn and the reason is, is because most of it's genetically modified here in America, so.

P Yes, but you can do some organic corn.

S Yes, if you want to, sure.

P But if you're going to do corn it's not going to be a big part of the plan for you. It's a smaller part, but you can definitely do it because those pops of little sweetcorn kernels can really make a dish sometimes.

S Pearl loves them, oh yes.

P I really do.

S Yes, they're so good.

P And then let's talk about beans, Serene, and then we can talk about flowers and then we need to close because I have to use the bathroom. I forgot to go before the PODdy.

D That's why we have to close actually, not for any other reason.

S She's going to potty during the PODdy

P Why is it that always one of us has to go to the potty during the PODdy?

S Well, it's so funny, it's just hilarious.

P I forgot to go, that's why I was...

S But this is the deal, Pearl, we've got to tell them really quickly because we didn't really mention that potatoes really are on plan if you're on maintenance.

P White potatoes here and there, you don't do them every night.

S I actually don't do them at all and the reason is, is because I don't love them compared to how much I love sweet potatoes. But my children do love them,

so they eat them.

P Regular white potatoes are a great food for growing children without weight issues, absolutely. And I actually, I really do enjoy them as a Crossover here and there, I do. So don't think that Trim Healthy Mama has nothing to do with white potatoes that's not true. They have a place in the plan, it's just not first place.

S Be careful, don't think that butternut squashes and half of the pumpkins out there are going to give you enough E, they're really a non-starchy, many of them.

P Yes, they're sort of borderline, some of them, and so you have to eat it a bit more or include another carb for your proper E meal.

S Exactly, yes. I just don't want people thinking oh, I'm nourishing my adrenals and they have a little portion of butternut squash on their plate, it's not going to do it.

P Yes, you really have to have a good amount of carb to nourish your adrenals. And adrenals are what facilitates your weight loss. If you're adrenal-depleted, you're going to have a hard time losing weight and that affects your thyroid. You have to have healthy adrenals so your thyroid can give you a healthy metabolism to burn your fuels.

S If you want a revving metabolism, you need E Meals.

P You absolutely do. And on the Keto podcast we went into a few studies that backed that up. Beans and lentils Serene

S Comfort food for my family, we always say if you don't love beans you're not an Allison, yes.

P But they're so cheap. If you're on a budget, like lentil soup, I've talked about this before, but when Serene and I, you know, first were starting inventing this Trim Healthy Mama thing we had basically no money. And I would do lentil soup, like three times a week because you can buy a bag of lentils for a buck.

S You were a lentil soup queen when every time I had a baby Pearl would come over with a huge, giant pot and a smile, of lentil soup, used to fill it with onions and Braggs and it was so yummy.

[00:33:50]

P My little blessing, baby blessing thing.

D That's funny, my wife must be eating from the same tree, the lentils and Braggs thing I'm very familiar with.

S It's yummy.

P But it can feed, you know, a big family for, like, \$1 or \$2, it's amazing.

S If you stick some, you know... Hey, we're not really hard and fast on the fact that when you have a lentil soup and you're trying to... And you're on a budget, you don't have to, like, jam that full with protein, because all your other meals are going to be so rich in protein. So we're just like, hey, it's a got a little bit naturally in there anyway, so just don't sweat it. But if you're

having a lot and that's your E Meal that you're having more than once or twice a week, then throw in some lean turkey, throw in some venison.

P Or collagen is fantastic of course.

S Yes, or just collagen for your protein, but throw in some extra protein if you're having it a lot.

P But beans are wonderful and lentils are wonderful because they are very... They cause your blood sugar to rise very slowly and they don't spike it. So if you do have blood sugar issues, try beans and lentils as one of your go-to E Meals.

[00:34:50]

S And they have resistant starch, you know, and the other thing is, people, if you're one of those types that likes to have a second big bowl, that's the one you can have it with, because you can have almost twice the serving of a grain with beans.

P Yes, you can, especially if you make them in a soup and putting liquid in there, I love to have two big bowls of like a lentil soup or a bean-based soup. When we were doing grains, we forgot to talk about oatmeal Serene.

S Oh my goodness, oatmeal...

P It's such a staple on Trim Healthy Mama.

S It's just such and it's so inexpensive and it's so delicious.

D And you can do just about anything with oatmeal.

P Yes, you can.

D Like it can taste like whatever you wish.

P It can be savoury or it can be...

S One of my favourite Crossover meals is leftover oatmeal that hasn't been sweetened or anything and just to fry up a fritter of it next to, like, fried eggs.

P It's so beautiful.

S With hot sauce and cracked black pepper, bit of cheese on top, that's a Crossie, but boy, it's a good one.

P But as an E Meal, if you're listening and you've never tried our Trim Healthy pancakes, okay, basically all they are is, oatmeal, egg whites and cottage cheese.

S Yes, but let me tell you something people, go to the video place if you're a member of...

P No, it's on... Yes, member.

S Pearl did this new little tweak, you're pretty genius Pearl, and it's a dairy-free version. Not that we're against dairy, but some people just shed weight easier if they don't have dairy too much, but I actually prefer the flavour, Pearl.

P They're really good, yes.

[00:34:47]

S They're my husband's favourite, Pearl's dairy-free version.

P Yes, but the other one with cottage cheese, you can find that, I mean if you

don't even have our books, you can find that one online, Trim Healthy Pancakes, they're out there now. They use oatmeal and it's full of protein and those will help you lose weight. And if you don't even know where to start with your E Meals, start with those.

S And if your children hate oatmeal, that's how to get oats down them because they love those pancakes.

D We need to do a Trim Healthy...

S There's no booger slop into that.

P Thanks for that.

S I could've said worms, but I said booger slop.

D But now you said worms.

P She still got it in there.

D We ought to do a Trim Healthy pancake lunch here at the cabin, one of the recordings.

P We should.

[00:36:56]

S That'd be good.

D It's pretty simple to do.

P Totes should. Does Lisa make the Trim Healthy Pancakes for you?

D If she does I don't know it, she makes pancakes.

S She might think they're like bad for you, they taste so good.

D No, the pancakes are clearly not, like, the coming out of the bag thing, I

mean she home-made, somehow, I don't know.

S No, but what I'm trying to say is, you wouldn't know these were healthy, they're so good.

P Hey, 35 minutes, so to finish, we want you do to be doing at least like a good five E meals per week if you can.

S At least

P One a day is better.

S That is the minimum, yes.

P And then have some E snacks.

S Yes, and do you know what's the greatest for snacks? It's just the fruit with a little, just like a teaspoon, of peanut butter or something.

P Yes, you know the only problem with that is I find that I'm not full afterwards, so then I have...

S Have a Trimmy, you see.

P Yes, have a Trimmy or one of my chocolate milks.

S So really I don't have the teaspoon of peanut butter because I'm not a peanut butter lover really anymore, I don't know what happened to me. Anyway, so I have a Trimmy with a teaspoon of coconut oil or a half teaspoon of coconut oil and it has some collagen or gelatin or whey in. So I've got my protein in there and the little bit of fat that you want with an E Meal just that little bit. And then I have my fruit and it's filling because you're going through a big mug of that Trimmy, you see, it's a great snack.

P We have some great E dinners even in the new Trim Healthy Table book. If you haven't tried the Queso Chicken Bake, it's fantastic, you wouldn't know it's an E. Last cookbook was the Cowboy Grub and, you know, that was a big hit with everyone, I recommend having that even over salad, I love it over salad. I haven't seen this one get a lot of love, but this is such a good one. It's a Zippy Zucchini Rice Bake in the new Trim Healthy Table book, it can really rock your world, you guys.

S I'm going to go home and make that, Pearl, because I'm starting to make all Pearl's recipes.

P And Serene, your E Trimmy Bisques, that Sunny Southwestern one in the book rocks my world.

S What about the Super de Quinoa, that was my favourite, I think that'll be great with...

P I haven't made that, but I've seen some people make it.

S That is so delicious.

P E soups are awesome because they fill you up.

S And then the Trade Winds, the Moroccan Trade Winds one that's with lentils, freak out it's...

P And use one of mine in the crockpot section, the Hearty Lentil Chicken Sausage and Spinach Soup, that's been a hit, you guys need to make that.

[00:39:14]

S And I want to tell you, I'm not much of a, sounds hilarious because we write

recipe books, but I'm not really a recipe follower in my real life.

P No, you're not.

S So I throw together two family packs of tilapia, because we have a huge family, and just bunches of organic frozen spinach, broccoli, cauliflower or cauli rice, Just a bunch of non-starchies and tilapia, put them in a huge, like, big pan.

P Yes, your pans are giant.

S And then just enough, little MCT oil or coconut oil, just enough that it's still an E because you count how many people it...

P Where are your carbs right now?

S What's that?

P Where are your carbs in this, sorry?

S Just wait.

P Hurry, because I have to go to the bathroom.

S And then you just bake it up and then I steam up a beautiful pot of basmati rice, brown basmati, it's to die for.

P Hold on, you're putting thawed tilapia fillets.

S With all these non-starchy veggies

P With veggies in a iron pan?

S No, in a big...

P Casserole dish

S Casserole dish, yes

P You shove that in the oven.

S With all the flavours that you love, nutritional yeast and all the spices you like

P You're not cutting this fish up at this point, no.

S No, whole fillets, when it's all lovely and soft you just stir it all in and it just breaks apart and all the spinach runs through the tilapia.

P How long are you baking this for?

S Until tender, I don't even time it.

P And a little bit of coconut oil just for E purposes, just that little bit

S Yes, just to keep it succulent and all the flavours that you love and then we just top our basmati rice, with the fish and veggies it's so simple.

P That sounds delish and do you put tomatoes in there to keep it succulent?

S Yes, it's so delicious.

P Oh man, that sounds good.

S Onions too, so good

P I like it, Serene.

[00:40:45]

Hey Mamas, do you have a question for Serene and Pearl? Send your email to support@trimhealthymama.com.

[00:40:56]

D It's question time with Serene and Pearl.

P Nice

D All right, hey we have a THM, a self-proclaimed THM coconut...

S He's watching too much PBS with his children.

D She's a self-proclaimed THM coconut oil-phile. That, okay, someone who's really pumped about coconut oil

S Me too

P Did she say that she is an oil-phile?

D Yes, she said a THM coconut oil-phile.

P Got it.

S Me too, mate.

P What's her name?

D That's how she signed. And she writes, hey Serene, Pearl and Danny. An exclamation point on that too, she's excited. Okay, so tell me, how much coconut oil is too much to consume a day? Let's say for example someone enjoys a couple of tablespoons a couple times a day, I bet you that's her by the way, too much? Are we worried about excessive calories or are there other concerns that arise with this much coconut oil consumption? Or is just fine to have this much on a regular basis?

P Good question.

S Yes, it's a really good question. If you're like me, it's not too much because I tend to just burn through coconut oil like nobody's business, as the more

I have, the more my metabolism seems to just rev up and it seems fine. But I've noticed other people, if they overdo skinny chocolate, they just tend to... It's just too many calories for them. And so even though it's a really wonderful, metabolic-boosting fat, it's still a fuel and some people just, they can't overdo fats.

P So just gauge your body is all we'd say, see how you're doing. If you're having four every day and you're stalling in your weight, shuffle that around. Do one a day and see how you go, but you're still getting some benefits. Or even go down to two or just have a teaspoon. I mean just see where your fat burning potential is ignited, see where it really rocks.

S But if that scale's still moving or you're just already at goal weight and it's not going up by eating 4 a day

P Nothing wrong with that

S Hey, I could probably eat eight a day.

P It's all good stuff, mate.

[00:43:14]

Trim Healthy Mama Product News and Notes.

P So why Baking Blend

S Because you can make yummy, yummy, yummy cakes that taste like Sara Lee.

P Get up in the morning and eat cake for breakfast that is celebrated. Problem with a lot of low carb bake mixes is they're just very heavy with

either almond flour or flax, ground flax.

S Or they're high in blood-spiking carbohydrates, it's just that they're maybe gluten-free.

P Yes, well you've got the other side, it's gluten-free.

S Right, the tapioca flour or the white rice flour or potato flour

P And so, but what do you have in the middle? There's actually nothing before Baking Blend. You've either got the heavy almond flour, which almond flour, there's nothing wrong with it. But remember our almond flour is just simply ground up almonds, so if you're eating almond flour, think of yourself stuffing...

S With pads of butter on that muffin, on those bunches of almonds.

P Stuffing almonds down your throat

S It's stuffing almonds and butter because you're going to slather something on that muffin.

P There's nothing wrong with those foods, they're good foods, but they must be treated with respect, they have to be.

S Yes, exactly, but the other thing about the THM Baking Blend is we have thrown in a superfood, collagen, in there so you're getting a balance to your diet with the glycine amino acid, which is missing sadly.

P So it's a protein-rich flour which stabilises your blood sugar, it is low in fats, low in carbs, low in calories. So then you make your beautiful muffin or your cake or your bread, and then you can put fats with them. And so

that's the beauty of it. People asked us for so long please, what flours do I have to throw together and what do I have to do? And it was a long, drawn-out process. We took the work out of it for you.

[00:44:49]