



## Trim Healthy Podcast with Serene and Pearl Episode 55 - Mom + Daughter = 170 lbs Lost

*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 = Lea · Debbie = Debbie

[00:00:00]

- S            This is the PODdy with Serene...
- P            And Pearl...
- S            Get it right P-O-D-D-Y
- D            Women and men, boys and girls... Welcome to the Trim  
                 Healthy Podcast with Serene, Pearl and Danny, but I can't  
                 say Serene today really.
- P            No, Serene is resting. You know she needed that break and  
                 so...
- D            Yes...

P But, hey, in her place...

D In her stead...

P We have two amazing women and they are Lea and Debbie, a mother and daughter team and they've got so much to bring us today, their Trim Healthy Mama journeys. We're just going to like dig deep into how they've made this work. We're going to pull from them how they do it. Because you know you've heard from Serene and I and Danny so often about how we make this work and I feel like they've got a lot of wisdom to give us and to give you guys because they live different lives than we do. So we've got to pull man. We're going to grab the good meat today.

[00:01:03]

D Yes, ladies from the frontlines of motherhood no less...

P Yes, absolutely... And they go in...

D Womanhood shall I say?

P To do a TV show with us... So hey, welcome you guys, welcome Lea.

L Thank you so much. I'm so happy to be here.

P And Leah's mom... Welcome Debbie.

Debbie Thank you very much. I'm so glad to be here.

D Is this place comfortable for you?

Debbie Extremely...

L It's great.

D And I see you've brought with you your crimson cup. Is this a coffee?

[00:01:35]

L Yes...

Debbie Yes

P I know. And you know what, Danny; you've been slack on the PODdy Tea lately.

D I read that.

P Yes...

D We got some feedback asking, I don't hear about the tea anymore.

P No, Danny has totally slacked on the PODdy Tea.

D Next week we've got tea on the menu.

P Thank you...

D I've been... I say that every week.

P Because if we have guests like special guests here.

D We need to offer them tea....

P I feel the least we could do is have Danny make PODdy Tea.

[00:01:53]

D Yes...

L Well, yes...

Debbie That sounds perfect.

D Or maybe even update Danny beforehand that we'll have special guests on the show... Danny could have something ready for them.

P Danny turned up not knowing today but let's just jump right into this because Lea, you live in New York. Debbie you live in...

Debbie Indiana...

P Indiana... And you lead different lives... I love that we've got two different age groups here. We've got two different lifestyles to glean from and let's start with you first, Lea. I know that you know...We're going to dig deep into the practical ways you make this work. But you can tell your story. I know you've dropped 110 lbs with Trim Healthy Mama.

L Yes, definitely...

D Congratulations!

L Thank you...

[00:02:33]

L It's an amazing plan. I love it.

P Tell us a little bit just about your story first; how you came

you know to be a Trim Healthy Mama and what happened, how long it took you and then we'll dig deep into your wisdom before talking to your Mummy.

L So in... Let's see. In December of 2013, I had our eighth baby and I was...

D Good on you Mate! I'm only up to four. I feel a little behind.

L You've got to catch up.

D Please continue.

L And so I was 42 and so they're 20 years between my oldest and my youngest and it turns out that the weight was... I gained 100 lbs. during that pregnancy and I was very unhealthy. I had very high blood pressure and I had a really hard time. I could not drop the weight. I gave it six weeks after I had the baby. Normally weight would come off and it just wasn't coming off and my doctors were starting to be a little concerned. My blood pressure was too high.

L A good friend of mine... She's an online friend. We've been friends in like little Mommy groups for about 17 years. Her name is Melissa and she shared a little bit. She had started recently and she was having great success and I thought you know what? I'm just going to download the Kindle version and check it out. And the day I downloaded it I jumped in. I

started.

[00:03:44]

P So you were like an all just in.

L I'm all in.

P You didn't tip toe.

L I didn't read and prepare because I'm just not that way. I'm an all-or-nothing kind of person usually so... And I had kind of ridiculous results. Like my very first week on plan I lost 15 pounds.

P Oh my...

L I thought it was a mistake. I'm like, there's no way. My husband's like; it has to be water weight. So then the second week I lost eight pounds.

P Wow...

L And the next week I lost six pounds.

P Now can I ask you a question about that? You tried other diets in the past?

L Just almost every diet out there...

[00:04:16]

P But had you been a fast loser on those if you ever tried them

L Usually the first week I would usually lose like five pounds. And the thing is that definitely would be what you would call

water weight kind of thing because then it would either come back or that would be it. And it was... Those were the kind of diets that like you deprived yourself. I was starving to death. I wasn't very happy. So for one week I can do anything but when it became past a week I'd always feel like, this is... And you don't see any results. It was just hard. But so like pretty much like every single day for more than a month... Probably a couple of months I ate Muffin-in-a-Mug. Every single day...

P And that was a dessert back then because you got... You had the first book, right?

L The very first book...

P No pictures... The recipes were all...

D With the little baby...

L Yes, I loved that.

D Oh, nice...

P The recipes were all just slapped together

[00:05:03]

L I still say I love that book.

D That's "THM Vintage" right there.

L Yes, it is. And that was... Eating that Muffin-in-a Mug every single day, I never got tired of it because then I figured out

you could eat sweets and just... And if you want it for breakfast you can have it for breakfast. If you want it for dessert, it was just fantastic. So that's how... And so I told my Mom because we've always been trying to lose weight; trying whatever gimmicky diet this is and it would just never work. So this time I'm like, Mom, have you... I waited a little bit to make sure that my results were really... I'm like, you have to try this. You don't go hungry. You can have all the delicious stuff.

P Did you have stalls or anything when you were losing your weight? Obviously it slowed down because that's very fast for THM. But everyone's unique, yes.

L Well I didn't really have stalls for the first... Well I was very heavy. For the first maybe 60 pounds I didn't have stalls. And then everything had to catch up you know. And then you kind of re-evaluate like I get in food ruts and I like to eat the same thing every day and I have a problem with S-Meals because I love them so much. I'm like I have to make like a conscious effort to add E Meal in and Fuel Pull Meals in too.

[00:06:09]

L Like change it up a little because then my body was like, okay



now it started to figure out what you're doing. So you definitely... And my friend would always say...Because I got a bunch of my girlfriends on it. She'd say you don't really eat for enjoyment you know, and I'm like; well I like the same foods. I find what I love and it's easy and fast and I just make the same thing.

P And we're going to come back to you on what you do and how you make the fast things but we'll talk to Debbie here too. But I was going to say, once you... If you had a stall, once you juggled those E's and Fuel Pulls and again you find it would start to drop again.

L Yes, it would definitely start dropping again.

P And you got all the way to go... And you said to me... What was the story? Your husband came back from... He's Navy, right?

L Yes, he's a Submariner.

P And he came back from overseas and what? He didn't recognize you?

L No, he... We stood in a big parking lot because I would go pick him up from the boat which is what we call submarine. And from across the parking lot he thought I was our oldest daughter because I had lost so much weight while he'd been

gone, he thought I was our oldest. So he was very shocked. He couldn't believe it.

[00:07:12]

P And then your husband likes curvy though so he was like; you're almost too skinny. So he wanted you to gain just a few more.

L Yes...

P A little more female...

L The last deployment he came home from he had said. You're a little too skinny..

D Good man...

P Yes, they're just like that. My husband's like that too. If I get too skinny, he's like, you don't need... Don't do this for me now. You know it's like he likes something to grab hold on.

D Yes, as God would have it.

P Yes, absolutely... So Debbie tell us about your journey.

D Well when Leah was describing this, she said, Mom you have to get the book. So I didn't want to download it, I wanted something physically in my hands...

D Yes, that's how I am.

[00:07:55]

Debbie That I could read and then look at the recipes and everything

and I am one of these people that if I have something to assemble I don't read instructions, so I didn't read it all but she has been telling me how to start. So I thought...

P So you had the book but you didn't read it?

Debbie All the way... I read maybe half.

L She's like that.

P Oh, so you just read half way so you got the gist.

L Yes, I did.

D You know I'm way worse actually. Something about possessing the book is enough.

L You do have to open it. You do have to open it! It's important.

P I must say I had the book. I don't know how to start. I had the book. I don't know how to do the plan. I'm like; but having the book and reading it... But Debbie, congrats for getting half way through... That was a giant book so you made 300 pages.

[00:08:42]

Debbie Yes that was a lot, but when I got to the recipes it seemed very simple to me. There were very few extra kind of ingredients I had to go out and buy. But I am a person that likes fresh vegetables anyway and I like protein so that was how I was raised meat and potatoes... However I did give up the potatoes and I loved the vegetables and I grow a garden.

P Oh, beautiful...

Debbie So I really love them.

P And when you started the plan you were how old, if you don't mind saying.

Debbie 66...

P Okay... And now you are

Debbie 70...

P And you're... She's so beautiful and just shining with health.

And tell us about some of the health issues.

Debbie Well I was an art teacher for 35 years.

[00:09:37]

Debbie And living in Indiana on ice and carrying all of my portfolios I fell and broke both of my L5's and had... I couldn't walk. I had to have a spinal fusion. And it only worked on one side because I had the beginning of osteoporosis. So I still have vertebrae laying on a nerve and there's pain all the way down my leg. Then I fell again and broke my kneecap into nine pieces and they wired that together. So the doctors had me on so many pain meds. Oh my goodness... and one of the drugs that they had me take was Neurontin that made me gain forty pounds.

D Oh, I know about Neurontin.

L She was in so much pain, we went to Disney and I pushed her in a wheelchair the whole time. She couldn't walk.

Debbie I was in the front of the line to get into everything however.

P I can't imagine it, she has so much energy.

Debbie Oh, it was unbelievable.

D Neurontin's a seizure... an epileptic drug though, right?

Debbie It's... Yes, but it's also for anything neurological.

[00:10:36]

D Oh, I see, okay.

Debbie And I said, you know I'm not going to continue taking it...It doesn't work. It doesn't control my pain. They wanted to install one of those Tens Units inside my body and then go ahead and put a new battery in every six months. I said no this is not worth it. So losing weight, getting off of the meds is what really changed my life because when I did go in and see my doctor... For Medicare you have to go in once a year and have an annual. And my doctor said what are you doing to lose weight? And I said I'm on Trim Healthy Mama and I explained how we ate and he said, you know if everybody would eat like you are I wouldn't have patients that needed pharmaceuticals. And I said that's what I've been trying to say. We need to drop out of these awful medications and then

just lose weight and get healthy.

P It's amazing to see you sitting here. You look so healthy and shining. It's just so incredible. But did you find though as a seasoned mature woman... So I'm not calling you old but... Was it slower to drop than like Lea?

Debbie I didn't lose it that quickly but I lost my 60 pounds within six months.

P Well that's amazing.

Debbie So that's pretty fast

P Well that's amazing. You guys are genetically fast losers I think, you two then.

[00:12:12]

L Probably...

P I think it's... I think you're fast losers. You know there's a lot of people that you know... We say it's great. Lose a couple of pounds a month.

D So the falling... the injuries is what kicked it all off. You felt not as in control?

Debbie Oh definitely not as in control and made me gain more weight. So I had tried different diets. I tried Atkins. I would lose a little and then it would come right back on because anytime you put a bite of pasta or bread in your mouth, there comes

the weight.

P But we were created to crave the carbs because we need the carbs.

D Oh, yes...

L And when you're told you can never eat fruit again. And you couldn't have dairy. Like I said for a week you could do without fruit but then you know it's just too hard after that.

P Right...

D There's things out there where you can't eat fruit.

L No you can't have fruit...

[00:13:00]

P Ooh, there's the latest Keto craze Danny. I mean you're not going...

D Why does it taste so good?

L Because if you have to keep on like keto you have to keep your carbs less than 20g a day... And apples like 27 or something. They say no, no.

D No, no, no, we need our grapefruit.

P No, our bodies were created to do these wonderful carbs and that's why this is you know sustainability but yet...

D I also love your age in this because you know we hit 37 and it's like, well it's all over now. You know whatever goals I had

health-wise are kind of behind me and now...

L Don't say that.

D We're all getting old, right? That's such a thing you know.

Debbie Well it's so much harder to lose weight the older we get. I noticed over 40 it was harder.

L Except not on Trim Healthy Mama...

[00:13:48]

Debbie No, not on Trim Healthy Mama...

P I think for some it comes off slower when you're older and that's okay. Our metabolism sometimes naturally slow down but it still comes off.

Debbie Yes it does and the one thing I was super concerned with... My mom was like Betty Crocker. We were raised to have a dessert every day.

P Right...

Debbie And so I thought, oh no...

L I still think you need a dessert every day.

Debbie I really thought that I would not be able to bake.

P I had dessert almost every afternoon.

Debbie And you can bake with Trim Healthy Mama. That's what's fantastic. I love the new chocolate chips.

[00:14:21]



P Oh, yes, you've got to taste it.

Debbie I love baking day.

L Those are delicious.

Debbie Oh, they are really good.

L I can't wait to get home and make some things with it. It's going to be great.

P I want to get into how you guys make it work, because there's a lot of people listening that you know maybe they're new beginners and they need ideas you know. And they live different lives from Serene and I. Like you work, don't you, full time now, Lea, right?

L Yes, I work full time now.

P Tell us how you juggle it all to make it work.

L Well first you have to know that I don't like cooking and I'm a Drive-Thru Sue.

P Okay, so you've got 1000s of people going with you sister, right now.

L I'm lazy and I just don't... And like if a recipe has too many steps, I just automatically tune out. I'll never do it. And that was one thing like with the very first book. It seemed like I

looked at the recipes and I thought, these look doable because there's things that don't take a long time. You don't have to do a whole bunch of stuff. There's not 110 steps to this recipe that I'm going to get... I'm going to miss a step and I'm going to ruin the whole thing. And so what I do... So I did say that I had downloaded the Kindle version. Right after that I decided I needed the real book version because... So when I make a recipe I take... I write notes. Like if I had to substitute something or I was out of something... And then I write who liked it in the family because that's important to know.

Debbie That's good.

L So... Because I have a lot of picky eaters but there are so many recipes there that everyone likes.

P What were some of your staples then?

L Cheeseburger pie... Everyone likes that.

Debbie Oh, yes...

P So it's always husband-approved that one, yes.

D Yes...

L And kid approved... They love all the different pizzas. I've made all of the pizzas.

[00:15:56]

P Yes, all the different crusts, yes...

Debbie The chilis are big.

P Yes... I still just... I'm a chili girl one or two nights a week.  
It's just so family-friendly.

Debbie When it's cold you have to have chili.

L Oh my gosh the Zuppa Toscana; that soup...

P Yes, that was from the first cook book.

L From that first cook book... That's so delicious. And learning about cauliflower, it doesn't have to be gross. It's delicious.  
Now that's my very favorite vegetable.

P So for dinner you had your like simple staple family meals that you used over and over again that you knew your family would like.

L Yes, yes and so for on the go, because I'm on the go a lot...  
Like I make a lot of eggs for like in the mornings, and then hard boiled eggs are great. I'll eat Greek yogurt, Triple Zero yogurts.

P What did you learn to do as E's for breakfast because obviously it's easy to go to the S for eggs?

[00:16:53]

P And then to change that, what did you find yourself liking and enjoying?

L So I really like just to do those crunch egg whites that you

talked about. I liked that a lot

P Yes, yes, the Crispy Egg Whites...

L But then I'll do yogurt and a piece of fruit.

P Yes the fruit obviously. See that's simple. So you've got your lean protein then you just add a piece of fruit and carb.

L It's super easy.

P So what do you do at work?

L I usually pack... Because we have a refrigerator right there in the Emergency Room that I can use and so...

P Oh, tell people what you do.

D Yes, I'm interested.

L Well I work in an Emergency Room in a hospital. And right now I'm working overnights. So I work about 13 and a half-hour shifts. Friday night, Saturday night, Sunday night... And I'm running around like crazy. I register the patients and admit patients that need to stay. But I'm in and out all the time. But I pack a lot of food. Like to take to work with me, I'll bring yogurt and I'll bring nuts and I'll bring like different meat sticks or I'll, you know it just depends.

[00:17:46]

P You do keep it simple don't you? I can tell now. And where it's like fruit, it's like a cheese stick. It's like a boiled egg, it's like

nuts.

D That's my diet exactly.

P Yes, you like the Mean Plan and the Lea Plan. It's similar.

L It's so easy and you can just grab it when out the door and it's just... It's simple.

D It needs to be silliness easily.

P What about like at the Hospital Cafeteria; something that you can [inaudible].

L Yes, we do have a hospital... I love it actually because we have a salad bar. So in in all my salad bar we always have hard boiled eggs and tuna. And they'll also make me a chicken breast if I would like a chicken breast. So I eat that almost like every single day that I work. It's very...

P Now what about...? We'll I'll take this question from either of you. Eating out, are you able to find that you can eat out on plan then.

[00:18:35]

L Definitely...

Debbie Extremely simple...

P I find it easy too but it does stump a lot of people you know so...

D You know I think a lot of that is... at least for me is mental. I

know that I can succeed at many restaurants but look what's on the menu.

P Yes, but you were used to ordering a certain thing from a certain restaurant. Like you ordered maybe the Crispy Chicken Tenders and then it's like, so what on earth do I order now?

L Right...

P So what do you guys do?

L Usually... Okay so there's... The only kind that I find that's a little more challenging for me to eat on plan is a Chinese Restaurant because a lot of it is real saucy.

P I still... I don't really care to... unless it's a sweet sauce... like I'll do the Broccoli and Beef or things like that.

[00:19:18]

L Beef and broccoli, that's what I get.

P And I know there's probably corn starch but I don't care. It's okay.

L Right... So, but it's really easy. Like we just went... We walked from our hotel and we went to O' Charley's and we got a Grilled Chicken Salad and a Cobb Salad!!

Debbie But maybe you don't want salad every single day so usually I get some kind of meat with a vegetable. And most places never

mind substituting that for the baked potato for some veggies.

P They never do. I eat at O'Charley's a lot because it's right here at the Dixon exit. So I'm like; the salmon... And they have wonderful broccoli and then the side salad. Or if you don't like salmon, do the chicken and it's so easy, right?

L It is very easy. It's not hard at all.

Debbie You can do steak too.

P Absolutely... See my husband's a steak guy.

L So we are huge Mexican eaters and fajitas.. they're so fantastic.

D Praise God...

P Praise God for fajitas. Danny's singing hallelujah.

[00:20:07]

L And the Molcajete, they have that there. It's kind of like a fajita but you just don't use the tortilla and it's just...

D It's wonderful

P Okay, now let's all be honest here about corn chips at a Mexican Restaurant. Okay, here's what I'll do. Look you guys like me being transparent. We've got a whole bunch of feedback from the PODdy and it's like; I like it when Pearl's transparent and lets us know when she like messes up. Okay, here's what I do at a Mexican Restaurant and then you guys

can tell me truth about yourself.

D Are you not going to tell us how you folded? What's going on?

P No, I don't fold. I do a "Pearl"... And I'm not saying do what I do even though I'm an author. Sometimes... Like Serene will never have a corn chip.

Debbie Never...?

P She wouldn't do it. But I don't like to sit there and not have a corn chip but I'm the sort of person that can eat two or three and just stop even though I want more because they're good. Come on. They're good. They're crispy and yummy. But I know that if I'm putting hand to mouth the whole time I'm going to feel...

D Like while you're waiting for your food...

[00:21:03]

P I'm going to feel so stink so if you're the type of person that cannot just have two or three and stop, you know I wouldn't suggest you do what I do but I like to feel a part of my family when they're all dipping into the sauce.

D Sure...

P And so that's what I do personally but you go ahead Lea and Debbie.

Debbie I have never... Well I'm not too good to bag some of my baked



blue tortilla chips.

P See that's awesome.

Debbie And take with me... I have done that.

P So you're amazing. Some people like will take their little cucumber slices or ask for them at the restaurant.

D Yes...

P What do you do, Lea?

L Well it depends. Some days I just feel weak and I just know if I even have one I'm eating the whole basket plus some. And so for when I first started I was so like I can't bend a rule you know.

[00:21:48]

D It's like I can't do it.

P Because she would know...

L People would say, take a bite of this and I'm like, you can't take a bite. It might have a tiny bit of sugar or something else. But then I realized it's still life. You still have to be able to live life. And so, yes, sometimes I'll count out just a few chips or I just won't have any. And so my husband tried to be so super-supportive and when we first started going he wouldn't even get chips. I'm like you can eat chips because you know that's totally fine. You can have the chips.

P That's a sweet man.

L And so it's okay... I don't feel like I'm going without because you know...

P I do. I do like... They're going to bring chips because my family's really going to sort of feel deprived if they don't bring the chips if I'm out with my family but it's just my husband and I. Though sometimes we just ask for no chips... It's easier, you know. And always, though, I don't do well with bread being brought to the table. So if we're at a restaurant I ask for the no bread and my kids don't necessarily miss the white buns.

D Rolls are hard to eat.

[00:22:42]

P If my husband and I are there I'm like, please no rolls and then I enjoy my meal so much more without the temptation of them right in my face.

L Right...

D And you don't feel like you're overstuffing the meal you know because you've already had a big stomach full of bread.

Debbie Now one thing I've done at a Mexican Restaurant is I'll order like a Burrito with no shell and have it in a bowl.

D Oh, yes... Those bowls are great. Everybody's doing the bowls

now.

P Yes, the bowls... Pizza in a Bowl... What about...? You're a Drive-Thru Sue. Do you ever go to fast food restaurants and make it work?

L Oh yes, because I've travelled a lot so... Because I've been a photographer for like 15 years or so... Sometimes I have to go out of State and I drive and so McDonald's, a burger with no bun and a side salad or a bacon and cheese burger with no bun and a side salad. It's easy.

P It is. I mean even this morning you know we had to go on this TV show. And I'm like the author of Trim Healthy Mama... My husband's driving through McDonalds and I'm like; well what am I going to get?

[00:23:38]

P So I get the Egg White Delight and I get double egg white with the cheese and I throw the top bun away. You know sometimes I might keep the bottom one but I think, hey this is life, right?

L Right... You still have to...

P Whereas Serene would have taken all her puristy stuff and made her puristy breakfast with her puristy kefir in the morning so how we're all different.

D I can't tell you how many times I've heard, do you just want the meat? I'm like yes, yes, just the meat and some lettuce. Wrap it in lettuce, yes.

P But these days they just know what you're talking about. Now five years ago when I used to do that, people used to give me the strangest looks. And now everyone's like, oh yes...

L Because like four years ago my husband would be embarrassed... I remember one time I ordered and they got it mixed up and they gave me just the bun with no meat. And I was thinking, wait, wait, wait you know. I didn't want just the bun. I needed the meat. But now it's normal. Now people don't even look at you twice. Because I'll say no ketchup because I know that there's sugar in the ketchup.

P See, you're better than me. I'm just like...

L Well, our parties...

[00:24:35]

P We don't have the sugar ketchup at home but sometimes I just allow it on my burger, yes

Debbie But our Hardees in Indiana; if you say I want a low-carb burger, they wrap it in lettuce; nice large... The big pieces of lettuce...

P Yes, so many places... What... Jimmy Johns does it. Five

Guys does it. Yes, lots of stores.

D And it's satisfying...

P Oh, it's so good. I enjoy it. I find the white bun takes away from the flavors of the juice.

D It does.

P At this point I do. But Debbie, what do you... What are your go-to meals...? How do you make this work for your life?

Debbie Well I love the scrambled eggs with a little bit of Half-and-Half and a little... Like a couple of pieces of bacon.

P Okay... Is that your go-to breakfast?

[00:25:23]

Debbie Yes, that or I will buy some sprouted bread and I might have a piece of bread for toast when I'm in a hurry.

D Eggs and bacon... Classy lady... What about cream cheese and eggs.

P Probably you could totally do that, Danny. You don't want to like... You... You skinny guy... You could totally throw that in there a lot for just added calories. But some of us don't want to like to cream cheese with eggs the whole time just because it's like heavy.

D Oh, I see. My friend's grandma made scrambled eggs. In the end she folded some cream cheese into it and then some bacon.

P Oh, yum...

L Oh, wonderful...

P Oh, yes...

D It was so glorious.

P Oh, glorious; that sort of stuff...

L I do scrambled eggs with a bunch of cauliflower rice in there.

[00:25:57]

P Oh yes...

L And then I put salsa on top or hot sauce and I just really...  
Then I feel like, okay I'm getting some vegetables in there too.

P Absolutely...

L And it's delicious...

P Now Debbie, you were telling me that you look after your...

Debbie Great grandson...

P Great grandson... So how do you work with...? So you've got  
a little... How old is he?

Debbie He's going to be two at the end of the month.

P Okay... So how do you work that food-wise?

Debbie He will eat exactly what we do so he is now loving vegetables  
and he likes his protein so I think... And of course he likes  
some yogurt and...

P Is your husband like... Does he like the Trim Healthy Mama

meals? Is he like on-plan or off-plan or in between?

[00:26:42]

Debbie He is on plan. He has diabetes and I thought that was the healthiest way for him to eat. And he used to love white potatoes and bread. He no longer even misses them.

P Wow... And is he Type 2 or Type 1 diabetic?

Debbie Type 2...

P Okay... And is his sugar numbers...? Are they better than...?

Debbie Oh yes...

P That's fantastic.

Debbie He has gone to the doctor just recently and they said he's just perfect.

P Oh...

D Wow...

Debbie I think the diet has so much to do with your health.

P What are your go-tos for dinners? For you and your husband any maybe your grandson...

Debbie I don't necessarily have to check anything now. I know that I can prepare any type of meat, any vegetables... We love... Well at least I do. I love broccoli. All of the family likes broccoli. I'm the only one that likes brussels sprouts. Everybody likes green beans.

P So how do you do your broccoli? Do you butter it up like in S  
or do you just steam it? Or what do you do...?

Debbie I roast it. I put a little bit of sprayed coconut oil and then I put  
it in a pan. I use sea salt and pepper and it is wonderful and  
even the two-year-old loves that broccoli. So that's wonderful.

P Oh, roasted broccoli...

D How do you roast broccoli?

Debbie Well, I put it in for 30 minutes.

P School him. School this man who does not know such things.

D I'm just here to learn.

P And he should, yes.

Debbie You cut it in small pieces and as I said...

P So you go from the fresh.

[00:28:22]

D You don't go like frozen broccoli packets like this woman right  
here, no.

Debbie No I do fresh.

L No, I'm frozen only

D You're actually biased to frozen.

P Okay let the fresh lady teach us a little thing or two here. So  
go from the beginning.

Debbie I always use fresh but I chop it up in smaller pieces so that I



don't ever give anyone more than a mouthful, a bite. And then as I said, I put some coconut oil in the pan so it doesn't stick and then you just sprinkle sea salt and pepper on top. Stick it in the oven. I usually go between 350° and 400° for 20 to 30 minutes and I check to see how brown it's getting. And it is delicious.

D But that's just simple.

L But that's very simple.

D That is not hard to do.

P But it's making me so hungry [overtalking].

[00:29:11]

Debbie And we do asparagus the same way.

D I've already been crashing because of our conversation. Yes, it's got... No, I'm not really crashing. I'm very hungry now.

P No, we're doing the PODdy at a different time today. We're in the later afternoon. We usually do early in the day and it's almost dinner and I'm just like...

D Almost...

P It's like, oh, I want...

D Hey it's like dinner for like two hours.

P I want some broccoli; roasted broccoli.

D You know what? A quick non-scale victory for me...

P What...? Yes...

D I'm able to put two eggs on my toast today.

[00:29:41]

P Thank the Lord, Danny; getting your protein in the breakfast.  
Because you were such a Pop Tart grownup man type, right?

D a Pop Tart boy...

Debbie Pop Tarts...

P He grew up without protein his whole life and he's just starting.

D Yes, just... And I don't think I...

P He won't even do more than one egg because it felt so foreign to his body.

D I think I'm still healing, honestly. I still struggle with stuff because of 37 years of... Well, now... At the time, I guess 33, 34...

P Yes, but man that's good. That's a good non-scale victory. I like that you're having two eggs.

D Yes, just a side note, now you know

L The two-year-old has figured out that we have for his gains. You must have protein. And so he knows now you know what protein source... We always are doing a protein source.

[00:30:26]

P Do you or are you guys smoothie girls like would you ever do the... Put the smoothies for like a meal...

L Yes...

DEB Yes, for lunch especially.

P Okay... Doesn't sound like total Drive Thru Sue. Do you get into Serene's whole okra smoothie thing or you're not so much the okra smoothie girls?

L I love them

P Oh, you do..

L I do.

D What...?

L Okra...

P Danny, I'm going to give these ladies power to fire you ...right? If you do not know that the Trim Healthy Mama books feature smoothies with okra...

D I've never even heard of an okra smoothie and I like...

P How can he work for us and not know these things?

[00:31:00]

Debbie Danny, you need to turn to that page.

D Tell me there's something other than okra in this smoothie.

L Well you don't...it doesn't taste like okra...and you blend it up so you don't even know... It's not like you're picking chunks of

okra out of your smoothie. That would be kind of gross. No, it's awesome.

P You don't know what's in there but it just heals your gut  
Danny. Danny it heals your gut.

D I need to get down with this.

P I know.

L Yes, it really does heal your gut.

D Maybe I'll do another smoothie.

P You are baby-stepping because you are totally like kefir and getting better.

D Yes, yes, my kefir makes me so happy.

P I know.

L My husband loves kefir.

[00:31:30]

D Do you guys keep kefir in stock?

L Well so far I've just bought the plain kind and I double-ferment it on my counter because I had to start... I had to try that Yum Yuk Bitty. It's so delicious. I love it.

D Yes, Serene... She'll stop every recording

P It's usually here, right but every PODdy it's here.

D It's on the table and Serene is just goggling on it.

L Why's it so good? I don't even know. It's so tasty.

P Nobody knows.

L It's just addictive.

P It is.

D With Serene it's like grass to a horse. It is like literally her full meal of all. Every day I see her, she's got her jar.

[00:32:06]

L It's so good.

P Yes, but smoothies are a great way for people to start I think too, on plan. And I mean not smoothies like you know you're got your artificial type shake you know that I have to replace to my meal with. But just like a big quart-sized thing of goodness that is just like hydrating your body.

Debbie You can sneak in those veggies.

P Yes, I know, exactly...

D Sneak in the veggies, and if you have gut issues, smoothies are kind of easy on the belly.

P They are. Whey protein is one of those easy things. For some people that can do it but your son... You were saying he was... You know, he wants to get his gains. I have a problem with my sons; my teenage boys who want to get gains too and they're always devouring the whey protein. I'm like, hey that's mine.

- L Yes, I know. That's the thing. I'm like; good grief.
- P I know but he's like, but mom I have researched and your's is the best. Trim Healthy Mama way...
- D You guys even shared that the the gym bros know their health a lot of them.
- P Yes, the gym bros.

[00:33:01]

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[00:33:26]

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

D When you kind of transitioned from dieting to you know what we call Trim Healthy Mama but is... It's a lifestyle of eating right. When you transitioned did that success... Did you start to see that in other areas of your life as well? Did you see not just health change but life change during that season?

P Interesting...

Debbie Oh, you feel so much better. You can sleep better. You can get around better. And at that time I was doing Silver Sneaker and going to a workout, which I don't really have that much time to work out right now. But, yes you do feel so much better. It's amazing.

P I was in... And I think what Danny is saying is sometimes when we're in a state of ill health too, we're self-sabotaging in other areas of our life. Once we get that health going too maybe...

D Sure, relationships, goals, success at work...

P Yes, work things... What do you think, Lea?

D Promotions... You know...just curious

L Plus when you don't feel good and you don't feel good about yourself and everything hurts it kind of makes you depressed and then that really reflects every... Like that's reflective on everything; parenting, relationship with your spouse... Every

single aspect of your life I think... So losing the weight, feeling better, having more energy... I think it's made me... Well I made me want to go to the gym. But it's made me a better mom, a happier wife... My husband's like you have so much confidence which makes you just so happy and a great wife. So it's definitely made a difference.

D That's so great to hear.

P That's a good question, Danny.

D Yes, well that's been... That was my personal experience when I got a hold of just eating right and taking care of my body. It's like all these things started unlocking in other areas too. You know I had more grace for things, patience with my kids.

[00:35:16]

Debbie Fantastic...

P Yes, because you're honoring the body that you were given... I think it's... I think it's just like groundwork. It's a foundation. You start honoring this temple that we're in and then we can go out and succeed and actually you know do these other things.

D Well it's like filling your cup and then letting that overflow rather than having an empty cup and you're trying to you



know love on your babies and love on your spouse and please your boss etc. If you're just feeling run down it's so hard to do that.

P I know and I'll talk about my poor husband right now who hates being talked about. But I know once... You know once I finally brought him off sugar and as you... When I say he's a cheater, it doesn't mean he cheats on our marriage. He's a Trim Healthy Mama cheater. He eats everything I make him at home and then he all sorts of interesting things on his own.

D Does he sneak out?

P No, he just...

D I pretended that I don't know.

L That's hilarious.

P Let's just say he's not on plan all the time.

D I may or may not have sneaked out with him.

P He's on plan enough that it's helped him so much. And you know at home he used to eat like six cookies. Well he used to get really happy about fifteen minutes after the cookies really happy. And I could predict it. An hour and a half later...

D Crash... Anger...

P Ooh, he's grumpiest husband.

Debbie That's sugar perhaps...

D Malevolence, impatience with children...

P Yes, all of it...

D No it's because no boy of mine... It's your life, dude. You're jacking up in your head.

P And then he stopped. You know he's stopped doing it and he doesn't even do that now. But just so even-tempered and me... You know I used to have to have a nap every day. And I feel like my children lost me for that time because where was mom? She's in recovery... Her life... Every day...

D Recovering from her bad decisions...

L Right, I used to have to take anti-depressants before. Well post-partum was always a thing but then I was just so unhappy that I took... And I haven't had anything. I haven't needed to be on anything at all.

D Well speaking of success in other areas of your life...

L It's changed everything.

D Giving up anti-depressants is massive.

P But it does affect the neurons and the serotonin and everything that's wiring and shooting off in your brain. It does.

L Because it is a whole... It just encompasses everything.

P No, obviously I mean you weren't able to drop them

straightaway. These things take time to rewire too, don't they?

L They do.

P Yes...

[00:37:17]

Debbie I was taking 40 mg of Prozac as a teacher because we had so many at-risk children and so much need and it was just so sad. Well when I gave up all my meds I went cold turkey, no more anti-depressant. And you know what, I didn't have any side effect from it. And I was told, you cannot do that... But yes, you can.

P That's very interesting.

D I mean that's what many would say is like miracle level but it starts with... It's scientific.

P Yes, but this is her story. This is her truth. You know everyone has their own, unique story and that's your truth. You're sitting here shining saying that. So how can we refute that?

D It's powerful.

L You know I went to the doctor shortly after I started. I dropped; you know a good bit of weight after I'd had the baby

from Trim Healthy Mama. And they said... You know they asked me... I wanted all my blood work done because I thought, you know I'm 42 and I just want to see it all. And so he kept looking at my numbers and he'd look at me and he said, your age is much younger than what your age actually is.

P Really...

L Your blood work is of a young person.

P That's great.

L And I went... This time my good cholesterol is so high she's like, what do you do? How do you eat? And can you..? So I've like written it down for nurses so they can get the bug.

P Hey, before we close, I know that we've been talking about a lot of good things and you guys have shared so much you know of... Just the NSV's and everything... Transformations... But can you share with us what's been hard about this lifestyle and how maybe you've overcome that. Is there anything that's been really challenging that you thought, maybe I just can't do this at any time and how you got through that?

L Well when I went in to it, I thought there's no way I could ever give up that all the flavored coffee creamer.

P That was your thing...

L That was like... Going to be the thing that did me in, there was just no way. I just couldn't do it. And then with the use of some extracts and the sweetener and blending it up and the coconut oil in the coffee, yes, it's not a problem at all. And being able to drink your Half-and-Half...

D So you made your own replacement so to speak for that creamer.

L Right, because I read it in the book like the different coffee recipes and the different morning things. And then I thought, well what can I do? Now there's no need for that.

P So did you ever have days where you were like, this is too hard. I'm going back to my sugar or you just...you would never go back. You know because I know some people just feel like, well this is too... You know it calls, the past calls to them.

L Well not at the beginning at all... But you know later on I felt well... And the thing is though, if you do kind of... because I do believe in life and so living life... And there are be an occasion now and then where I do say, okay this is a super

special occasion. It's not just because it's Sunday because Sunday comes every week. But for like a super special occasion I'm like okay. And my rule was, if it's a restaurant far away and we're visiting someone then I'm going to have you know...

[00:40:37]

P I'm like that, right.

L You know I think that. So that's been doable. But then I realize... I started doing it for a while and I'm thinking there's... I'm making everything a special occasion.

P Yes...

D Yes...

L I can't have a special occasion five days out of seven of the week, see.

P And then you derail and then you feel gross.

D Yes...

P What about you, Debbie?

Debbie One of the things that was so hard for me was pizza, because as a teacher, every Friday's pizza day.

D It's a big deal with kids; pizza's steady.

Debbie Oh yes... But now with the different crusts that you can make and the cauliflower crust pizzas that are available even in the

store...

D Off the shelf...

P I know these days, isn't it so much easier to be a Trim Healthy  
Mama?

L It is.

Debbie Oh, it is.

P Because everything... Even just with those zucchini spirals in  
the frozen foods dept and the frozen cauliflower rice... I'm  
using those like all the time and with my eggs. The cauliflower  
rice is great....

L That is so amazing. You don't have to get your food processor  
out because like you're getting lazy.

P Me too...

L I love not having to get anything out like that. It's...

P I love every lazy thing that I find in the grocery store.

L Me too...

P And I will pay the extra dollar and fifty for it.

D Oh, it's worth the money.

L Yes, it so is.

P Guys, I thank you so much for coming and I mean you took  
time out of your busy lives at a last minute notice and I know  
that you've brought so much to the women. I mean I know

that they've been eating up what you're saying today.

L Well thanks for having us.

Debbie It's been an honor.

L Yes, thank you so much.

D Yes, absolutely... Hearing this has super-encouraged me and even in my Man-Plan so thank you.

L Good...

D Hey, thank you guys for checking in with us again this week. It's been so awesome and we're so glad you continue to hang. We feel like we're hanging with you somehow. I don't know how.

P We really feel like you're all... You know a couple of hundred thousand here right here in the little PODdy Cabin.

D Yes, like I don't feel disconnected.

P But to me it's more like eight women.

P I just think of us as a little gathering of women in here. I think that's the way my brain thinks of it, and but I know... We see this... I know that there's a lot more but it still feels intimate somehow. I feel like you guys are right here.

D Yes and we hope all of you out there are super encouraged by what you're hearing. My goodness, it doesn't matter what age you are or what weight you are, what obstacles you have. You



can do it.

[00:42:50]