



Trim Healthy Podcast with Serene and Pearl Episode 57 Stop Making This So Hard Part #1

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · L = Lesley

[00:00:00]

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[00:00:13]

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 back to another fabulous episode of the Trim Healthy Podcast with your hosts...

S Solace.

D Baby Solace, Pearl, and we do want to welcome back Serene who has been absent on baby leave, and we're so glad to have you back, Serene.

S I smell like a little bit of spew and whatnot, but...

P Yes!

D And, of course, I'm here, too, and from what I hear, these chicks have some rockin' words for you today.

[00:00:33]

P Yes, we came armed and loaded today. Serene got two weeks off and she's just so anxious to be back to talk to you all.

S Oh, I am. She had no sleep, Pete!

P She got absolutely zero sleep last night, right, because baby's got her days and nights mixed up.

S So there's going a lot of sanity spoken here today, a lot of...

P Yes. And look at her little double chin!

S Yes, so cute, so cute.

D And she's got quite a head of hair!

S Yes, mate, she's is a little..

P Put your voice into the microphone.

S Oh, sorry, big sister. She's always, like, teaching me how to do stuff the proper way.

D A little chia baby.

S Yes, she's a...

[00:01:07]

P I was bossy to our big sister Vange, too, many of you guys, you've heard Vange on the PODdy, and we're going to bring her back.

D Oh, for sure.

S Oh, so we are.

P Like, once every four to six weeks or something, because Vange doesn't come here and just chat, when she comes, she's got a message for you guys and she will bring it. Apparently she was not done after that hour, she was not.

S No, Vange was not done.

P Vange was ready to go for two or three more hours but we cut her off, so we'll have her back.

D Yes, for sure.

P Solace is looking at me, she's so cute. Hey, but today, I know

we've covered some of these things before but never in one PODdy, okay? So today I want you all to tune in, I want you to take notes, even, I can't believe I'm saying that, or maybe if you're cleaning or driving, don't take notes.

[00:01:43]

S Have you ever taken notes in your life, Pearl?

P No, I have when something's important, Serene.

S Oh, maybe you've, since you've been older in life.

D I'm a note taker. I feel like today's just going to be noteworthy.

P Yes. And I see there's so much, even though we've covered it a lot, it needs to be repeated, it's just one of those that needs repeating, you've got to brush your teeth every day, right?

D Right.

P So you've got to hear this more than once.

S Oh, you mean you have to brush your teeth? I forgot about that in the last two weeks, now I'm thinking.

P Oh!

S I'm just teasing.

P Did you shower today, Serene? You look clean!

S I did a little bit of a sponge wipe.

[00:02:13]

P A sponge wipe!

D Hey, a little side note, you know, I wanted to be healthier and less chemicals so I went a little season and just completely no deodorant, right?

P Did you? How long for?

D Well, about, not too long because my wife said, she goes, you know, I get what you're doing but I'm not ready for that. She was, like, you're smelling like a dirty old man.

P You should do the Trim Healthy stuff, there's not chems in there.

D No, well, this was pre.

P Oh, this was pre, oh, okay.

D Yes, no.

P So now you're just good with the healthy stuff.

D Yes, the Hippie Stick is where we're at.

[00:02:45]

P Oh, no, total, like, total man, I'm a Spanish man and I'm just letting all my smells hang out, that happened?

D Yes, and I couldn't smell it myself.

S No, you can't, you see, when you're around yourself...

P I can, I do arm check sniffs.

D No, if you do a deep check, but for the most part I would be

just, like, yes, I'm good, I'm good, I'm solid. Wasn't good.

P Sponge bath standing.

S Babies don't mind your smells, they don't mind.

P No. I know the story you're about to tell.

S No, I'm not telling it.

P Good.

D Hey, and the other thing is people are, like, you know, and then, like, in your marriage, too, like, your natural scent, like, activates your lady and all, and it's just, like, like, no, that debate tried to kick me out of the room.

P Yes, it doesn't activate your lady.

[00:03:25]

D I'm sorry. You had some great things to share with these people.

P Was this the notes they were meant to be taking, Danny?

S Yes!

D Write it down!

P By the way, if anyone needs a notebook for note taking, I'll send you one. My mother is, like, the queen of note taking, and every year for Christmas and birthdays I'd be given a special notebook and then I would think that I should start buying them myself. I've got, like, 50 unwritten notebooks so

you can start sending them out.

D Okay, I'll keep that in mind.

P But all of that to say we were going to really get into this today, so that's just like a little intro, we're done with it.

D Done.

P Okay, Stop Making This So Hard. Yes, that is the title for today's PODdy, Danny.

[00:04:02]

D The THM Way!

P Don't make it harder than it has to be, completely, the whole thing is just a breeze, and we have five points to help you get started and stop making it so hard.

S Yes.

P We're going to have five points for you to make it easy. Okay, number one... I've got my little piece of paper...

D Oh, and you've got your paper.

P I wrote these down before the PODdy like I'm a good girl.

D Wait, you came here prepared?

P Yes.

D All right, let her rip tater chip.

P It's not like I typed it in and printed it out, I wrote it on a rough little piece of paper.

D Okay, well, then, we'll let you off with a caution.

P Okay. Number one... Oh, Solace!

[00:04:39]

S That's all right, just keep going, she's just getting on the beer.

P She's getting on the beer!

S Okay, go for it.

P Oh, our brother , what did our brother used to say when we would, like, take trips with him?

S No, you will get DCS calling us.

P Oh, okay, let's not say, two stories we could've shared today, we thought better of it, and it's a good thing.

D Yes, thanks, DCS.

P Well, you know, they weren't calling us, they were calling him, so maybe we don't mind, maybe we could tell this story.

P Well, all he would say was boobs out, babies sucking.

S You know how most people get in the car and they're, like, seatbelts on, everybody! When we used to go, you know, on a Saturday trip with our brother, because he was kind of, like, best friends with Pearl, growing up, our brother, they were, like, buds, like Pearl and I are buds with Vange and I and Pearl are buds.

[00:05:26]

P We're still buds!

S But Rocky and her were like real buds.

P And his wife Monique, his wife had a baby at the same time...

S Yes, so we'd all go out.

P Serene had a baby, I had a baby and Vange had a baby, and so we would all take my big van and go out on a Saturday, and...

S And instead of saying, like, seatbelts on, he wouldn't say that, he'd, like,...

P Boobs out, babies sucking, because he didn't want to hear any crying.

S He wouldn't leave, he wouldn't start the ignition until every baby was on the beer.

D I support this!

P No, actually, back in that day, this is, like, what, a good, this was 13 years ago, you might, people are going to check, but I believe it was the Tennessee Law that you were allow to breastfeed in back seats, because of that, as well, we believed, at the time, I don't know if that was the truth, but we all survived a

S And all those children are alive and well, so don't call DCS.

[00:06:10]

D Have you ever, like, just leaned over the car seat, keep the baby in there and nurse?

P That's what, well, Rashida does, and...

D That's called the full mount, I believe?

P Yes, Vangie, her daughter, because they refuse to take the baby out so she'll just go back there and lean over.

D And lean over, yes.

S Yes, but do you know what's so funny, if they park on the side of the road or something because the baby's really screaming...

P It's more dangerous, I think.

S No, but to nurse, instead of taking the whole big baby out of the car seat she just lifts the whole car seat up and holds it like a baby and nurses.

P Yes.

D You know, birds got to eat, fish got to swim, I say.

[00:06:41]

P I know, so boobs out, babies sucking. Hey, John is showing me a Tennessee, oh, you're right, a mother has a right to

breastfeed her child in any location, public or private where the mother and child are otherwise authorised to be present. Okay, so it doesn't, that's Tennessee breastfeeding law, so you have a right, Serene, it doesn't actually say...

J You're allowed to do it

P Yes, where the mother and children are otherwise... So I'll take that as a yes.

D Yes.

P But don't hold us to it, no lawsuits, please.

S Hey, can I just say another part of this story? Now, we're going to get to the note taking, but we've just found some really great rabbit trails...

P And Serene's been gone three weeks here.

S ... but remember our sister-in-law Monique, the same wife of the Rocky that we just talked about, the boobs out, babies sucking Rocky, well, they were from Australia and just recently, you know, what's that word - immigrated - to America, and things are a little different down there, okay, things are a little different, it's not so churchy Bible-belty, okay?

P No, it's not.

[00:07:38]

S So she came here to America and she wanted to just nurse wherever she was going to nurse, and she was in Walmart, baby in the Ergo, she was nursing, pretty covered, maybe not that dis-covered, but...

P I'd say slightly, not that dis-covered...

S But pretty jolly covered, and a lady came and said, oh, and one of the workers in Walmart said we have some dressing rooms if you'd love to go and nurse in there, and she said, no, I'm shopping, I'm doing errands, I need to keep going, this is fine, and the lady said, oh, okay, but that's where we have it arranged for nursing mothers. Well, she got so upset at that.

P She did.

S She said, she brought the lady to the checkout where all the magazines were and said, look at all this cleavage, that's showing more than me, and I'm feeding a baby, and she got so riled up...

P She got the manager.

[00:08:26]

S She got the manager, and then in the end to shut her up they gave her a free Walmart shopping card for like, 100 bucks.

D Yes! There you go! The moral of the story I can't share, but

Pearl is...

P What?

D I don't know.

P Boobs out, babies sucking

D That's what I'm saying.

P Okay. So the first point we have, back to this Stop Making This So Hard...

D Thank you for tuning in to the Trim Healthy Podcast.

P Yes.

D See you next week.

P Back to basics, number one, okay? Serene, I have been doing THM for how many years, over a decade, right?

S Yes, over a decade, yes, she's ancient.

P Yes! Now I feel so old. But, like, we write cookbooks and we do, like, create a whole bunch of new recipes and have fun with them, and there's a time for baking, but I'm telling you what, my skeleton, like, life of eating, is very basic.

[00:09:20]

S It's your old sweats, right?

P Yes.

S It's like your sweats in your cupboard, you might take a nice black dress out from time to time, but basically you live in

your sweats.

D Yes!

P Yes, or your comfy jeans, you know? And I think that you need to have a whole bunch of recipes, and I'm not talking about 100, I'm talking about ten to 15 here that are like your comfy sweats that you can just pull out and so life is not complicated, right? Before THM, I'm going to ask you a question here, did you have your comfy sweats foods?

S Yes, you did. You had your Goldfish and your McDonald's fries and your Fruit Loops and your...

P Or you had your...

D Your go-to.

[00:09:54]

P You had your go-tos, you had your mac and cheese, I don't know what it was for you, maybe it was, you know, your Mum's homemade lasagne that you learned to cook, but it was your go-to.

S The glue white dinner rolls or whatever.

P Yes, but now you just need to find your THM go-tos.

D Your new sweats!

P Your new sweats!

D You need your baby blues, man!

P I'm telling you!

S That's right!

P And I want to talk about a couple of mine that work. Okay, for breakfast, with the odd exception of cake, because every now and then I want Trim Healthy cake for breakfast.

S Amen.

P But I've said this before, I'm either oatmeal or eggs.

D Yes.

[00:10: 26]

S Yes.

P And they're my sweats. They don't take any complicated thought. Okay, they both take ten max, max ten minutes, and I'm going to tell you how I do my oatmeal, I just, I'm going to say I love my oatmeal, and I get a big bowl...

D Oatmeal is so good and creamy.

S She's a Scot. She's, a lady Scot.

P Campbell is our original, you know, maiden name, so we're Scottish!

S We're the porridge, like, say it in all your glory of Scot's accent.

P Yes, what did I used to say, now? That's not how you make porridge!

D Oh, man, that's good!

S I'm glad to be only one that could say it better than Lesley here with the red hair who is...

P Yes, how would you say that, Lesley

L No, you got it down

[00:11:05]

P Ah.

D That's like proper Braveheart film good.

P Yes! So this is my oatmeal...

S Some porridge.

P ... and even though Serene has the Scottish nose and I don't, mine is more Welsh.

S Thanks. That's like my little sister has a big old schnoz, that was her nice way of saying that.

D Yes. Mind you don't smack the mic there, Serene.

S She has the English refined little pointer.

P It's not little, it is refined, though, and it's rather pointy!

S No, it's lovely. Okay, keep going. You can take notes on all that, would you?

P My oatmeal, I know that we've got a Big Bowl Oatmeal on THT Book, but I make it even simpler, okay, and I get such a big bowl and it sustains me until lunch. I put half a cup of old-

fashioned oats in my tiny pot, my tiny pot cooks things so fast.

Why are you looking at my toes?

[00:11:48]

D She's putting her foot up in the air. It's like you're on a soapbox and your foot is pointed straight at the sky.

P It's a hot day today, and I've got me toenails out.

S I can't believe she's got her toenails out, take notes on that, she has a toe fetish, if she sees toes usually she's running to the bathroom to vomit.

P Only your toes

D I've got a toe problem, too. But we digress...

P Okay, I'm sorry, but...

S Sorry, I've got a crooked toe, it got caught in one of those doors.

D Mine's crooked, too.

P You know the door, she's standing in front of a Walmart and that opens, the normal door of the modern era.

D It snatched you.

S It snatched me and I've had a crooked toe ever since.

[00:12:18]

P People, really, one of the things they wanted from us was to say more on topic.

D Yes, that was a big thing, that's why I'm here pointing at the paper, is we've got all these emails saying, you know, if I could offer any feedback, it would be to stay on topic and get to your point.

S It's just insanity Danny, and it's leaching onto you, you're closest to the spew.

P It's so hard because you two, your faces are just staring at, you make me want to go off topic.

D Yes.

P Especially when she snorts! Okay, put half a cup of oatmeal in this tiny pot, tiny pot means quick cooking, then I put a cup of water, half a cup of unsweetened almond milk, right, and I put that, am I saying everything? No, that is correct. Now, listen, I'm a seasoned Trim Healthy Mama and I'm going to tell you something that's going to make you think why is Pearl doing that, she's not a Trim Healthy Mama? I am, it's just that I'm mature.

D Oh! Do elaborate.

P Sometimes I put 12 raisins in there, see, 12, not 12 and a half.

[00:13:21]

D Because that's typically too sugary?

P Well, because it's an E meal, yes, I mean, we say, you know,

don't eat a bunch of dried fruit because you're not, I mean, you can eat a lot more fruit by itself, you get more bang for your buck when the water content is in your fruit; dried fruit is high in sugars, especially when your first coming to plan you need to get your sugars down, but most sugars are fantastic.

S And it's concentrated, right, so it's just boom!

P Yes. So we don't like people to go eat a whole bunch of dates or whatever, but I put 12 raisins in there because it gives me some mental satisfaction.

S And it ain't going to wreck a porridge.

P No, it's not going to wreck me porridge. See how much better she is than me?

D That's pretty awesome.

P And so then I turn that up to ten, right, I get it boiling, then I turn it down to five...

D There's someone with a pencil right now writing turn it down to five... What? What are they doing, what's next?

[00:14:12}

S Five is half ten, mature Pearl, what if I only have high, medium and low?

P Start off with high and let it boil.

S And I don't have no tiny pot!

D And the amount of the raisins?

S What if they're ten big raisins and not 12 medium sized?

D Must I weigh my raisins?

S That's pretty good!

D Thank you.

P Turn it down out medium, I'm just saying boil for two or three minutes then take the darn thing off and go brush your teeth.

S I thought this was how to make it not so hard!

D Yes.

S Never heard such a complicated oatmeal breakfast!

D Yes, that is the most massive steps to oatmeal I've ever had.

[00:14:46]

P I'm condensing this in 30 seconds and you will all eat your words.

D Okay.

P Half a cup of oatmeal in a small pot, one cup of water and half a cup of unsweetened nut milk, turn it to high, let it boil, turn it to medium, let it boil for two minutes, take it off, go run and make your bed, okay?

D Make your bed.

P Make your bed or brush your teeth.

S What if you're not making your bed these days?

P I'm going to talk to you about that. And then come back in ten minutes, it's ready, the raisins have swollen, you don't have to put raisins in there, but now this is a trick, my goodness, people, I'm just going to rock your world here; now you put a good pinch of salt on there.

S Oh, have to have salt

P It does something. I do two teaspoons of THM Gentle Sweet, put them on top, Danny, throw those Gentle Sweet lumps on.

[00:15:27]

D Did salt, mmm...

P Gentle Sweet and salt is caramel.

D Oh, those two, yes, you've made caramel.

P And now sprinkle cinnamon over.

D Oh, my goodness.

P Now, get half a teaspoon of coconut oil, put it in a quarter of a cup of hot water, you don't need to boil this water, get it from your tap, it becomes an oil-cream water!

D Whoa! What about... ?

S I think you've got to come up with better poetic lines.

D And what about a dash of MCT oil instead of coconut oil?

P You could totally do that, It's just coconut oil is what I have.

S And she wants a little coconut there, she likes the flavour, I

think.

D Okay.

[00:15:58]

P And then you mix this up, I'm only doing half a teaspoon because we're in E mode, keeping the fat low, but it makes the water so oily, you pour this on top...

S Right, so instead of feeling like an insipid little half-teaspoon, I only get half a teaspoon, she is stretching the...

P The succulence!

S The succulence, thank you.

P The whole water becomes succulent, infused with oil.

D Wow!

P And so it feels like you're having a Crossover but you're having an E, pour it on top.

S You know the soups that have the duck goose fat, like little golden droplets on top?

P Oh, yes.

D I don't, but I'm going to trust you.

[00:16:25]

S She's doing an oatmeal sweet version.

P And you go on and it all mixes with the cinnamon and the

sweetener, and that took half an hour, but I'm telling you, to describe, but it's the easiest thing in the world, you know?

S That's some yummy sweats!

D Boy, that sounds good!

P That's my oatmeal sweatpants right there, Danny.

D Man, that's just oats, and some other stuff, but oats, mostly.

P And then eggs or cakes. Serene, do yours.

S Do you want to hear my sweats? Well, I'll tell you what, my sweats forever has just been big, big non-starchy veggie scrambles with eggs, right? I just, I don't even do, because I'm a purist I feel like my brain has to soak the jolly oats, like, my brain, so it's not sweatpants. I get into organised, like, plan modes where I do my E's for breakfast, but my E's are lunch, because it's just not my sweats, okay, my sweats are my eggs, and I have them breakfast. I'm sorry, Pearl.

P Oh, yes, you're going against my religion here.

S I know, I'm just, like, wrecking everything, going against your religion.

[00:17:24]

P Because I like people to change out there E's and S's.

S Exactly, I change them up for dinner and for lunch.

P Are you telling me you never do an E breakfast?

S I do when I get planned, but they're not my sweats.

P Oh, because you're in your postpartum.

S Yes!

P So you're in your sweats?

S No, I'm in my real sweats, man, I'm in my fuzzy sweats with the little, like, the little bits of sweats that have rolled into balls.

P What are those, lint balls all over?

S The lint balls are all over my sweats, right, so I'm not into changing up no brekkie, I love my eggs and my veggies, but normally when I get up, you know, I a normal season I will, you know, send my child to the garden to bring up my bouquet of kale...

P Oh, the bouquet of kale!

[00:17:59]

S And then I wash and slice and sauté and everything will be lovely - uh-uh, not right now - so once a week I get my lovely huge bag of prewashed, giant bag of kale from Costco, because my garden's to the pot and to the pack and to the wreck right now, and then I just pulse it all in the food processor, chuck it in, you know, a big Pyrex, stick whatever egg whites are leftover in my fridge from, because I throw yolks in my

smoothies, my pastured yolks, right, and then I throw whole eggs and I throw baobab and I just throw whatever yummys and I make the best, best non-starchy egg bake.

P And so it's a bake?

S It's a bake, and I cut it in big giant...

P And you put baobab in with your eggs?

S Yes, a giant square, I just throw it in the oven... Well, actually, I don't, I say, child...

P Child of mine...place in a 350 degree oven

S While I'm in bed, and then I say to another child...

[00:18:48]

P Child!

S Cut square and then, child, bring me my baked square, right?

P So all, you have children bring this to you in your bed while you nurse your baby?

S I'm in post-partum fuzzy sweatpants, girl, right?

P Yes. And so you put seasonings, I'm guessing, and all that?

S It's already in there, it's all yum. It's the best skeleton in the world.

P So instead of having to get up and cook your breakfast, which takes ten minutes, you have nothing...

S No, instead of postpartum, going off of track by eating, like,

getting up, having no sleep and going for the white breads left over from people bringing meals, that is, like, not on-plan,

[00:19:19]

P Yes. And you might say to us, people, oh, but, girls, I hate eggs, or I hate oatmeal, find your sweats that's you, maybe you're a smoothie person. What are you, Dann, what are your sweats?

D Yes, my sweats are either, by the way, Non Scale Victory, I can eat two eggs over toast, not just one, and then go for...

P You've come so far.

D I'm going to go for three soon.

P I thought a non-skill victory is he's finally washed his sweats, like, but not, like, two months dirty or something like that, a Non Scale Victory.

D Yes. So...

S And, Danny, your voice is nice and gravelly, a little bit gnarly.

D Thank you.

S It's just a cold.

D So two fried eggs over toast, or a chocolate whey protein smoothie with kefir and peanut butter, the THM chocolate stuff. And then, of course, I have all of our powders like collagen, baobab...

S Yes, throw them in.

D I love having all those powders on hand because I throw it in everything.

[00:20:11]

S Yes, exactly.

P Danny - I love his go-tos, they're great, they're good sweats.

S They're two?

D That's just two.

S I wish I had two, I've only got one go-to.

D I've got two pairs of sweats.

P No, you need to get yourself an E, Serene, I'm telling you, as your big sister.

S No, I have one or two Es every day, or crossovers, because I'm nursing. I get my carbs in, I love nourishing my adrenals, I love it.

P I know you do, mate.

S It's just that, sorry, I just love my same old sweats for brekkie in this season. I do get organised and secretary-like and, like, pencil in my breakfast E's.

P Okay, good, mate, so we've covered that, we've covered the breakfast, but I think the back to basics starts with breakfast, you see?

[00:20:44]

S But I want to say really quickly, I'm going to do a little video on the baobab, you can throw it into your egg scrambles, it is awesome.

P I've never done it with eggs.

S It makes the texture amazing, and if like any little dash of hot sauce or Tabasco on your eggs, it gives it that little, you know how it's a tiny bit tart?

P It's a zing, yes.

S It gives it a little zing, but not too much when it bakes up. Honest to goodness, it's going to change your life, and it gives fiber to your eggs, eggs have no fiber, and if you don't want to cut up a bunch of non-starches, it gives, like...

D Oh, fiber, yes!

S ... a vegetable amount of health, you know?

P Oh, okay so we always say, hey, have veggies with your... We don't want to see you have bacon and eggs constantly, because where's your veggies, right?

S You could do the other B, baobab and eggs, dude!

D Nice!

P Oh!

[00:21:21]

S B and eggs

P Baobab and eggs.

D A lot of people are writing in saying that they skipped the flu this year because of the baobab.

S Oh, I agree. Do you know that I haven't had the flu, and everybody around me has had the flu?

P Everyone around me has had it.

D Same. I've just have a little cough but that's it.

P You had a little cold, but I had none of it, and it went through the hilltop here, I didn't get it, Serene didn't get it. Vange only got it because we didn't give her any baobab, Serene, and then...

S No, but guess what, I was putting it in her mailbox when I found out she had it.

P Yes, and then she got over it quickly.

D Nice.

[00:21:51]

S Yes. We were dropping it off in her mailbox and having the healthiest of her children crawl to the mailbox to pick it up, because all hers were like the Black Plague loogies, you know?

D The healthiest of.

P Oh, my goodness, this might have to be a two-parter!

S Eek!

P Okay, because I wanted to say back to basics, you start with your breakfast when you're back to basics.

S We're only on point number one.

P I know! It's because...

D We'll get it. Let's see what we can do.

S It's because you missed me.

P We did, I missed you, Serenie.

D Yes, we did.

P But, you know, you need your back to basics lunches, you need your back to basics dinners

[00:22:21]

S Do you know why, if you don't have your back to basics you're going to go back to...

P Let's just call them sweatpants.

S ... your stupids, you're going go back to your stupids, which is...

D Bread and butter.

S Yes, and cornflakes and white toast and, like, junk jam, junk jelly.

P Yes, because I bet you you have your sweatpant lunches and your sweatpant dinners, change them over to THM, if there's

one thing I could put in your head, get your sweatpants breakfasts, lunches and dinners.

D That's a huge point, that is a key to success.

S Yes.

P It is, and, like, for instance, on my dinners, you know, one of mine is chili, Pearl's Chili, because my whole family loves it it's just so easy, it's there, I will even have it over salad because I want to get my salad in, I know that sounds weird, but it's so yum!

[00:23:00]

S I love chili over salad, did you just say that?

P Yes!

S I was a little bit, like, rabbit trail in my brain thinking about the birds outside, but, wow, yes, I love that too!

P I know!

D I've never heard of it.

P And that's, and, you know, I've got, honestly, I do have about ten sweatpant dinners that are THM.

S Yes. Hey, this could be a whole book!

P Where's your sweatpants?

S Or whatever.

P Sweatpant Meals.

S Oh, my goodness, we're going to have to write another book, I thought we were going to be, like, free from all that.

P Oh, no!

[00:23:26]

D Sweatpant meals, yes. A pamphlet, perhaps, if you will?

P No, my sweatpant lunches are very easy, too, mine are, I love to do the big salad at lunchtime.

S Yes.

P And whatever protein I've got.

D Yes, a proper salad.

P Or I'll do my version of the Yuck Yum Bitty.

S Yuck Yum is my sweatpants, I mean, I can do that for breakfast, lunch and dinner.

P To be honest, I don't like it for breakfast, I'll have it lunch.

S I had it for lunch before I came here today. I put a bouquet of kale in it, too.

P Or my other one is, I like a good E sandwich, I do a sprouted toast sandwich, I love them.

S Yes! Do you know what I love, a sweatpant meal for me, I've been having it every night?

P What?

[00:23:56]

S It's E, too, you'll be so proud of me, Pearl!

P What?

S The Slim Sloppy Joes, but I do a venison that's completely lean and I put it on my artisan sour dough bread, two slices.

P Oh, my goodness.

S And that's from the first cookbook.

[00:24:10]

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

S Serene.

P Now we're getting to number two, at least we've got to do number two.

D Point two.

P And we'll leave maybe three, four and five for a part two.

D That's fair.

S But we're calling this point Painful Planning Pumps.

P Oh, completely!

S You know what pumps are, Danny?

D Like the shoes?

S Yes.

P The painful shoes women wear?

D The shoes that women choose to deform their feet by the time

they're 60.

P Yes.

S Hey, some people were born in them, some, I don't want to
down the pump ladies because some people...

D That's a good point.

S ... they were just born with them, like, my daughter, Breeze,
I have to, she's seven, but I have to tell her to take the pumps
off.

D But they will jack your toes!

S She will wear them in winter, in February, out in the freezing,
because she just loves...

P It makes her feel feminine.

S She does.

P And some women are comfortable in pumps, they can even
run in them, but all we're saying today, if you're a sneakers
person and you're trying to wear the pumps of planning...
Okay, let's just say you come to THM and you're not much of
a planner, you've just got your go-to meals like we talked
about before, your Sweatpant Meals, but now you think, oh,
but now I've started Trim Healthy Mama I must make a two-
week meal menu, so you put on these painful planning pumps,

they're not you!

S They hurt!

D Oh, nice.

S I've put on those painful planning pumps, I put them on every new year, and I did it this year...

P She does!

S We'd just finished the book, right, and so I decided I was going to be a Pearl, I'd put down Monday, Tuesday, Wednesday, Thursday, Friday...

P Serene, I don't plan.

S No, but I was going to be you, though, and I planned casseroles.

P Oh, you were going to do my meals, yes.

S Yes! And I was going to make Pearl's casseroles and I was going to change things up because I'm just, like, a Trimmy Soup Bisque person, and I wanted to treat my family to something different, but I tell you what, it was hell, and I got the blisters, and I tell you what, I just had to take those planning pumps off.

D The blisters.

P Yes. So what we're saying, if you're a pump wearer already and you're a natural planner and it works for you and you love

planning, by all means, plan the heck out of your life!

S And when you go to the grocery store you know what every single ingredient is headed for in the pot, you just know that.

I don't know that.

P No, it's fine, be a planner.

D Yes, because your all's easy sweatpants to me sound like pumps, some of them.

P Really?

D Yes, like, Serene was talking about baking something, to bake at all, for me, is a pump.

S Baking, yes.

P Right, because your Man Plan, which is a step lower than sweatpants...

D Yes, it's bare bones.

S His man plan is fry egg in butter, press blend on blender.

D Yes, my man plan is like those 70s shorts men wore back in the day for construction, that's what I'm talking about.

S The plumbing shorts?

D Plumber's shorts. No, no, framer's shorts.

S I don't know the difference?

D They're just short.

S Oh, they're short shorts!

D They're short, cut-off, like, men cut them short...

S And you see the little hairy legs!

D Yes, and the pockets hang out they're so short.

S Oh, yes!

D It's proper 70s framer pants. Go ahead, you had a point, though, painful pumps.

P Don't wear them if they're not you, instead get your sweatpant meals.

S Amen.

P And branch out sometimes, because you don't want to be eating the same foods all the time, but we're saying if you've got greens in there and you're having fruits and you're having basic foods you'll be okay.

S But do you know what, it makes our cookbooks or anything that somebody shares with you from Pinterest that's Trim Healthy Mama approved or whatever, it makes it like Christmas, because when you've got your sweats and you do it all the time and you're good and comfy, it's, like, all of a sudden you open up those books or you get shared a recipe and it's, like, wow, the sun is bright, you feel so excited to make something new!

P I know, and when I'm writing these - when we're writing them

- I always look at all these recipes and I think I'm not thinking you're going to go and make them all and alternate them 365 days a year, I'm going to think, I'm always thinking this is going to be someone's Sweatpant Meal, and so in our books find the ones that...

S Easy.

P Yes, are easy for you that you can go to. Yes, you're going to throw a few others just in for variety, but find the ones that just make you feel like I can do this.

S And it's what I've been doing, but my girls have opened up the cookbook, had it out, just on the, you know, the coffee table, lately, and it's like Christmas, I'm, like, wow, one day I'll make that, how exciting, what a present!

[00:28:01]

P Yes! And who knows, it might be one of your Sweatpant Meals...

S It might be, in the future.

D Yes, speaking of clothes, you know, this is my new black go-to shirt.

S Yes, and it's like a little bib, buttoned down, you could wear a gold chain!

D I have two... I should! I have two, when this one gets funky it

goes in the wash and the other one goes on.

S And how many days until it gets funky?

D I've got about, I could go about four or more.

S What?

P You could do three weeks if was Marino wool.

D That's, I should look into that.

P You guys, I wash, like, I never wear the same shirt more than one day in a row, but you will do four days?

D Well, I'm not doing construction any more.

P I know, but still, four days of just living, it'll be funky?

D Maybe in the summer, now, but that's how it's been this winter. But that way I don't have to think about what I have to put on.

P That's true.

D Because that's a big stress point, and they say you only have so many decisions that you can make in one day before you get upset.

P So I think that's the problem with women who come here and say this is too hard, there's too many decisions.

S Pearl, four days, what if you could?

P Well, that's true, yes.

S What if you could wear a shirt four days, Danny? That could go in your book. Do you know Danny's writing a book called What If You Could, it's going to be awesome.

D Watch it.

P Yes, mate.

D Look out!

P It's in its writing phase right now.

D It's halfway rough drafted, sister.

P We don't know which one's going to come first, the dolls or the book, we just don't know yet.

S Yes, we don't know.

D No.

P So, hey, listen, we've got the member site, too, where there's so many menus already planned out for you, you can go there, and if you're a planner you can throw recipes in, it will make you a menu, do all that, if that's you, go to town, if that's not you, don't go to town.

S Yes, because I want to tell you about town.

D Tell you about town!

P I want to hear about town.

S Let's think of some other...

P Ponderosa

S Ponderosa!

P The Golden Corral?

S Stress on my non-pump self.

P Why, because too many choices... ?

S Because when I go there I'm just, like, like Danny says, there's only so many decisions you can make in your life, it's decision paranoia, it's like overload, it's like over-sensory, like, it's overstimulation, there's too many sweets, and I can't find my own ones in there. So basically, like, if you can't handle so many options just put them to the side and streamline.

P Yes, streamline them.

D There is a modern clinical depression that is being studied because of the abundance of options in our country, people are truly depressed out of all... Men in their careers, oh, my gosh, I could do 1,000 different things all pretty well.

S Instead of, I could just, like, clean out chimneys?

D Yes, exactly, am I chimney sweep, am I baker?

S Or a rubbish taker.

P I mean, there's two sides to that. Yes, it's good to have options but, like, you look at children and they have so many channels to choose from and they're not happy with any, whereas, what, we had knuckle bones to play with and we were happy.

D Yes.

S Yes, and one black and white Lassie on the TV.

P Yes.

D Yes, you get happy with yourself in the quiet space of your brain, you know?

P Yes. So all we're saying is don't over-stimulate, go back to basics. I think we'll cover the next three awesome points next time because we've got two other things to cover now in our PODdy.

S Mrs Pump Penelopes, you know, that are just born that way.

P Yes if you're, like, a Pump Penelope.

S If they can do it and they can queen it out, that's awesome.

P And I don't want to put down Mrs Pump Penelope, Serene and I are not them, but I'm, like, more power to you, I really look at you like you're something special if you're a planner.

S Oh, I think you're awesome.

P God gave you that gift, it's like nurses. I look at nurses in the hospital and I'm, like, how did God give that beautiful gift to them?

S I know!

P I don't have it.

S It's amazing, like, I'm a stranger to them, I just came out of

the hospital from the baby and I'm, like, they had to come in here and do all that stuff...

P All that blood!

S And I'm a stranger? Ook, puke, wuke!

P But nurses have that beautiful gift.

D And other words end that end in uke.

S Yes! Spook!

P So, hey, we'll do the next three points next time, and they're going to be good, we're going to cover special ingredients, we're going to cover rules shmools and...

S Oh, rules shmools is a goodie!

P And then give you basic prep, because basic prep important, but it's different to being a planning prima donna whatever.

D Yes. So to recap back to basics, it's all about THM Your Way.

S Sweatpant meals.

P Recap, boobs out, babies sucking.

S No, that was the first recap.

D Lest we forget...

S And I'm called the big schnoz, I'll have to put that down.

D Yes, truth in advertising.

P And then don't, you don't have to do, you know, three weeks menus so perfectly. Okay, Lesley, it's time for Lesley's Rookie

Rescue. Leslie is just a newbie on plan, come and tell us your questions.

L Hello again. I wanted to talk about cheese because it's my, like, I actually lean towards more of a vegetarian diet just because I'm not huge on, like, textures, so cheese really was my go-to, so I guess I don't understand if all cheese is protein...

S Good question.

L ... and, like, because I know that, like, cottage cheese is super celebrated, and I love cottage cheese, but obviously it's really different from...

S Hard cheeses?

L Yes, I mean, like, it's the only kind...

S Got a bit of protein in there.

L And I didn't know if there was a... yes, so I didn't know if there was something that happens to the cottage cheeses, obviously it's, like, almost liquid, so I don't know what happens to it that makes that high in protein. And then the other question I had was about I know that Pearl just talked about her sprouted sandwiches and having an E lunch and sometimes you can have a Laughing Cow Swiss wedge with that, why is just the, is it just the Swiss of the Laughing Cow collection that is

P Okay, good question.

S These are awesome questions.

P They're really good!

L Okay. I love cheese, I really love cheese.

P Okay, let's talk about cheeses. And cheese is a wonderful food, and, actually, our spotlight on food today is about a cheese that's going to rock your world, but I'm just going to wait for that one; cheese is wonderful, hard cheeses, though, are very extremely calorie dense. You can eat a cup of cottage cheese and it's got a great amount of protein but it's not extremely calorie dense. If you ate a whole cup of hard cheeses you'd have, like, what, 1,000 calories and too much fat.

S Like, with cottage cheese you can get your 20 grams, you can get your meal's worth of protein with a cup, right?

P Yes, but to get a meal's worth of protein with a hard cheese...

S You'd be, like, the highest calorie crossover there is.

L Oh, the calories. So cottage cheese is exclusive, it monopolizes that protein...

P Greek yogurt is sort of similar.

L But I mean in the cheese family.

S With cheeses, yes, because it's just got a lot of casein in it and not a lot of fat, in the cottage. I mean, you can get fuller fat

varieties.

P And there's water content, is what you're saying, hard cheeses, all the water content's gone, so it's almost like dried fruit. But you can have a full apple, right?

S Not because of the carb but the concentration of the food, the fuel.

P So a full apple, but you can only eat, like, two little apple dried things to get the same amount of sugars, like, so with cottage cheese, you can eat a lot more because it's still, it's swollen with water.

L Yes. And what about, like, because just to continue on cottage cheese for a second because it is kind of, it's my sweats right now, and the Greek yogurt had to be zero percent fat, unflavoured, etc, etc.

P Right.

L So is that the same for the cottage cheese, or can I do, like, the 2%, like

P You can do 1 and 2%, if you want it to go both ways, like, in an S and an E version.

S I think it's very hard to find a zero cottage cheese, usually 1 is the thing.

P Yes, I've never found a zero...

L Oh, I've never looked.

P And if you get a fat-free cottage cheese they put fillers in it.

L Right. And then I don't normally do the ones with the fruit, like, when I was growing up I had the one with chives already in it, which was delicious, like, a green onion, but I can't seem to find that in America, but...

S But you can put that in yourself.

L Oh, totes So, yes, but I never do the fruit one but I just wondered, like, other people that might have a go-to for those fruit ones, that might be not the same thing?

S Right. Well, you know, cottage cheese is so great because it's more satiating than the other cheeses because of the higher protein amount, you know, per serving you actually are satiated for a lot longer. Casein is a very slow digested protein, so it actually gives you a lot of blood sugar stabilizing power.

P And so cottage cheese has a lot of casein is what you're saying, yes?

S Yes, and so it takes you, you can easily go a good three, four, we don't like to go much longer than that at all without eating, but you can go your full bridge, your full window and feel...

P Yes, exactly.

S Yes, but, you know, you'd have to eat a lot of hard cheese to get that same thing.

P You would, and you'd get so much fuel, you'd get so many calories and fat, and we're not afraid of calories, we don't count them but we're really mindful, we're not stupid with them, we're sort of balanced with them. And now hard cheeses, we respect them because they are so full of fat, and so just a small amount of hard cheese here and there is fine but you don't want to feast on it at every meal. Thanks, Leslie, for those questions, because I also love cheese.

S Oh, and the Laughing Cow.

L The Swiss, yes?

P We use it in E because it's lower fat.

L Just the Swiss?

P No, any Light Laughing Cow cheese, it's just got to be light, can work.

L Oh, okay. Oh, good, okay!

P You can get those hot pepper ones, you can get any of them.

L Yes!

S And if you're a purist like me, just plug in your ears right now, but it's great for you guys, it's awesome.

P And you know what, I guess they're not exactly pure, Serene, but they're a lot better than, they're not like a pasteurised, they're not like those, what, American slices of cheese, they're not like that.

S I reckon it's better than going and, like, eating a meal that's keeping your weight on because that's unhealthy, it's healthier to get to a healthy weight, so...

L So is there a happy medium between, Pearl, between dried fruit, so I'm purist, because I kind of a happy medium?

P Yes, I'd rather you eat the Laughing Cow's cheese and you're getting...

L But is there a soft cheese, like, a low fat soft cheese that is a happy balance between the two of you...

S Just blend your cottage cheese.

P Yes, blend your cottage cheese.

S And put your chives and your flavours in.

P And if you're a Serene you're doing a Nancy's cottage cheese or something without all the fillers and all that. I love Nancy's cottage cheese, have you tried it Lesley?

L No.

S It's delicious.

P Oh, it's a different thing, it's a different thing, it's a different

animal.

S And if you love cottage cheese you should try yourself some Cottage Berry Whip, it takes like the most awesome...

L I just looked up that recipe recently for something else, but, yes, I will do that.

P Definitely.

L Thank you, ladies!

P You're welcome, thanks, Leslie.

[00:38:07]

Announcer Trim Healthy Mama - Superfood Spotlight!

P Today we're going to do a food spotlight on an amazing food that you didn't think we'd be talking about, so G-G-G-Gouda, it's so good! Gouda cheese. Danny, have you ever had Gouda cheese?

S Is it Gooda or Guda?

P I don't know, I say Guda, but it's probably Gooda.

D I pronounce it Guda, but why am I right, you know?

S Do you know it's a town in the Netherlands?

P Oh, really? Now, why do we want you to eat Gouda cheese? Now, obviously if you're dairy intolerant, I mean, you don't have to, but Gouda is one of the healthiest and most anti-cancer and anti-disease fighting foods in the world, you

wouldn't think so!

S Yes.

P And it doesn't have to pasteurise.

S It doesn't have to.

P It doesn't have to be raw, it doesn't have to be grass-fed.

S It doesn't have to be the purist me talking.

P No.

S No, it doesn't have to be.

P Why is it so healthy? We're going to talk about it. And why, if you ever want to just, like, go to a nice store and buy some speciality cheeses please buy yourself some Gouda, sit down for an afternoon snack, cut some small pieces, because Gouda is not a cheese that you wolf it down.

S If you've got a high metabolism and you're on maintenance, you know, you're not trying to lose weight, you can have a couple of good chunks, though, that's what I do.

P Oh, yes, but all I'm saying, I like small pieces and I do quite a few of them, so I just, it makes me last longer.

S Okay, yes, good, good, good, good.

P And I have some with some berries or something or just some chopped veggies, but Gouda...

S Or make the Beauty Blend Crackers that we did a video on.

[00:39:29]

P Yes.

S ... and have that with Gouda, oh, my goodness.

P Oh, so nice. Gouda is so high in vitamin K, and let's talk about why most of us are really deficient in vitamin K and we need it and why it fights cancer, it fights all sorts of things in your body like calcification, like, it fights calcification in the arteries, in all parts of the body, and the vitamin K does this, and it's known as Factor X, and it stops inflammation.

S Yes. Have you ever read the Weston A Price stuff, you know, the exonerated X factor?

P Yes.

S So that's what...

P This is in Gouda cheese.

S Yes.

P And, you know, Serene, there are only two foods higher than Gouda in vitamin K.

S One is Nattō, which we ate in China, it looks like a million cobwebs are stringing from it, most people will probably never, ever be able to warm to it.

P And it's a strong flavour.

S It's not very delicious.

P You're probably never going to like it, okay? And the second is...

S Liver, right?

P Yes, goose liver fat, and you're probably not going to be eating that.

S And it's super expensive.

P Yes. So why not just have Gouda cheese/

S It's just delicious.

P And better than pastured eggs, better than the X Factor butter oil you can order off the north, better than pastured eggs is the Gouda!

S Yes!

P From Piggly Wiggly or Kroger or something.

S I know.

P If you have, like, what are they called, kidney stones, if you've ever suffered from anything in your body, like, with calcifications, it's usually due to lack of vitamin K because you secrete vitamin K into your urine rather than hold onto it and put it in your bones.

S So it's excellent to fight osteoporosis.

P It's excellent to fight, for bone health, it's excellent for breast health, as we age we get calcifications in breasts, too, and

breast tissue, and some say that this normal, some say it leads to cancer. In all areas where you might get calcification, it's not from too much calcium, it's from it leaching, and that's a lack of vitamin K.

S Yes. And it also helps, vitamin K helps with diabetics, which is huge!

P Yes! It's amazing for balancing blood sugar. I mean, studies and studies... Danny, you're looking, like, this is for real?

D I'm looking like get me some Gouda!

S Vitamin K, too, is no known toxicity.

P No.

S So you don't have to, like, freak out about that.

P And a lot of people think, they look at, you know, dairy gets a bad rap, and, sure, there's good dairy and there's bad dairy and some of us can't do as much dairy as others, but one of the stinkingest, healthiest foods in the world to fight disease is dairy, and it's in this form of Gouda cheese, so, hey, go and buy some.

S It's actually, that's why you don't have to have it pasture fed and all that, it'd be great if you could, but just, if you buy the regular stuff, it's because the K2, it is formulated from the bacteria that they ferment the cheese with, right, it's the

bacteria that's produced and it's an MK-7, it's what they call MK-7, where MAKE...

P Menaquinone, or something, was it called?

S Yes. And MK-4 is the one that's made in the Nattō and all of that kind of stuff.

P Yes. But they say it's so beyond powerful, the MK-7 in the Gouda, that it's just, like, amazing. I've got to say one thing, I forgot to say this; you're at the store, your children are freaking out, they're hungry and you're going into the store and maybe you go and you think, oh, I'll buy my child, like, a little snack bar or a granola bar or whatever, stop, go buy some Gouda for them, because periodontal disease, dental decay and all these things, the vitamin K2. That's why these people follow the Weston A Price diet a lot of times for their children is to heal their cavities and heal their teeth, and they buy the vitamin butter oil and, you know, they do the pasture

products...

P It's much cheaper just to buy Gouda and you get more of a vitamin K2 hit.

S Yes, it is the best thing you can do for your children's teeth, I mean, your own, but especially children.

P And so that's a good idea. You know, sometimes when I want a snack in the afternoon and I'm, like, at a grocery store or something I'm, like, well, what, I've got to go home now, load these groceries, I need a snack on the way home.

S Gouda!

P So Gouda, for you and your kids, pass it back, eat it.

D I dig that, because I love cheese, oh!

P And so if you're going to do cheese why not make it the superfood way?

D That's true yes.

S And do you know why I love the Gouda, you can choose to have maybe the child-friendly soft, lovely one, or the aged one that has those, it almost, like, has little salt crystals that are formed.

D Cracklies, cracklies.

S Oh, I love the cracklies!

P I like the soft, and I wondered this, I wanted to know if you

know this, Serene?

S I looked in and looked in and looked in, and all the...

P And you can't find it?

S Yes, I can't find out that the aged is any better than the soft,
so I do both.

P I love the soft, okay.

S And the smoked!

D Yes.

S Oh, my goodness, smoked Gouda is amazing.

D It's hard to beat smoked Gouda.

P I'm not a smoky cheese person, but, hey.

D Thank you all so much for tuning in again, it sounds like
many of you have been with us from the beginning based on
emails we got over the past couple of weeks, and that means
a lot to us, we never take that for granted, and we're doing it
for you.

P Okay, guys, see you here next week.

D See you

[00:44:12]

Advertisement:

S Hey, we want to talk about BarkBox. BarkBox is a

delivery of four to six natural treats and these super-fun toys, and they come as a surprise every month, right, you get this little box for your doggy.

P I don't know who's happier, you or the dog?

P Well, my kids actually are more happy because the first time we got BarkBox it arrived and there were these, they give you natural treats, and so all this training, like, we have a husky, and those dogs should be trained, right, they're smart, intelligent dogs, but our dog was just being lazy, but they got these toys and they got these treats in BarkBox, and serious training started happening immediately. All afternoon all they were doing, training the dog with these beautiful treats, and my kids were so happy! The toys were so fun, my puppy played, and my toddler played with the toys!

S Yes, I know!

P And my boys are teenagers and they were playing with the toys. It's just fun, you know, you get this box, you never know what's going to be in it every month but you know it's going to be natural and

you know your dog's going to love it and you know your kids are going to love it.

S And it kind of sparks that friendship between the kids and the dogs.

P Or you and your dogs. So, hey, for a free extra month of BarkBox visit barkbox.com/trimhealthy when you subscribe to a six or 12 month plan.

S Choose your BarkBox by the size of your dog, so when you call up and you talk to them you just say, hey, I've got a small and cutey...

P Serene, yours is a small and cutey.

S It is, or I've got a big old husky like Pearl, so, yes, just tell them the size and you'll get the right pressie in the mail, and the right size box! Visit [barkbox/trimhealthy](http://barkbox.com/trimhealthy).

P Woof! Woof, woof woof woof!

S Yes, it's so fun!