



Trim Healthy Podcast with Serene and Pearl

Episode 58 - All Our Quick Prep: Save Time Hack Ideas-Why Are you Making This So Hard Part 2

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

S = Serene · P = Pearl · D = Danny · J = John

[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 back to another fabulous episode of the Trim Healthy Podcast. You hear precious Solace in the background... Solace?

S Solace, thank you

D Solace, sorry in the background, with her mommy, Serene,

and of course, Pearl is here and me, Danny. .

P Hello!

D We're going to do a Part 2 for you today.

P Yes.

D Of where we left you last week, Could I just recap our points, or do you want to recap our points?

[00:00:31]

P May I butt in here, Danny

D Of course, this is your show.

P Because there's this man-voice for, like, the first 10 minutes.

D This is the Serene and Pearl... It's been 30 seconds.

P Feels like 10 minutes without me.

D The Trim Healthy Podcast

P Yes, we're doing a Part 2 of "Stop Making this So Hard", because I feel like too many people are making this Trim Healthy Mama-thing harder than it needs to be.

S Yes

P So, last week we talked about... We covered two points, but we were supposed to do five.

S Yes

P We got on some rabbit trails.

S Just a few

[00:01:03]

P But we brought you good meat too.

S We did.

P So go back and listen to those if you haven't listened to that.
We covered back-to-basic where we talked about your sweat pants meals.

S That was stellar that.

P Remember what they are?

S That was, like, really profound stuff.

P It's good stuff. Danny, recoup that for 30 seconds.

D Yes, so the "Sweat Pant" meals are all about not having to think so hard when it's time to eat.

S Yes

D You have your go-to's already in place, an analogy for me I know... You know, I keep a couple of shirts in the closet and some of them are the exact same shirt.

[00:01:38]

S Yes

D I don't want to make that decision every darn morning. I want to get dressed and go and do my thing. Same thing in the kitchen, of course, my go-to Sweat Pants so-to-speak meals were the Trim Healthy Chocolate Whey shakes with kefir and

eggs over toast and you guys had, like, things like oatmeal.

S And my point with my Sweat Pants was, sometimes you don't need to wash your sweats in between wearing them. So my point was that I do a breakfast bake that I don't have to, like, do fresh every morning.

P Yes.

S I just like...

P So you've got five meals.

S I've got five meals. So that's five days of wearing those sweats.

P And mine were either eggs or oatmeal. As we were saying, if you're not an eggs or an oatmeal or a breakfast bake or a kefir smoothie type person; find your Sweat Pants meals.

S They're comfy people.

P They're comfy. They're easy to wear. You don't feel bloated in them, right.

[00:02:29]

S A little bloated, but that's okay.

P Or you do feel a little bloated, but they're kind to you when you do.

S You feel huge in your sweat pants, but when you put the little black dress on, all of a sudden...

P You're doing good.

S You're doing good. Don't wear the black dress Danny.

P Don't Danny, please. No. Okay, Number 2 was Painful Planning Pumps. We were just urging you not to wear painful pumps, meaning, hey, if you're not a planner and you're more like a non planner but more like a sneakers don't put those black pumps on.

D But food-wise, how do you, how do you mean?

P I thought I just said that.

S It's like planning and planning and being a little-pencil-skirt-pump woman which is great. God made those people and they're awesome, there are more organized types, and that suits them, but if you are not; if you're just a fly-by-the-seat-of-your-pants, like want to be more casual in your approach to meals...

P Yes.

S Then wear your jalopies.

P Yes, it's like, a lot of people come to Trim Healthy Mama and they suddenly, think well, and they're not a planner before right. They have their Sweat Pants meals on their other normal diet.

D Right

P So they come to Trim Healthy Mama and they think: I need

to write down three weeks of planned meals; all have to be perfect. I have to print it out and put it on my refrigerator. Then I have to go and find all the ingredients.

D Right, yes, yes.

P It's like, oh my goodness, you're just scaring yourself out of doing this for life.

D Yes, yes, because the idea behind Trim Healthy Mama is to end the special dieting.

P Yes.

S Yes

[00:03:53]

D And just start eating normally.

S It just becomes your normal.

D It ought to be called...

S What?

D It ought to be called: Back to the Normal. It's not:, hey, it's time do the new, high-end diet thing.

S No

P No

D It's time to go back to normal eating.

P It's so true.

S Freedom, food freedom, and, if the pumps are not freedom to

you, take them off and get rid of the blisters.

P Yes, it's so true.

[00:04:13]

P And obviously we going to share because we've got three points to cover with you today and we are going to share some basic preparation. But that's not what we're talking about when you get over planning. Some people are natural planners, and that's good for them. But if you're not that, I think you're going to scare yourself out of doing this for life if you try to put that on yourself. Now when you come to Trim Healthy Mama at first, it's new. Okay, so things do feel harder; like anything new, when you're learning to walk; ride a bike...etc

D Yes

P Learn the computer. Anything, at first it's, okay, I'm in my learning stages. It's different. Sometimes I feel frustrated.

D Yes

P But you're going to get to the point where it's like breathing in and breathing out.

S Yes

P And that's what we want.

D Yes, the lifestyle

S Absolutely

D Yes, not special diet, just lifestyle eating.

[00:04:53]

P So that's, these points are all to get you guys to this point. So let's take point Number 3 which we want to cover, "Special Ingredients" because that can be another contention for a lot of people, they say, "I can't do this. I can't afford all the special ingredients."

S Or, I'm out of strawberry whey and baking blend so I'll have to go back to McDonald's.

P Yes, I'll have to go back to Mac and Cheese because I'm out of the special ingredients. Though not crucial to doing this plan and you know, we've done a lot of podcasts on just basic foods like cabbage, like oatmeal, like eggs, things like ground beef; just all the basic things you buy at a grocery store. You can do this. Like Danny says, back to the norm. These are normal foods.

S Yes, we planned this whole Trim Healthy Mama approach on no special ingredients on nothing.

P Yes.

S And you think Pearl and I, you know, having a key to the headquarters of Trim Healthy Mama that we always have

special ingredients in our closet. No. Like right now, I have no special ingredients. Maybe I just have a little bit of collagen left over, but I'm not even using it right now, just because, it's not my season. I'm just doing basics. I'm just doing my sweats.

P Yes because you're in your post-partum period and you're just...

S it doesn't mean I wouldn't love you to drop by with some THM Muffins, Pearl, or something.

D Yes, what are you really saying right now?

P She's like, it's not like you're a bad sister Pearl. You didn't drop my stuff off.

S But the thing is I don't need it, and I go through seasons where I don't even miss it because life just gets comfier in my sweats.

D You know what's funny? I actually have a cabinet dedicated to most of the things we bag, most of our products. And for me, I feel like it's vitamins, different kinds of vitamins. I especially love the collagen; just to sneak it into everything.

S Yes

P Yes.

D So for me, it's about ease, to keep all that stuff.

[00:06:42]

P Serene you have your Baobab because you're fighting...
There's a lot of flu and colds going around.

S Yes, that's one thing I just... Baobab, it's just... But I'm saying
baking ingredients, things to bake up.

P Yes because we go through different baking seasons. And it
depends who you are. I don't need baked goods to thrive

S Yes, that's true.

P I'm not a really sweets-person. But Serene, some of our ladies
are.

S They are.

P So if that is you it's going to behoove you to have some Gentle
Sweet and Baking Blend and maybe chocolate whey because
then Trim Healthy Mama is easy for you.

S That's true. Hey, you know what? We just put the whole thing
in a box thinking people were like us. But, you know what?
It's true. Sometimes

P It depends on who you are.

[00:07:23]

S But it doesn't mean you have to have every special ingredient
then.

P No

S Maybe Baobab isn't as important to you as Baking Blend is to you.

P Or Gentle Sweet or like sunflower lecithin is not as important to me as it is to Serene

S Psyllium husks or gluccie will not be as important to some compared to the Cuffin mixes.

P Exactly, just like the ease. And Danny, you're, like a chocolate whey guy.

D Oh yes

P Our chocolate whey makes Trim Healthy Mama more simple for you.

D And please make vanilla.

P Really

D Oh, it would change my life.

S What about a squirt of vanilla?

D Oh

[00:07:54]

P Why don't you just do our regular whey protein and a squirt of vanilla

D Hey that's smart.

S But then maybe he doesn't want to put the pinch of salt in and then the Gentle Sweet and all that stuff.

P That's true.

S He likes the ease.

D I like the chocolate product. I like that it's got sweetener in it.
I like the chocolate.

S It's so true, right because we did fine for years, on just the regular whey. And my daughter went for a run the other day. And she goes Mom, I want a post-workout protein shake.

D Yes, post-workout

S And a shake and there's no chocolate whey. Can you tell Dad to bring some from the office? I said, you little princess, girl. Just because you're a daughter of Trim Healthy Mama doesn't mean we can just pick it up whenever we want. There's normal whey in the cupboard. Just use that. She goes, it's not easy. Just a scoop, pinch of salt, little bit of sweetener and cocoa powder and you're fine. She's like: Hey? And I just thought to myself; the good old days when we used to do all those things.

P Yes.

S Now chocolate whey has made it easy you see, and that's what Danny wants. He just wants to put in that little scoop.

P But all we have to remember is, it's so true. Sometimes for people easy means easy, and that means special ingredients.

For others, easy and simple means...

S No special...

P I don't want to have to buy special ingredients, thanks.

D I see that's true

P So whatever's easy, do your easy.

S Yes

D Food freedom

S That's it.

[00:09:05]

S Hey, we nailed it.

P Whatever's easy, do your easy.

S We nailed that, all of us.

D What's your easy? Maybe that's the question today.

S Yes

D What's your easy? It may not be my easy.

S So true

P That's so true Dan Dan, you got it.

D Bam

P What if you could. Next point: next point is "Rules-Schools."

S I just love saying that, "Rules-Schools, because basically Pearl and I, we're basic maths girls. Like, I don't think... Oh Pearl, I don't want to be talking down about you.

P Go, talk down about me.

[00:09:35]

S I failed Algebra and all that stuff. I wasn't blessed with a mathematical brain.

P Right

S I can do basic math. I can count my senses, stuff like that.

D You can count your blessings.

P Count your pennies.

S Stuff like that, basic math. But to me there are three rules. I don't care about none of the others.

P Alright, what are they Serene?

S Number one: Where's my protein.

D Yes

S Number 2 where's my non-starches with my greens basically.

P What's your third?

D I know the third. Can I guess it, where's my vegetables?

S Well, that's settled with where's my greens and where's my non-starches?

[00:10:02]

D Oh, if I'd paid attention, sorry.

S Yes, number three is, which fuel?

P Either...

S Either fat or energy.

P So either carbohydrates or fat

S Or right now in my season for nursing, where's my healthy Crossover?

P Crossover, so basically, that's the way I live with Trim Healthy Mama too, okay.

S Oh just to clarify, just because you're pregnant or nursing, it doesn't mean you have to have a Crossover at every meal.

P No

S Like you don't have to say, like: Where's my Crossover?

P And like some... We're all so different.

S Yes, If I haven't had a Crossover for a few days, I need to ask myself.

[00:10:35]

P But I think people do better with them added in, if you're pregnant or nursing.

S Yes, exactly, so do I.

D So point number three was what again?

P Rules Schmools

D Okay

S No, our point number three.

P No point number three was special ingredients, what's your

easy?

D Okay

S And point four was Rules Schmools... And the three rules of Rules Schmools are where's my protein?

P Where's my greens?

S It's your non-starches. They don't have to be greens. They can be red pepper. It's like, where's your non-starches; where's your healthy plant food?

P Where's your vegetables?

D Oh, red peppers are so good in eggs.

[00:11:06]

S And then, which fuel, big whoop about all the other Algebra. If you love Math, go count your net carbs and all that junk and do all that, but if you don't love it, you don't need it. I don't want all that. I don't want to go to college.

P No, and let's take our E Meals because some people are like, I don't know. I don't understand what is low fat? Is it no fat? I don't know what it is. I don't know how to not put a lot of fat in our E Meals. This is for our newbies.

S Teaspoon people.

P Yes.

P We started off; we never had any numbers for this. It's just

like you adapt.

S Well it doesn't have to be a teaspoon. Maybe it's half a teaspoon.

P Yes.

S Just don't go over a teaspoon.

P Yes, it's just about that. It's small. This is for you Lesley.

S And don't count your 1% and your half a teaspoon because then that's Rules Schmools right?

[00:11:46]

P Yes. don't count... Like for instance, with your carbohydrates; I never count, like, my one carb in an egg. Do you?

S No

P Never, that's when you're making Trim Healthy Mama hard. That's when you've got your app out and you're counting every darn thing in your meal.

S Now, if you did this where you're going to say, I'm going to have an E Meal and you've had up to your teaspoon of fat, and you think, oh, I'm going to have an E snack now, then you have your other teaspoon of peanut butter on your apple, now another little E Dessert.

P Yes, another nice Fuel Pull dessert.

S That's three teaspoons of fat, so basically you've done a nice

Crossover. So there is a point.

P There is a point, I guess. However, some people can even do fine with that.

D Was that the Crossover alarm.

S Yes, Solace was the Crossover alarm. She loves her Crossies
They make good milk.

[00:12:33]

P If Serene's voice is going away it's because she's going to nurse.

S It's because I'm trying to remove the microphone from the violin.

P Solly has woken up and now she's really like making herself heard.

S We're putting her on the beer, don't worry.

D Oh she's already Solly.

S No, she's Solly-Dolly.

P Solly-Mc Dolly

D I sound like a pirate.

P So the Rules Schmools, let's just keep them basic. Like Serene said, those are the way we live by Trim Healthy Mama with those three ones. And then for your E Meals, it's just like, have your healthy carbohydrates but keep your fat lower about a

teaspoon. And for S Meals which are our fats meals. Yes have your healthy fats, but keep your carbohydrates lower. You know, I don't really think of numbers with s-meals either, but we say, listen if you want a few beans here and there, just keep them all under about 10 grams of carbs, okay. We say, about. Don't go and shove a whole bunch of carbs in your S Meals. Keep your carbs low.

[00:13:27]

S We don't count vegetables. We don't count raspberries and strawberries and all that.

P That's why we consider this plan freeing.

D I consider myself still a rookie, and I think I'll always be because of the way, the things my brain's fixed on.

S Well, my husband is still a rookie.

P Mine is.

D Maybe us men will always be rookies, but one thing, my plan so to speak, as I feel it out. So like, I'm aware of like when two days have gone by and I've eaten mostly cheesy-breadie,

S Yes

D So I just stop.

P What?

S I do that too, if I can realise that.

[00:14:00]

D That's my whole health plan wrapped up in one second.

P What, cheesy-breadie?

D I've eaten too much cheesy-breadie and now I'm stopping.

S Yes, I get that because I just stopped my whole family, immediately. I said... You know what; in the end part of my pregnancy and the beginning part of the babyhood life, they haven't had nary a vegetable.

D Nary

S It was just like: Great, healthy, artisan, sourdough homemade bread, cheese, homemade bread, cheese, milk, homemade bread, cheese, milk.

D Cheese milk and bread

S Go to the grocery store darling and bring home the whole rainbow of peppers, and the organic carrots. We're going to get some color in here. Yes.

D Get the color in this kitchen.

P So Rules Schmools, I mean there are different types of S Meals too. And some people are like: Well, I'll never get this plan. I don't know what a Deep S Meal is versus a Light S Meal.

[00:14:42]

S Who cares?

P If you don't know, that's okay. If you ever come to a stall later on in your journey, and the stall lasts for a while, then maybe you can start to learn about those things. You certainly as heck don't need to know it right now.

S Some people have a great life just graduating from High School.

P Yes, I know, and that's the basics of this Plan.

S When you live in this type of day-and-age, you don't have to go to college or a university.

D They're making it to graduation of high school, and they're still happy. I don't know anyone like that, besides me.

S Join me. I went to... I graduated from my own home-schooling. I gave myself my own placard on the wall – “Serene's Sensational School Scholastics!!

D You gave yourself a test. That's great.

P Yes, but you finished it. Hey Danny...

S I wrote my own calligraphy on the placard.

[00:15:24]

P But that's why Danny's writing a book, What If You Could, look at the success he's made of his life being a High School dropout. It's all about What If You Could.

D Thank you. Yes, it is all about What If You Could.

P I can't wait to read your book, Danny.

D Thank you. You can do anything.

P Absolutely

D It's so good.

P Stay in school folks. Just kidding

S What did you say?

P I said, stay in school folks. That's for all the emails.

S Yes, the emails

D Oh for all those who are going to volley the emails of, now my children can't listen anymore. We love you. Stay in school kids. It's the right thing to do.

P With those rules, what we mean, yes..

S No child left behind, Danny.

[00:15:59]

P What we mean by different S Meals is, just change your S Meals up. If you are piling cheese and nuts into almost every S Meal...

D And I am.

P Yes, just watch. That's what he's saying, you might have a problem. Now Danny, you have a high metabolism and you're a man so you can probably take a lot more cheese and nuts

than us ladies can.

S He could probably just be cheesy.

P He could eat cheesy-breadie for life.

D I find that I could eat anything as long as I put a little exercise in. I'm solid.

P Yes, I know. But you're doing this thing for your health and your blood-sugar which was whacked out.

D Yes, that's my goal.

P Yes and now you're a lot more sane. I like you a lot better now that your blood sugar is under control.

[00:16:38]

D Thank you. I feel more intelligent. I can't prove that I am, but I feel it.

S Hey, he's writing a book.

P That's true.

D Bam I get my blood-sugar in check, and I start bringing things of worth to the world.

P I know, right. So we're just saying that sometimes there's different types of S Meals. Sometimes just have a pure coconut meal.

S Coconut oil

P Coconut oil and let that be your fat, you know, and then have

a whole bunch of greens with your S Meal, or sometimes do go to town, and have some good sour cream.

S But this was no Rules Schmools. You're just saying about the rules.

P Yes, I'm just saying they're guidelines, Serene.

S Yes, future learning

P I'm just saying they're not rules, Serene.

[00:17:17]

S Yes, what we're saying is there's those three. Love them, live by them, live with them for a while then if you feel like adding a couple more, you're ready to have some guidelines.

P Guidelines

D I thought adding sch in front of any word trivializes it like, hey, go to your house schmouse.

P I know, right. Danny's writing a book, book schmook.

D Book schmook

S But no, it's so true. Really, the three are your skeleton. The three are the house.

P Yes.

S If you want to put some shutters on your house...it makes it look better.

P It does. That's a good analogy.

S If you want to paint the drive like Pearl's perfectly-painted black asphalt.

P It's not painted it's dyed. It's black concrete, black concrete.

[00:18:06]

S If you want black concrete on your drive, it's going to look better.

P But still, any drive will do, gravel driveway will still get to you your house right.

D I'm a dirt man., and it'll take you all the way in.

S Yes

P So number five – basic preparation.

S That's huge, and it doesn't mean Penelope Pump. We love Penelope Pump.

D Sorry to interrupt

P Go Danny. You're back on point.

S You're writing a book.

D I'm actually taking notes, so three was Rules Schmools.

P No

S We have a new rule for Danny. He's allowed to interrupt us now. He's writing a book.

P Oh yes, before you were like the dog in the corner; stay, stay.

[00:18:43]

S If it barked when it was unwanted, he got the little frown.

D I did. I would get the little furled brow from the girls. Danny, you don't know women. You don't know women, Danny.

S He sounds like Lesley.

D That's true. I did a proper Les.

P He did a little bit Irish then. It's like Danny, you don't know women.

D Okay, three words, what's your easy? Four is rules schmoools.

P You're so wrong. Three was special ingredients, four was Rules Schmoools. Now we're onto five, basic preparation.

S This doesn't mean you're turning into a Penelope Pump Lady, but we love Penelope Pump. It just means this is just being basically smart.

P If you do some basic preparation, it's just going to help you stay on plan, and it's going to be easy. And this is all about stop making Trim Healthy Mama so hard, right.

[00:19:26]

S Yes, it's just like putting a little bit of water in your burnt pot, so that when you go to wash it, it'll be a little easier.

P It's so true, rather than standing there for half an hour scrubbing.

D Oh, yes

P So these are the things

S That's my new name by the way: SAG – Super Analogy Girl.

P Serene loves to bring in analogies.

D Oh I love a good analogy. It could even be wrong, but I'm feeling goose bumps.

P And sometimes she pulls them out and they're so bad, but she keeps trying, and mostly they're good.

D You know Vange blew my mind, like, she'll take analogies that properly don't work, and somehow the point is more powerful than ever, with the broken analogy.

S Her points are always powerful, always powerful.

D How, she's so good.

[00:20:08]

P Okay, so basic preparation okay these are the things that just help you stay on plan with ease so that you don't feel out of control. My thing, and I've shared it before, I love to do the big chicken breast bake-up. I just... or you can put them in an Instant Pot, I don't know, do a crockpot whatever. Do a bunch of them, and season them up. I do great seasonings.

S If you may say so yourself.

P I do salt, pepper, cumin, paprika

S You're sounding like you're oatmeal. She's going to go into every detail.

P Nutritional yeast, you can choose your own seasonings, but I just do that. And then they're ready for S and E Meals. They're ready for salads; they're ready for soups; they're ready for sandwiches. They are ready for throwing in a casserole, for whatever you want.

S Same with hard-boiled eggs, to me, they are ready for cutting up onto salads, they are ready for putting on an S sandwich on a Trim Healthy Mama S bread. They are ready for, like, Eggs in a Nest. You know like that yummy recipe.

P Yes, with our noodles.

[00:21:14]

S Trim Healthy Noodles, oh my goodness, they're ready to just throw in your mouth.

P So hold on. You see, that's why we're all so different. To me, boiled eggs have always been hard because I think of peeling and all that. So what do you do?

S No, they're so easy to peel when you do it my way.

P What's your way, so you do boiled eggs every week?

S When I'm not in this season, yes.

P Nor in post-partum, okay.

S Now the thing is, I used to like stand there and start yelling at everything in the house because the little pieces would get everywhere.

P Yes, the little pieces.

S And it looked like there was only a bit of yolk left because the white is peeling off all the pieces.

D Yes

P And especially if your hands are not perfectly clean, your egg looks half dirty.

[00:21:51]

S And then my children would come and help me, and it was like brown, half yellow...

D It's like: You know what, son, you sassed your mother. Get in there and peel those eggs.

P Exactly

S And it takes four hours. But now, I've worked out the perfect way. I studied it, and Googled it and Googled it and Googled it. You've got to boil the water first.

P What?

D Oh yes

S You've got to. And then you can't just drop them in or they'll

crack. You've got to gingerly put them in, like with a ladle, and ease them into the boiling water.

D Ease them in.

S And you let them simmer away with the boiling water because what happens is, you've got to release that little film that keeps the shell sticky.

P You mean, the membrane?

S Yes you have to not have that be gluey.

[00:22:32]

P Okay.

D Okay

S That's like a gluey thing.

D Yes

S And then, so after...

P How many minutes?

S I just leave them in there for a good 10-ish minutes because I... There is nothing worse than opening them up and the water and the yuck comes out.

P Yes.

S Yes, but this is the deal then you plunge them into, [This sounds like a lot of work, but it's not], an ice bath. You just get a bowl of water that you stick a bunch of ice in, and then

you go straight from the hot to the cold, and it shocks the shell.

D It shocks it separate, yes.

S And then you just let them sit there until they cool. Do you know it takes, like, one second to peel three dozen eggs.

[00:23:04]

P Really, you've probably just changed my life, right now.

D Yes, I think I've just been set free.

S All of those devilled eggs that I'd usually only make at Christmas time...

D Yes

P Yes because my husband and my boys love devilled eggs so much, but I just think they're so much work.

D I do too, the same.

S I was so disturbed with hard boiled eggs I was even looking at ways to remove the yolks, cook them separately, whip up the middles, you know, with the mayonnaise, you know, and then cook the whites, and spray them on top, buffet- style. I know it sounds gross, and they don't even taste right.

P Oh my goodness, that sounds foul.

S But now I've learned this good golden-oldie way of doing it without it being so difficult. It's so fantastic, you know, they

come off. And another thing Pearl, too, you may not be a person that likes it, but brown up a bunch of ground meat.

[00:23:49]

P No, I do it.

S And just have it there because you can just quickly warm it up and throw it on your salad. Or quickly heat it up and throw it in with Trim Healthy Noodles.

P Yes.

S Boom, and throw in a few spices. And you've got a meal. It's just so simp.

P And my husband loves it when it's omelettes in the morning.

S People may hate this, but you might get a little bit of syrup in the bottom of your bowl. But I bake up a whole bunch of sweeties.

P Sweet potatoes

S About four bags because we've got a lot of children in our house. And then I just have like, a big, giant, like, Tupperware dish of baked sweet potatoes, and then we just...

P Take them out for lunches.

[00:24:27]

S Yes

P Have them with yummy cottage cheese, cucumber. Your

children crossover

S It's so easy. I don't heat them back up in the oven because that takes too long. You could. I just have a non-stick skillet because that way it's done quick.

P Oh, that's a good idea.

[00:24:42]

Announcer This Podcast is supported by Progressive. There's no better time than now to quote your car insurance with Progressive. In fact customers qualify for an average of six discounts on their auto policy when they switch. Discounts just for starting your quote online or owning multiple vehicles. Switch and you could save an average of \$668 a year. Start a quote online and start saving today at Progressive.com

[0025:07]

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 Okay, this is to point number five, what's your prep? When I was full-time woodworking, I found that having the preparation work before I started projects was a really big game-changer for me. It really did. It wasn't extra prep work. It was the little bit that I needed to do to make the project go so much smoother, so much faster. Now, I've got a drawer for sand paper; a drawer for just glues, different types of glue, a drawer for... so I think prepping anything that you're doing is just a massive game changer.

P It's so true, and you get better as you go along.

D Yes, it's not a thing, right.

P Yes, and for me, I love my salads, and we're always telling people, get more salad, more of that water content food. It's the perfect balance to none-water content food like your meat. Meat has no water in it. Your body demands water-content food, that bulks you up on the inside.

S And it fills you without so much heavy fuel.

P Yes, you need the light fuel. You need the heavy fuel. That's the perfect balance, there. But for me, I don't really buy the big tubs of the organic lettuce mix because I find that goes slimy.

S I love them but they're slimy by the time I get them home.

P Have you found that, after two days, I find they're slimy. I've tried them over and over, but after two days I think...

D Yes I'm glad you're saying that.

P I think they look so fresh and delicious, but after two days, I'm picking the slime off.

D Right, because maybe...

S I'm throwing out good organic stuff into my compost.

[00:26:16]

P I hate that.

D Is it because those plastic tubs of lettuce have been on the shelf longer, they take longer than...

P I don't know what it is.

S They're squashed together.

P They have already been plucked or something. They look so good when you buy them. I'll only do that if I'm making a giant salad to take to an event, and I'm using the whole thing at once.

D The whole thing in one day, yes

P Yes, one day.

S But, you know what, I end up throwing them into my Earth Milks because they can't be used

P So then, what I do is I buy the bags of the organic Romaine. I

don't do all organic foods because we're big families. Who can afford all organic foods? More power to you if you can. But I do buy organic Romaine because you want organic lettuce. It's going to be a staple of so many of your meals.

S Yes I buy organic carrots. It's just a few cents more. Yes, I buy organic.

[00:27:25]

P So I buy like three of those packages of three, you know, the hearts.

D Oh yes,

P So you don't have to wash them.

D Yes, we get those.

P It's organic. I don't care if there's a little bit of dirt. It's organic dirt, right.

D Yes, flick it off.

S Or don't flick it off.

P Or don't flick it off.

D Build that immune system.

P I know, right. So it's so easy, that's your salad. I just put it at the bottom of my plate and break or chop it. I mean, that's like 30 seconds. You don't have to pick the slime out like the other ones. Or you don't have to... If it's non-organic, you feel like

you have to wash it. Do you know how hard it is to wash and dry lettuce?

S Oh my goodness

D I never have.

[00:27:35]

P Don't ever do it because you'll be in a bad mood the rest of the night.

D Okay

S And if you don't have a special swinger or a swinger that whisks it round and gets out the water...

P What do you call those things, and then no you have to wash that

D A salad shooter

S No, a salad spinner and if you don't have one of those, it's half slime. Your salad is soup. It's gross.

D Oh

P Or you have to get your tea towel and you have to wash every bit of lettuce. That's not Trim Healthy Mama easy.

S Or you get a large towel, and you stuff it in there, and you swing it around like you're going to kill people.

D Like I'm feeling upset. That sounds terrible.

P That would totally upset you. And if you've got a salad swishy-

thing or whatever it's called, you have to then wash that because little bits get at the bottom of it.

S I got one for Christmas. I'm glad because occasionally, you get something else to wash.

P I don't want another thing in my cupboard since my other house burned down and everything in it. I only like what I need. Don't give me one for a present, Serene?

D Oh, you, kind of, minimized.

P I minimized, and I love it.

S She did, a true minimalist.

D That's cool.

P I don't want anything coming into my house that I don't absolutely need.

D You know, I've actually had a weird, sick fantasy about just everything, kind of, burning down.

S Well, don't talk about that, you psychopath.

P That's pretty bad.

D Isn't that weird. But then I don't have to deal with this anymore. Like if I could just get rid of it all, what would I buy? And it actually helped me out, so instead of...

P Now you're on record. If your house goes down, they're never going to give you insurance because you're on record.

D They'll be like, Dude, you foretold what you were going to do.

P Yes.

D But what it did do, instead of burning my house down, was to throw out. I heard somebody say, Throw out what you don't love.

P So true

D I had all this junk in my closet, and I was, like, don't love that, don't love that.

P That's why you have two black shirts now, and that's what you're wearing.

D I love my black shirt.

S Yes

P I was trying to make your Trim Healthy life easier by saying, buy these three packets of Romaine organic salad.

S That's true. What were we talking about?

P I was saying, it makes your life easier. You don't get in a bad mood with lettuce woes.

S Yes, yes, or you're not going to be having a salad.

P I want you to be having your salads with meals you see, so I'm trying to make it easier for you to do that.

S And the rainbow peppers make it easy to have a salad.

P Yes, why Serene

S So what if you don't use the whole thing and then you've got to find a zip-lock and then the zip-lock gets slimy in the back of the fridge

P A big thing is, I don't want to do that and have half left, right.

S Yes, so you just get the little rainbow peppers and choppy, chop, chop.

P That's so true.

S And it's the perfect size and the perfect salad.

P Yes, I do the same. I spend the extra cash on organic celery too. And some of it's already done.

S It's not that much more, the hearts.

P And so what are the things you do for basic preparation, Dan? Do you have anything? I mean, you're blood sugar's in line. Have you got anything good to add?

D No, but it is so staggeringly simple at my house because, you know, we've got lots of kids, and I try not to demand that my wife make because sometimes she's just snacking them. It's the right stuff.

S I'm proud of you, because my husband is the same grand style too. It's like, if they need to snack because it's been a huge day for me, he'll be fine with a smoothie and some trail mix.

D He lets you off.

P Your husband

D And that took me a while because I had this, kind of, old school idea of, where's the food, woman? And I was, not consciously, but subconsciously I was a little fussy when it wasn't ready. I was like, Dude, it's noon. You mean the kids are snacking. I need man-stuff. And then I just started thinking. Man, she's been at this for 16 years of just working it for all these people and man if it's snack time for them, I'll handle my own thing.

P So you do the smoothie at breakfast and at night then.

D I'm either making a THM chocolate whey smoothie or...

P That's Man Plan at every meal.

D Or eggs over toast.

P Are you getting some veggies in? Oh you have your salad at lunch, yes.

D Yes, salad is a substitute. Dude, if I can find a good salad, I'll do it. But then my wife will usually handle dinner, and she'll bring all that into the mix.

P Yes, my husband likes a good meat and three. Serene's always like, well, Pearl, has to put the meat and three on.

S Yes

P But, it's actually meat. He likes all the casseroles, and then I'll just do a side salad and green beans.

S My husband was raised on pinto beans and rabbit mate. He's just real happy.

P So that's why in the cookbook...

D Sam's real bohemian.

S He is.

P That's why in the cookbook I've got the casseroles with the normal meals because my husband does like a good meal at night, and so do my children.

S My husband does too, but he's just so not-picky. I'm just so blessed. He was raised on a maiser, out in Hippyville.

D In New Mexico, right

S Yes, in New Mexico, like outhouse, teepee, the whole thing. So he's happy when there's running water to make the...

D He told me about the time his little community got a TV, and they had this little box, and they huddled around, and they were just mesmerized by the television. But there was one for the whole... all the people. I don't know.

P Speaking about that, though and Sam; he likes soups. Soup is another way to do basic preparation, mate.

D And keep it in style.

S And I just make a huge pot.

P Yes, a cauldron.

S A cauldron I stick it in the fridge, inside one of my fridges that's wrecked. It's got like no shelves in the bottom so it fits the big pot. And that's just my Trimmy Bisque fridge man. Everyone knows, there's always homemade bread and there's always a Trimmy Bisque. And always butter in the fridge and they can always make toast and dunk it into their soup.

P And I do soups too.

S Dipping into a delicious soup is always good.

P Because my husband doesn't like soups, so I'm not going to be putting that out in, like, the evening.

S You good citizen wife

[00:32:50]

P No but sometimes I don't want to do another cheesy casserole because I know that's not what my body needs, so I'll dish a cheesy casserole for him, but I'll be having my soup.

S Yes, because you didn't have to make two meals, because one was already there.

P No, I didn't have to make it.

S And that's great, Saturday afternoon, he's out mowing the lawns.

P So traditional the man's out mowing the lawns, and the woman is inside the kitchen.

D And the children are bringing in kale bouquets from the garden.

S You just make bisques for the week, so that if you have a family that wants something that isn't so slimming for you, you've got nice soup.

P Absolutely, and I don't mind necessarily; it might not be a Trimmy Bisque. Sometimes I make yours, but sometimes I just like... mine are so simple. You know what I've been using lately, and this is another good preparation, if you don't have collagen, or just want to be more basic, I just get the bone broth now that you get from Walmart

S The Pacifica

P I know, the Pacifica. It's got a lot of proteins in it.

S Nine grams of protein per cup

D Oh wow

P I pour it into the pot. I pour, like, my frozen vegetables. I've probably got some cut-up meat in my fridge that I've pre-cooked. I pour that in, spices, and my soup is done.

S You can even make it a Fuel Pull by adding even just one tablespoon of cream to the whole thing or something.

P I did that. I did one tablespoon of tahini. It was delicious.

S Yes, by the time you've had your one serving, you've had nothing.

P I put heaps of frozen ochre in my soups now. I don't blend it up. I love it.

S No because the mucilage just comes out from each piece making the broth thicker.

P Yes, so that's another thing. If you are a person who says that my children or my family won't eat Trim Healthy Mama at all, make yourself up a bunch of soups. They can have whatever. It's best to get them healthy, but if they refuse to, you've got your soups right there. They can have whatever they want. I always feel that if my soup's in the fridge, I'm good.

S Make yourself off a Lazy Lasagne for the week, or make yourself up a yummy vegetable quiche bake, and have it with salads in the evenings, so that your meal took five minutes.

D Hold on, so if somebody is saying their family wouldn't eat Trim Healthy Mama, I would have to say, you should grab the cookbook. You haven't read it.

P Well, I know.

D There is so much good stuff.

P That would be the first response. But some people maybe some families are so used to certain tasting foods maybe...

S They can't even handle one speck of cumin. They can't even handle the fact that it's not the regular white crust that has that same taste that they've always tasted, I don't know.

D Just the change

[00:35:44]

P Or they can't handle vegetables.

D Maybe it's the change of the...

P And usually after a while, they'll be fine, and they'll come around, but some people at first they're like: My family just cannot handle it.

D You've got to do it slowly.

S So basically, instead of making two meals which is so obnoxious, once a week, you make a couple of large things, for you so that your meal is always done. And it's healthy. It's for your hangry self. You never have to feel like, I'm going to give up and have their food because I'm starving and I can't make it now. It's there peeps!

P Right, and the ultimate goal is to eat the Trim Healthy Mama together at night, but sometimes when you're first starting, yes, it's a reality, some families won't do it, but at least you'll

have yours.

S That's what I'm doing in this season of post-partum. I'm not up making the main, main meals right now because I'm healing. So basically, I make my big stuff in there, and I cut my square, and bake it up, and rip my salad up. And have my Yuck-Yum Bitty. And I put my soup on. And they're there doing their big-old Crossover breadie-cheesy.

P Alright, so we covered those five points. Have you got your notes, Danny?

D Could you recap?

P So Number 1: Back to basics, Sweat Pants meals people. Number 2: You don't have to wear the full Painful Planning Pumps. If it's not you, wear your Sneakers.

S Amen

P Just get a bunch of foods that you know you're going to cook up and to make certain meals. Number 3: Special Ingredients; do they make your life easy or do they not? Choose who you are and be it.

S Choose your easy

D Choose your easy, yes, yes.

P Choose your easy, and own it. 4: Rules Schmools.

S There's three rules people the others are just if you want to go

to college.

P Those are all A-grade in college. Let's do a quick recap.

S Yes

[00:36:50]

P Pick your protein, vegetables, and or... And carbs or fats.

S Thank you.

P Number 5: Basic Preparation.

S Everyone can put, what do you call those things when you graduate from high school?

P A diploma

S A diploma, well you put your diploma with those three things on the wall. Give yourself a diploma.

P Yes, give yourself a diploma

D Diploma schiploma

P And then number five, basic preparation, we just covered that. Hey we're going to end with a spotlight on food today, and Serene, you wanted to talk about...

S Well, we're actually going to do a full PODdy on post-partum.

P Depression and things

S Because Danny is so interested. He's going to bring some awesome facts. No, there's just one that you'll be able to share. We're going to keep on point on that, so that... there is a lot of

women still going through that because society's still turning, and the sun and moon are still in the sky.

P It's a real thing.

D Yes, it's real.

S And so we'll be discussing post-partum depression; we'll be discussing what things you need to restore in your body, we're discussing the whole...

P Because oftentimes it's a whole chemical imbalance

S Right, and how to heal. But just one of our spotlight foods that I'll just cover today quickly without going into it too deeply because I'll be bringing it up more in the post-partum PODdy, is Zinc-rich foods. Zinc there's a huge need.

P So the spotlight today is:

Announcer Trim Healthy Mama Super Food Spotlight.

S Pumpkin seeds, oh yes. They're so great, so fantastic, so high in Zinc, and they're so absolutely delicious. Do you know what else is high in Zinc?

P Cocoa

S Cocoa; so I make myself skinny chocolate pumpkin bark. It's to die for; it's so delicious.

P How do you do that Serene

S Make your basic skinny chocolate, stick your pumpkin seeds

in it. If you're a Pearl who likes sea salt chocolate, you can roast them a little bit in sea salt then add them and get your little sea salt kick.

P But do you just put them in raw?

S I do myself

P Do you do it like the Magic Skinny Nut Chocolate?

S But if you're a real purist, you're going to soak them first and all that stuff, because you're worried about the phytates binding to the Zinc and all that stuff, blah,blah. But I don't care about that.

D Phytates schmytates

P We're all still living.

[00:39:31]

S They are a real thing if you overdo phytate-rich foods, but we don't.

P Really, there's phytates in almost everything. There's phytates in cocoa.

S We're not eating cereal, you know, from a cardboard box.

P I know, and if you're eating corn flakes, you've got a problem with phytates, probably.

S And if all you're eating is, like, dry, packaged grain goods, yes, that's a problem.

P But Serene, so you...

S But do you know why? Because copper is very much related to Estrogen, and so when you're pregnant you need a lot of copper, and so right up to the birth, you have a lot of copper streaming through your body. Copper and Zinc are antagonists. So basically, right after the birth, your body has to, kind of, get rid of the excess copper and it has to bring the Zinc up to do that, to balance the copper.

P And what you're saying is post-partum depression been caused by...

S Because there's too much copper, not enough Zinc. We'll talk more about that copper and that copper dis-regulation, and also how it's not just because you have too much copper. Sometimes your body isn't able to absorb enough because you don't have the protein enzyme to bind to the copper.

P Oh

S And to actually get your body to absorb it, so you have toxic copper just like unbound in your body. And we'll talk about that because it's actually a huge reason for post-partum depression.

P Okay, real quick...

S That's why the doggies eat their placenta. Don't worry. I won't

eat my placenta and I won't talk to you about it, encapsulating it and eating it in post-partum PODdy, so don't worry.

D Gosh

S You can listen.

P Some women do it Danny.

S Okay more power to them. It has a lot of absorbable copper and zinc.

P People that really have severe post-partum blues, it's been shown

S Yes it does.

P That consuming your placenta like the whole animal kingdom does will help.

D There's got to be another way.

S They put it in a capsule. They don't eat it with a knife and fork. Don't worry, I don't do it

D I was totally picturing roast placenta with a knife and fork.

S At the hospital, I had my baby at the hospital, and the nurses, regular old nurses at a regular old hospital regularly ask, do you want us to keep your placenta Now I said no because I

have traumatic memories of my Mom, keeping our placenta to plant a tree. I'm sorry, it's Pearl's and my placenta combined. No like, I'm keeping my baby in my placenta right. No my mom would thaw it out every time she was looking for a roast, and say: Oh sorry, this isn't the venison roast; and put it back in the freezer. So it was like over-thawed frozen, over-thawed frozen. That's Pearl's placenta.

D It's not the roast. It was the placenta again.

S So that was a trauma.

D Refreeze

S So I told them: You can keep the placenta. I'm fine. I'll go home without it. But no, it's high in copper and Zinc, the placenta is

D So while the folks are chowing down on their placenta's.

S I like using other foods myself, and we'll talk about that.

P All we're saying Danny is pumpkin seeds...

D I know. I'm not knocking it because I know what you mean because there are people who...

P Pumpkin seeds are really good for men too for prostate issues. Pumpkin seeds are really, really good for parasites.

S Yes and their high in Magnesium, Magnesium and Zinc are huge for infertility issues. Magnesium and Zinc are some of

the reasons why there's infertility. It's one, it's one of the reasons. Magnesium and Zinc are hugely depleted from our soils.

P So men, Danny, you should eat pumpkin seeds, John pumpkin seeds and we women. Okay so you can put them in skinny chocolate. What are other ways, because they're strong? They have a strong taste.

S I put them in my Yuck Yum, a handful in my Yuck Yum Bitty and blend them up.

D Can I blend it in a smoothie?

S Yes, you can.

D So they'll chop up.

S Yes, they are amazing, and Pearl actually eats them on an empty stomach for parasites.

P Yes, and you put pumpkin seeds in your bone broth.

S And listen, Lesley puts them on the salads. It's a rookie way.

P John... John is speaking right now. Come here, John, You're saying interesting stuff.

D Come hither.

J I put them in the bone broth as I'm doing the bones.

S So we all know John's got a good prostate then.

J The best, the absolute best

D Hey John, you all know John. There goes John with that prostate. Everyone's talking about his prostate.

J I use the remnants of the bone broth – it's like the best dog food ever. More solids for the dogs.

S Awe he's so good, he thinks about his dogs.

P That's very smart because you know when you make bone broth and your putting like celery and stuff in, but if you're putting pumpkin seeds in, it's going to take in all that goodness.

S It's so good. So you know pumpkin seeds have been forgotten. We think about all the glorious nuts. We'll have some almonds. We'll have some cashews. Pumpkin seeds are often overlooked.

P I'm totally going to be buying pumpkin seeds next grocery store trip. I'm putting them in my skinny chocolate. Hey guys, we're done. And we'll take Lesley's rookie question next week because we're out of time.

[00:43:50]

D Yes, thanks for tuning in. The summary; I've written a summary because for the past two weeks; we did part one and part two this week. The summary is keep it simple. Keep it sane.

P Yes.

D Thanks for listening, and remember from pumpkin seeds to placentas...

S To prostate

D To John's prostate, we've got you covered here on Trim Healthy Podcast.

P And Danny wants you to go like his Facebook.

D Oh yes

P What is it? Danny Valdes@

D It's Facebook

S Prostate.com

D It's actually Dannyvaldes4real

P Just behind the scenes stuff on the PODdy there

D Yes

P See you

S Bye

[00:44:36]