



## **Trim Healthy Podcast with Serene and Pearl**

### **Episode 59 - Face Plant!**

*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 = Leah

[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 Trim Healthy Podcast with Serene, Pearl and Little Danny.

P Little Dan-Dan

D And it's so great to have you all back with us, today is a super special day, Serene's out because her baby has the snifely sniffles.

P Yes, she didn't want to bring Solace today. I don't blame her.

D But with us is Little Miss Leah Thurber, put your online hands together for another fabulous podcast, Leah we're so glad you're with us.

L Hey

D You've been, we've known her for, what Pearl?

P I'm must finishing my lunch, this is really good salad. I don't know.

L Years

D Years

L 2007, I don't know the math of that, where does that, that's not...

P And we're going to bring you such...

D It's like 900 years.

L Yes, pretty much.

P Such a great story today. Leah's story is going to inspire you, because... Okay, we've had another Lea here, remember we had a mother and daughter couple, and that was fantastic, it was so inspirational, Leah had...

D And what did she lose?

P 110 pounds

D 110

P And it dropped quickly and her, her journey was one of, her life changed completely and then she maintained her weight and it was fantastic. Leah's story is totally different to that.

L So different

P There's lots of downs in her story, but that's why I wanted to bring it today. Because Leah's been, like, face smack in the mud so many times.

L And I know so many of you have.

P You've been where Leah is going to talk about and she's going to bring you out of it mate.

D Yes., yes.

P And so that's why this, I'm excited about today.

D That's funny, because I can identify with the face plant, because I will find myself self loathing in that McDonalds Drive Through, going how did I get here.

L Yes exactly.

D And I go for through it and I move forward.

[00:02:01]

P So we're going to, we're going talk about that. And then, so Serene yesterday was saying, the last minute she's, like, Pearl, Solace has the sniffles and it's going to be raining all day, I don't want to bring her out, you know protective mom. And so I went, like, okay this is really last minute, who are we going to bring in, so Vange, we thought well Vange, you all want Vange back, but Vange is getting over something with her boys, there's been something going around with the Hilltop. And then Danny said to me, what about Rocking Leah Thurber.

D Yes

P And I was, like, Leah, her story is so good and she, and then Leah what, you just were, like, were so all over it and...

L Oh and listen, like, this is the coolest part of it, is that when

you had the other Lea, in my heart I had that little, you know that would be just so epic, that would be so cool, and I love it, because those little, like, whispers of heart, when God hears those, and then, and then here go, you were, like, then you asked me to be on it and I, I mean, I was a little excited, a little.

P Yes, you told me.

D You were a little excited, tell me how excited?

L Okay, I will be honest.

D Tell the analogy please?

L The analogy is, Taylor Swift would come to me in my living room, write a song for me, sing it to me, she could swear to be my best friend forever probably, and I would be, like, that's okay. But put me on that podcast, then my life is complete. I told my husband, it's okay honey, I can go to heaven now, this is, this is it.

D Wow, you know, Leah...

L I'm not dramatic at all.

P That's a good thing.

D Just to, just to dig deep right up front, who, who is your favorite podcaster, I mean, out of all the podcasts you've listened to?

L Well, I feel, I feel like I need to say Trim Healthy Mama right now, because...

D Okay, yes, I thought so.

L Yes.

P It's not going to be Danny, probably ever.

D No-no

P I mean, we might have many special guests over the years.

D That's funny, looking back...

P And I know you're always going to be hoping it's Danny.

D I see what you mean. I wasn't fishing for that, but I was fishing for Trim Healthy, the Trim Healthy Podcast.

P Oh, the Trim Healthy Podcast

D I should have said who's your favorite podcast.

P I was just thinking that were hoping for a good day for Danny.

D Yes-yes

P That was an obnoxious fish.

L It's Pearl, Pearl is the one.

P Of course Serene's not here, so I'll just take the glory. Hey, so let's start, because we need to jump right into your story, because you have got lots, lots to give, lots to bring and yesterday you were, like, Pearl, can I bring it all, I mean, I'm talking the bad and the good. I'm, like, we want the bad,

Leah.

L I was, like, are you sure.

P Yes, we want all of it.

D Hmm-hmm

P And I know that since you're an old friend and you actually were an intern for my Mom's ministry, Above Rubies, when you were 17. Now you're a married lady with two, two beautiful sweet babies and living a beautiful life with your husband here in Tennessee. But tell us when you first learned about Trim Healthy Mama, because it was early on, early, early on; and we need to discuss some of that, it's funny...

L Oh my gosh, I don't even know where to begin, I guess just, like, when I started it or, like, shall I just jump into our conversation?

D Jump

P Jump mate, jump. And I'm just going to finish my salad

L Well, you handed me a book actually, thankful, like, luckily for me one had, like, a messed up binder and you were, like, just take it, you can have a book.

P So was it when the first book first came out?

L Yes, one of the first prints, and you were just, like, here take this and you would invite me over and show me little recipes

here and there. And I think that after a while I think that you realized something, that I hadn't yet realized, and I remember you setting me aside, and this was after, oh gosh, I don't know, not long, like, four months, maybe, four five months, it wasn't long into it.

P Yes, because you came to me to say, you were saying you want, you were a little struggling with your weight and you were, like, I want to do something. So I'm, like, Leah, let's work. I remember spending afternoons with you, pouring my time in, right.

L You did, valuable time into this person.

P Oh no, I think I was mean, what did I say?

L You were, like, you sat me down and, oh, I was devastated, but it was good, it was good. You sat me down and said, Leah, you were, like, you, I think that you, you said something about, hey, we've been doing this for a minute here and you were, like, essentially, I don't know if these are the exact words, but you were, like, I, you were, like, I can't help you, because I can't make you love yourself. You essentially were, like, this is as far as I can go, I can't make you love yourself. And that set me on, like, such a journey, like, it was one of

many things, but at that season in my life it was such a pit of depression and, like, I worked on external stuff constantly, I was even bleach-blond at that time, external things to fix it. Even my husband would come home from work just ragged from the whole day doing construction and he would sit down and stare me in the face and speak the truth of God over me, and I could hear nothing, like, I couldn't hear it. And you saw that, you were, like, I can't make you love yourself, like what, where is...

P Because you kept wanting tips and you kept wanting all these recipes, help me with this and that and I was, like, no there's something going on here that's, at the heart, and I was, like, and I'm not usually that confrontational, I'm, like, this is where it stops for me.

L Yes. And that was, I mean, that was one of the most impressive, most, like, like, kind of, like a loud voice over my life, that was, kind of, this question, like, well then is that true. And I think that I spent a lot of time avoiding it, you know, like, surely that's not actually it and tried lots of other external things and, you know, always trying to find the next thing that would fix, anything that I could, like, control.

[00:07:22]

P Because many years, I mean, I mean, you, I think you, sort of, dabbled in Trim Healthy Mama and many other things after that.

L Oh my goodness, yes

P It was, sort of, many, many years.

D So you approached her, how, I mean, had you known her long at this point?

P Oh yes, we'd known each other for years.

L At this point it was 2013, so what's that, like six, seven years.

P But she was a very, she was a very think teenager and then, and then it came to marriage and babies and she was struggling, and so she came and that was like...

D And this was at, this I can't make you love yourself comment, which is epic, was after marriage?

P Oh yes

L Yes, it was in my first half a year, I think, or close to my first year anniversary. And it was right before, probably four months before I found out that I was pregnant with my first.

P Oh yes

L So I wasn't even, I got, like, depressed and, like, gained, like, 10 to 15 pounds in the first few months of getting married.

P And it wasn't, and your husband's such a beautiful man.

L Oh no, he's incredible.

P And he just loved you anyway, right. What was it?

L It got, finally in my life it got quiet and I couldn't handle it, I had to acknowledge all the truths that were easy to distract away and when it finally got quiet I had just about, I almost lost it, I mean, I was just in such a stupor. And I see now that it was a lot of pride, I just couldn't acknowledge the hard things. Like how would one love themselves, how, what does that mean, how do I receive something like that, that would in essence saying I have very deep needs, because that, you know, that's just a terrifying thing, to be needy, you know, to have a need that is that vulnerable, in your absolute identity, in you are.

D So Pearl, what was your, was your lady antenna tingling or something, like, what caused you to see that in her, say that comment, because that seems, like you said, to be the catalyst? Do you remember anything special?

P No, it was just, I mean, I know that...

D You just felt it, lady antenna?

P Yes, it was just a sense, you know, and I think all of us, so many of us has to struggle with that and when we say love yourselves, sometimes so many of us think, well, love yourself

means me time, love yourself means manicures, love yourself...

D Wow

P We're talking about something so different here, we're not talking about that. And, you know, and I know Leah, I mean, you've known the love of God for many years, I mean, you, it's not like you were coming as someone who wasn't a believer. And so, but so many of us are on this journey and I've had times in my life where I had these, I had these awakenings where, Pearl, I didn't know there was that deep hatred for that area of my life, I didn't realize that I had that deep hatred for myself that was brought about by maybe that or maybe that, I don't need to hold on to that. Yes, who cares, maybe someone said that to me in my life and stuck or maybe that was a thought I had that got stuck or maybe that was a time in my marriage that got stuck and, you know, nothing on my

husband, but these things embed. And I don't know, you know, I'm not even sure to this to this sure what yours was Leah, but we all have these things.

D Yes we all do, myself included. And so, Leah, for you the food issue was rooted in not loving yourself?

L Oh yes, listen, I, I realized recently, I heard a friend had cancer, I immediately went and ate something, like, that was like two weeks ago or something, but I caught myself though, because I was, like, you know what, maybe I should just have a glass of wine too. And then I was, like, wait, why am I thinking that right now, like, hold on.

P So how did it, like, it got quiet, you got married, right, and all this, you were so busy all your life and doing things and you were conquering, you were very much of a leader, so then you were married and just, like, quietly, sort of, settling down and creating your home and things were quiet and you were faced with the deep stuff, right?

L Yes and, I mean, hey, it was work, I felt about great about myself as long as I had something tangible to point to and say that's why I am validated, because I do this, you know. Like, I had a lot of things I was doing that made me feel successful. But God had to, kind of, show me and it's been such a journey

over and over. He's had to repeat himself constantly, like, do you know that the person you picture as your ultimate perfect amazing incredible person and you, if they were standing next to each other I wouldn't choose her over you, I love you right here and right in Me and My love you are perfectly complete.

P Oh, I've got the goosies

L You're complete, and this is something He had to speak through people and books and songs, I mean, I stuffed every bit of goodness I could find into myself, even when I couldn't feel it come through, until it got in. And then I started to think God what if, what if You could love me now, imperfect Leah, what if He could. And that would mean I am not chasing a carrot anymore, I'm not trying to be this perfect pretty thing anymore, I'm doing it out of a place of, I'm already where I needed to be, I'm already good, and it doesn't define me anymore.

P Okay, so how, so you would go eat to fill these empty places, right?

L Oh and avoid thinking at all about how inadequate and shameful I felt and all of the things that just embarrassed me about how, how much I didn't understand and what I would mess up in and conversations I got wrong. You know, just, if

you go down that road of self-destructive thought, there really is no end.

P So you decided though that wasn't going to be you?

L No I did, I decided, I was, like, this has, this has got to stop, because my choices hurt my husband too, I mean, the poor guy, he couldn't get through to me, you know. And I had to decide that, he could not make me desire to receive the truth. I had to say enough is enough, I'm going to believe it, even if I don't feel it, because feelings are so loud, I'm going to believe this and walk in it.

P And your belief was, exactly what you described to us earlier, this woman, who you are right now. Yes, I choose, I love, you don't have to be perfect. And so that's what it was.

L Yes and having, and catching, like, you get a little, when you know you are so valuable and loved, there is a hiccup in your thought process now, it's funny, because you get to this place of knowing you are loved and everything around you stays the same.

[00:13:46]

L But you have a hiccup, you have a moment where you get to say, whoa, whoa, wait a minute, in relation to this situation, like, how am I going to see this now, like, I could totally go

down that road, but remember, remember, I'm loved now, so how would loved me do this.

D Oh my God

P How would loved me do this.

D I have the best job in the world, like, I feel goodness flowing right now.

P How would loved me do this.

L Yes and you know what, you get to choose it though, so here's the thing, you could take, like, you could take two months or four years to actually acknowledge that little hiccup, you don't have to pay attention when that little, wait-wait-wait, that's not you, when that comes up you can decide and it doesn't feel like a super powerful thing. Yes and it gets stronger, the more you say, yes, loved me would act this way.

D How would loved me do this.

P Loved me, it's like what if you could, but it's almost deeper Danny, because it's loved me.

L Oh, she called it deeper.

D No, it is deeper.

P Oh, it's one step more.

D It is so good.

P How would loved me act here. And isn't that then what

happened with your food choices, it wasn't about you just, like, looking a certain way after that, it was a heart change, how would loved me eat this meal, how would loved me honor my body, rather than, ooh, you know, maybe I'm just going to go bleach-blond my hair and then drop 20 pounds, because I'm insecure. It wasn't that anymore, Leah.

L No, no and you know what, like, as you receive the fact that you're loved you let people in again, and when they come in you're not alone anymore and you have help, You have people that can say I actually know you, you've let me in to know you, and see something happening, I see you battling something, will you let me work it through with you, because last year was the most, like incredible year of growth in my life.

P Yes, I saw that, I saw that in you.

L The year of being 28, I loved the year of being 28, well 29, I don't know both, it's in the middle. Anyway, but, like, you know, I was, like, why is that, why was that the year that it all made sense, after five years trying Trim Healthy Mama, and I say trying, but doing it and feeling like I'm not doing it fully.

P And then smack down in the dirt.

L Smack face, smack face, up, sprint, run, smack face, try to go

slower, sprint, run, smack face, try to go slower, sprint, run, smack face, like, over and over, why was last year the year that I stopped face planting. And I realized I was vulnerable enough to be messy in front of people I could trust and those people joined me and I was so much, it's a cliché, but you're stronger together.

P That's so true.

L And I got so much farther than I ever got on my own, years prior, I mean, It's the people, it's the community, I mean, my sister-in-law the other day I said we think need to stop watching so much TV and she's, like, Leah, please don't do another 40-day fast from all media. She's, like, you might want to take it a little slower and I'm, like, I know, you're going to need to remind me again next week.

P But I love what you said about messy, you know, in doing the Plan, I mean, I think that's where so many people go face plant for long amounts of time, because it's this perfection they want from themselves, because they don't have that self love, what if I was loved, you know, what would loved me do.

[00:17:10]

P So it's like this is despised me, this is hated me, this is a me that can't, no matter what, face plant, I'm going to stay down

here for a good while, because I just can't do this.

L And you're punishing yourself at that point.

P But messy, messy Trim Healthy Mama is still okay, messy Trim Healthy Mama is great, it's baby steps and it's practice and, like you said, it's just, it's something that grows and becomes stronger the more that you do it. Yes, you're going to mess up, but then, but then it's not a hated and despised me mess up, it's just, hey, I'm messy.

L Yes, you're messy.

D And when your identity changes, rather than just your behaviors, you know, it's the difference between dieting and lifestyle eating, it's, you know, it's an identity difference. And when the identity changes then it's not so face plant failure long term, it's just little hiccups, to use your word.

P Yes exactly.

L And, you know, it's a perfect Biblical picture of what it means to have hope, because it literally says that you have a trial and then you have to persevere and then you grow your character and you are given hope. And so that's what I have now, I have hope, and so next time a trial comes there's, like, this stock of hope in me that says I know that if I take this trial as a chance to persevere, there will be a growth in me,

that character, and I will have hope. But initially you feel hopeless because that comes after you press through, you know.

P Yes, so true, so you look at back at all your Trim Healthy Mama ups and downs and roller coasters, because honestly you used to frustrate me, Leah.

L Oh I know I did.

P Like, why can't the girl just do it, I've spent so much of my time, I have given her the books, I had sat her down, I had made recipes in my flesh why can't the girl just get it together, right, because I'm done with this girl. But I loved you, okay.

D You literally had the best coach possible for the Trim Healthy Mama Plan.

L It could not get any better.

D In your face planning

P But that goes to show it has to be a heart thing though guys, doesn't it, because you've got me here, and you had Serene too. Okay, but do you look back at those years and it seems to me you're saying you don't even despise them, you're happy, you're grateful for them, because you look back and you can related to others and you, and you learned

.

L Oh yes, and you know what, it was stepping stones, like every one of them, it was perseverance from one thing to the next to the next and I see that it took a lot of trials. And, you know, I think we grow impatient with ourselves and we hate how long it takes to understand something. But God had to give me a hard truth a little bit ago. He's, like, babe you're not a special case, you're just as lost as everyone else and it takes you sometimes even longer than other people, so don't get to just immediately be there, because you want that perfection, just be there. And I would always burn out, because the reality is we have to be honest with ourselves and just take those real manageable steps knowing we're growing stronger and we can take bigger steps.

P So true, you know, and I, in my own life I've had that with, my biggest issue in my life, which has been fear and worry about the future, worry about all sorts of things. I've mentioned it several times on PODdy, so you know my story, but I'm telling you, just what you said, I wanted to be fixed from worry in 24 hours.

[00:20:34]

L Oh yes, yes.

P But it's been a walk out, there is no stinking way I'm going back to what I was when I did, when I just thought to myself, well, I'm a worried person. I slip though and then, and then I have to be reminded again, I have to get into the scriptures again, I have to immerse myself in the truth, because the nature wants to go back into worry land, but I'm not going to let it happen. But I'm telling you, I slip, but then it's okay, let's bathe myself back in this truth, right, and that's what you're saying.

L Yes. And have you read, have you read *Practicing the Presence* by Brother Laurence?

P I haven't.

L It's just this tiny little paperback book about an old monk, he used to pray on his face for strength to do the dishes. And all these prestigious people would write him wanting to know how did you know God so well; and it was just that he didn't do anything without Him; that was about it. And one of the things he said that has been so key in my life is, he says without God I don't know any better, he's, like, I literally am

not going to do better, like, than this hot mess, making so many mistakes. It just takes a little bit of pressure off realizing that we're really good at messing up, we're really, that's just that's nature.

P Yes, we're all hot messes, aren't we?

L We're all hot messes.

D Hot mess

P And there's only one, just the truth that He gives us, and then, okay, so we walk slowly out of that hot mess into all the promises He has for us, all the you are loved, all the you don't need to fear, you know, all them.

L And you don't have to understand it all at once either, you know.

P So true, so what would you say, and I know, Danny, you've probably got some more questions for Leah, but this is my one...

D No, when the ladies are pouring it out like this, I get into learning student mode and I just sit, sit at your feet. I've got nothing.

P No-no, Dan, hey, what would you, because there's so many women, 1000s of them sitting right here now listening, Leah, and they're being where you are, they're smack face in the dirt

so many times and, like, why can't I just do this, you know, I know how, I've read the books. I mean, what, what encouragement do you, speak into their lives for a minute.

[00:22:40]

L Oh I'd love to. I was asking myself that question, I was, like, who am I, who am I speaking to God, why is this happening, and He says you're going for that pit lady, the you, you're going for that lady in the pit that's happy there and everything she does in her life reaffirms and continues that course, and that's the woman you're going to speak to. And that's who I want to speak to, because there is hope there and I remember that I was in a jaded place for a long time where I would hear beautiful things and I would almost despise them, because it was so hard to receive. But I just want to encourage anyone here who maybe has that twinge of, ugh, it's so easy for her to say, you know, she doesn't have my life, she doesn't have my problems. Like, I encourage you take a really brave step and listen with a slightly open heart, I'm just talking a crack, just let in a little bit of hope, because I've got a lot to give. And that's why... Oh my gosh, I'm not going to cry.

P You're making me tear up, because I just know there's a

woman needing this right now.

L And I know it's why I'm here, because there is such beauty waiting for that woman and she has given up on herself and everything she does says you've been given up on, but she needs to stop it right now. And you don't feel like you have an ounce of strength, but you know what, that's a lie. Because you already determinately decide that you are unlovable every day, with the most diligence that anyone in this world has, you are the most diligent self destroyer in the world. So therefore all you need is really just a shift of where you're putting that strength. You just need to shift it, you've already got it. And the greatest part about this is that strength that is so efficient in crippling her, in you, lady, is also going to equip you and everywhere around you, you will see life again, beginning in your own heart and then spreading. And you know what the best part about that is, that all you've got to do is the good, just do the good stuff. You drink your water, you get up and say God I don't believe I'm beautiful, but You say it, I don't believe I'm worthy, but You say it, and I'm going to believe it. And, you know what, and I'm just going to say okay, if You say it, I'm just going to say I'm beautiful, You say it, and I'm going to drink the water and I'm going to do the

little steps.

L And you know what one of the best things is, find a way to be committed to seeing someone, they don't have to be a perfect person, but see someone regularly that you're just doing life with. Get part of some kind of book club, do something where you're around people so that your heart and mind are focused on what it means to love others, instead of just obsessing over what is so wrong in you.

[00:25:31]

P Yes, I think that's what Vange was saying the other day too.

L It's community, you know, you get around it.

P Something bigger than yourself

L Yes and you need to remember that in those moments, that it's not so luminous and impossible and impending, because when you get around others then you eventually can let them in just a little bit, in time, it may take a while, have grace. But you'll have the ability to grow and to learn and to see that your problems are not all encompassing. And I just want to say, like, it did not happen overnight and it was disappointing and it was frustrating, but if you stuff yourself with good things it's going to get into you, it's going to and you keep making it... You know, in Trim Healthy Mama, for me, like, it

was one of the things that I was able to feel overwhelmed with very quickly, with all S's and E's, but see we're really good at letting complicated things be our excuse for opting out, we love to complicate, it's a really easy way to add to that pile of things that are too hard.

D Yes, it's actually a little form of self sabotage.

L It is, it is.

D Because if you can make it really complicated, well then you just don't have to fool with it, you know, so you overcomplicate.

L You do and you don't have to do it all at once, that's the thing, and it's painful almost to do it slowly, because it's just so, like, to be honest, it takes, you need to slow steps, it's embarrassing and it hurts your pride and...

D Well and to get real that this is a lifestyle now, this isn't your temporary diet.

L You don't get three months and you're good, you know.

D Yes, this is, you've got to change, it's a full on identity and lifestyle issue.

L And you're worth building into that lifestyle. And it's a long process to get to knowing.

P Or maybe even understanding what seems complicated at

first, you know, to me it doesn't, but, you know, Serene and I wrote the thing, but... But, yes, I do feel like people, and the last two PODdies have been about overcomplicating it, but truly it can be simple with a mindset of simple.

[00:27:26]

L And you have to take it, like, you have to decide in your heart and mind that you're willing to let it be simple. Like, any problem that comes up to you, you can say that's too hard, I give up, anything, no matter how simple, it's like taxes, too hard, give up, you know, it's just not... You know, marriage, how many people, you just give up, I mean, you have to work through issues, you just do, it's not beautiful, you will fight and that's the thing, you can't give up and you love your husband or wife so much more when you work through the valley, you have so much more together once you do.

D Oh yes, every time

L And so how much more will you love yourself when you work through things with yourself and be willing to be messy and work through and sweat through and believe truth. And, like, take the Trim Healthy Mama, and for me, take the things that you already know you love, simple things. Like you've said many times, and for me it was, like, the burger salads, I could

put burgers on salads, chicken on salad and I could make eggs in the morning and I loved those things, the Trim Healthy Mama pancakes, I would make, like, massive, I still will make massive batches and freeze them and I can pop them in the toaster.

P That's brilliant.

L Because then it's like an Eggo, you know.

D Homemade Eggo

P That's brilliant, and that's basically three ingredients, cottage cheese, egg whites and oats.

L And it always makes me feel like it's a treat.

P I mean that's simple

L I always feel like it's a treat, no matter what, like, you can't convince me otherwise. And so you have to find the things that are like...

P That is so true, that, again, it reaffirms, no this is simple.

L They may excite you a little bit, you're, like, oh that, I mean, I can do that, that's real, you know, and you just take it one meal at a time, one item swapped out and learnt at a time. I mean, still to this day if I pick up the cookbook I get so excited, I almost burn out immediately, I'm, like, I've got to make it all, and then I don't make any of it.

P Yes I know, exactly yes.

D But the, so the, kind of, your Sweat Pant meal is the toaster jacks, right?

L Oh totally, totally and sometimes I don't have the space for it, so I just make oatmeal, I just do overnight oats or, you know, and my sister-in-law just taught me how to make granola, so that just blew my mind.

P Yes, because, so you're just, you're just a simple, keep it simple person.

L I have to keep it so simple.

P Or else it's donuts, right?

D Of course

L Yes, and it's easy, it's easy, and for me, like, I know that you all are, like, super planner people, but for me I, I've got to have a very simple but a very doable plan.

[00:29:43]

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

S I'm Serene.

P Are you the sort of person that, sort of, needs a weekly menu?

L Oh I've got to, I know everything I'm getting at the grocery store, every single ingredient.

P So what happens if you have a week, and this is a question maybe because I'm not a planner, if you have a week where you don't write out that menu plan or get on the computer and do it, will you completely fall off or can you wing it now after, after, you know, being a seasoned Trim Healthy Mama?

L I can mostly wing it, but I'm more vulnerable, like, my husband would be, like, ugh, let's just get pizza and I would be more likely, because I'm, like, I actually, I don't know what else we're going to do. And then I get, like, I can't even see healthy options anymore, because I haven't planned them out and I make it too big.

P So this is interesting, into the mind of a planner, I'm getting into your mind here right now.

L Well, and I had to get really simple with planning though.

P Okay, so what, tell us how you plan, like, a week?

L Well, I keep it so easy, I have...

P Do you write it out or is it in your head?

L Well I have a little app, because I always lost my lists, so on Google I have a calendar thing that says groceries and I just break it up into produce, dry good...

P But are those meals that you have in mind or is it just a grocery list...

L Well I just do the grocery list and under it I choose two breakfasts, two lunches and three or four dinners, and then two different drinks I'm going to alternate, that's it. And I make enough to make that spread throughout the whole week.

P Okay, so that's brilliant.

L That's it, because I get lost otherwise.

P Okay, so that again, because people are going to want to hear this, people that think I need a basic plan but so much planning is so complicated, so say what you do again?

L I have just this five by seven white cards and I just write down simple scrambled eggs on the top and I do that with every meal, I write it simple and I choose every week just two breakfasts, two lunches...

P So you alternate those that week?

L Yes, I'll do, like, scrambled eggs and oatmeal or pancakes, that's like my go-to Sweat Pant stuff, it's going to be oatmeal or pancakes. And I will, in the morning I'll wake up and I'll make the scrambled eggs or I'll make oatmeal, or I'll warm up pancakes and that's all week, that's what's going to happen, until we run out.

P Yes and then maybe another week you might change up or are

you pretty much doing the same thing every week for breakfast?

L Like, pretty much, the eggs are almost the same, eggs will go either to scrambled eggs or I'll make a big casserole, I love those because my husband can grab it and go out the door, and sometimes he just has no patience for the four minutes it takes to fry it up, you know.

P Yes exactly. And so then lunches are just a couple, what are your Sweat Pant lunches?

L Well for me I keep so easy, like, I try to make recently, I used to do lunch meat, trying to just cook up a bunch of chicken and give, because for the girls and me, and we'll do either a chicken salad or just, like, a dissected sandwich for them, like, you know, all the sandwich stuff but separated, because it's going to be dissected. And I love chicken wraps and, like, mostly chicken things. I really enjoy spaghetti, so if I'm going to do a big spaghetti squash, I'll do a spaghetti thing.

P And what are your dinners, your basic dinners that feeds your whole family?

L Well, typically these days I try to keep it very simple as far as just meat and veggies.

P So you just have a meat and have a veggie and maybe have a

side salad, yes that's simple stuff.

L And I'll add some potatoes or rice for the others.

P Can I talk to you about that, you have some children, obviously you need Crossovers, so that's what you're doing, potatoes and rice for them, your husband, he's a slim guy, right, so a lot of women get frustrated with this because their husbands can drop weight, you know, easily, they can't, you know, how do you, how does, how does that work in your mindset, how is it working, have you ever felt resentment towards that or this is too hard when he's not on the plan like me?

L Oh for a long time that was a huge hang-up and he would make little comments, oh my gosh, poor guy, I mean he got it, oh that's easy for you to say, evil women comes out. But, yes, no it was that way for a while, but it's funny as I've stayed on plan more and more, I've actually lost, I'm, like, finally lighter than him, and he has, like, a pudgy belly, and he'll, like, it's not much, for a skinny guy, you know, but he'll just be, like, oh look at this.

[00:34:01]

L And it's funny because the other day, and this is just a long-term win, a long-term win, I mean, he'd be, like, oh you're on

Trim Healthy Mama, whatever, and he would comment on all the meals. Like, I'm not good at I'm really bad at cooking, guys, so he had lots to say about my cooking. But I'm getting so much better, this week he told me, oh you make the best chicken roast, and I'm, like, these words just happened in my life. I'm, like, yes, of course I do.

P But you could have given up long ago, just from little comments here and there, right, because you could have said, well, I am not a good cook.

L Oh and I did.

P You could have labeled yourself that forever.

L Oh that's part of what my fall-offs was, like, he doesn't even like my cooking, why am I doing this. But now I'm so steady on it and then just last week he said, you know, I really want us to get hydrogenated oils in our diet, I really want to get rid of Frankenfoods was the word that he didn't know.

P That's funny.

L But he wanted to get rid of all of them and that meant tortilla chips and tortillas, but it was so, such a sweet thing, because he actually basically said I would love to do Trim Healthy Mama, without so many words. And so just slowly staying on has, kind of, like...

P Isn't that amazing. I cannot tell you, like, the endorphins in my body right now as I've listened to your story.

L I feel like I'm in a massage chair.

P Because it's so good and obviously you're not perfect, but I'm not perfect, I don't, you know, people say I'm 100% on Trim Healthy Mama or I'm 98% or I'm 87.3%, I have no idea what I am, I'm a Trim Healthy Mama, when I go on vacation I have a few off plans when if my husband takes me out, I might have dessert occasionally. I'm usually sticking to my Trim, to my meals, but I'm a Trim Healthy Mama, and you are too and we're not perfect but we're looking forward not backward. And that's just what I want these ladies to catch today and honestly you have just, like... Ooh it's all over me. Danny.

D Oh I'm feeling it, yes, you know, I looked around, like you, many years ago and I just hated everything I saw in my life, except for my wife and kids, they were the, you know, they were always the, oh well, at least I've got that, but everything else.

[00:36:00]

P But you resented the time you had to give to them when you

walked in the door.

D Of course, because I want to get back out there to fix all my things that I hated. But I had to accept the responsibility that all of those things I built, I made those things, around five years prior, that's usually when you start sowing your seeds of whatever is going to result, success or failure. And once I really swallowed that ownership and got brave enough to, kind of, start putting the work in, and most importantly change my identity of what I, you know, I'm the blank guy, I'm always doing this, I'm never doing that. Once all of that, kind of, internal dialogue changed, it was, like, overnight. I don't mean everything got better overnight, but I mean it didn't matter all of a sudden, because I had the wings.

L It no longer defined you.

D Right, I can fly now. And then, I don't know where I'm going to explore, but I've got the wings. And once you get the wings, man you see everything so clearly, everything opens up.

L And it's finally okay and every hiccup you come across, like, every, well everything that may go slightly wrong, is no longer, like, your defining moment, like, now it's all awful

D Right, what does mean, and that's a huge thing, is every little thing that happens, maybe you call it a failure, you begin to

ascribe such powerful to it, what does this mean about me, it means nothing, it's means nothing, you're free, you're limitless, you've got the power.

L Yes exactly.

P Oh man, that's good, it's good stuff. Hey, Danny, do you have, because I know that Leah could probably help me with this, Serene's not here, but do you have a question, we are so behind on listener questions mate, and we've got a couple of minutes, we've got, like, two or three minutes.

[00:37:54]

Announcer Hey Mamas, do you have a question for Serene and Pearl?

Send your e-mail to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

D Right, we're going to take a question from Micah from Oklahoma. Dear Pearl...

P What

D I just... Dear Pearl, Dear Purr is what it felt like coming it, Dear Purr.

P Dear Purr

D Can we start over?

P No, just keep going Danny, you don't get to start over.

D Dear Pearl, Serene and Dan-Dan, she wrote, I'm approaching my third year of walking out the Trim Healthy lifestyle.

P Walking out, I love that, that's very poignant for today.

D So fitting, so fitting. What a life changer! So thankful for you, there is so much I would like to share with you, but I'll keep this e-mail brief. Can eating the THM way change your metabolism for the better over time and if you were to give your top three tips for encouraging a healthy metabolism, what would that be? Thanks, Micah from Oklahoma. P.S. I'll have a total fan girl moment if this is read on the PODdy. Micah, fan girl away sister. And Pearl

P Yes okay, and you're going to have to help me here Leah, you're the guest of honor today. I would say, Micah, yes if you do THM and you juggle your carbs and your fats, it can totally boost your metabolism. But did you see what I said, if you do it by juggling your carbs and your fats. If you don't eat enough carbs, it's bad for your metabolism. Guess why? Your thyroid needs carbs to flourish, your thyroid also needs healthy fats, but it is really reliant and there's many studies that show that your Free T3 hormone, which is your active thyroid hormone in your body can go down if you're not eating enough carbs. And so you need to eat those gentle healthy slow burning

carbs.

P So my top three tips for keeping your metabolism on fire would be, yes, don't forget your E meals, number two, coconut oil people, it revs your metabolism, don't forget about the good old standard skinny chocolate or just go take a teaspoon of coconut oil, I'm known to do that, and I know some people might think that's weird, but man I do that, especially if I'm cold.

P Watch what happens, if you're cold go take a teaspoon of coconut oil and then if you have a Rebounder, then go jump for five minutes, you'll be a thermostat. Or you can do MCT oil that really boosts your metabolism too. Thirdly, I would say change out, no we already talked about changing out carbs and fats, but do include your leafy greens and change up your proteins.

P If you're stuck eating red meat all the time, there's a place for red meat and it's on Trim Healthy Mama, but I want you to eat some good fish too. You know, we want a balance in proteins and that will shake up your calorie load, which shakes up your metabolism. When you're doing the same thing all the time, it's really bad for your metabolism, so we want change ups. And so change up your proteins, change up

your fuels between carbs and fats and eat your greens and your metabolism is going to be hunky-dory. Do you have that word here, in the US?

D Hunky-dory, that does exist, although it's been out of use for some time.

P Well it's come back in. Do you have anything to add, you're in Serene's seat Leah, it's a seat of honor.

L Oh my gosh, the pressure is real. Well, I have to say, like, as you were talking I actually could agree with you, I could see, like, thinking back when, I get heavy on red meats, especially heavy on red meats and eating too late at night. Those will, really, like, it just takes me forever to drop anything.

P Well, it's because eating late at night and then going to bed, you're not doing anything in bed, you're not burning any fuel.

L I like to shift my fun stuff to the midday if I can.

P That's brilliant.

L And I just like...

P Like your fun cakes and stuff

[00:41:53]

L Yes and, you know, when I get, like, into such a rut, like such a, I just want to eat everything at night, I would start to just drink more, like, smoothies and stuff in the evening and see

it as a midday meal, like, you know, I'd still eat, like, a small dinner, but then I would have some kind of shake to hold me over. So between, like, the after dinner and bed I wasn't still stuffing my face.

P Okay, so a lighter shake, like a Fuel Pull shake or something, that really helped you. Yes, because we're not saying don't eat after dinner, although that works for some people, you know, if you had your dinner you're okay to stop eating. But some people need that snack in the night and, you know, and it's good, as long as you're not heavying it up all the time, right.

L Yes and, I mean, you have to be honest with yourself too, like I've recently been really intentional about writing down the meals I'm going to eat. And then when you do that you actually will realize what it is that's probably holding you up. If you don't even know and you're in denial about what you're putting in your mouth, you know, you won't even know what to change.

P Yes that's so true, and that's good for some people. Danny, do you have anything to add, you have a natural high metabolism, you're a man and you're a thin guy, so really I don't know what you can say here.

D Yes, probably nothing, I mean, my metabolism has been high since I was a child. You know, when I was little I really struggled to properly chew and digest meat, like, I couldn't eat meat, it was, maybe it was a mental problem, but I've always been rigged weird from the start. My metabolism is, it's almost, like, I don't like to mess with things created, but if I could I would almost try turning it down a hair, but I don't like to mess around.

P But, you know, you could have got yourself in a big old state if you'd continued on your life of sugar, because you were heading down, even though you're a skinny guy, you were doing well, Dan-Dan.

D No, I was heading down Diabetes Row and I probably was pre-diabetic and I was starting to build a proper man gut.

P But now you're a thin guy, but you're, sort of, you're looking pretty built in a Spaniard way.

D Really

P Yes mate.

D Thank you. Well, we know why, you know why.

P Yes-yes-yes, your chocolate Man-Plan shakes in the morning.

D My Man-Plan shakes.

[00:44:06]

P And your whole Man-Plan protein, you can eat two eggs now.

D So for me and my raging metabolism I found that exercise and working out gives me the proper hunger I need, rather than the carby crave stuff from sitting in an office.

P Oh I'm so glad you brought up exercise, when it comes to metabolism, and we've got to say bye-bye now, but don't over-exercise for a healthy metabolism, do stuff, move your body, go for walks or find something you love, you know, dance, I mean, I love to get on the Rebounder, it's my absolute favorite thing in the world and just, like, it just, it just fills me with life or do something that you like, but don't put an hour, you know, in lifting, lifting at four o'clock in the morning when it really taxes your cortisol and your adrenals, that does not make for a healthy metabolism.

D Balance balance balance.

P Thanks so much Leah.

D Leah, can I just, please...

L Thank you for having me and my life is complete, mostly

D And that's another one in the bag folks, we hope you join us again next week.

[00:45:13]