



Trim Healthy Podcast with Serene and Pearl
Episode 66 - Gentle Spanking. “Are You Seeking or Are You Glancing?”

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

S = Serene · P = Pearl · D = Danny

[00:00:00]

S This is the PODdy with Serene...

P And Pearl

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

S I'm stopping you guys here.

D Trim Healthy Mama's and men and Solly Dolly

S Solly did not like it.

D Welcome back to the most chaotic podcast you've ever heard in your life, but also the best one, with Serene, Pearl and myself. We're having a blast on the Trim Healthy Podcast, in the PODdy cabin, and we're so glad you're with us.

S And that song had no relation to anything

P I'll tell you what it had a relationship to.

S What?

[00:00:42]

S We are deciding right now to... Am I allowed to say this?

P I don't know.

D We'll find out.

S That we're going in an evening time

P Tim be prepared.

S Can I say this?

P Yes, you're allowed to say that.

S Okay, so Solly Dolly is crying and we're a bit melancholic, it's dark outside and we didn't feel the same, like, energy.

S So Danny...So Danny and I just were bringing up the old golden oldies.

[00:01:07]

S The golden oldies

D The golden oldies

P Well, the reason we're recording at night now, our PODdies, is because radio, day is for radio, it's pretty full up.

S Day is for work.

P Those of you who don't know, hey, our radio show has started in Atlantic City, Jersey area...

S You guys should tune in there if you're around those parts, it's really...

D Yes, and we've got, to follow it we've got a Facebook page. Is it The Serene and Pearl Show?

JO It is.

D So it's Facebook.com/TheSereneandPearlShow

S And I don't see no, like, blown up signs to any, and like spray-painting over our names and putting D A N N Y on it.

[00:01:48]

P Danny's in the show, but his name is not on the show.

D But my name is not on the bill.

S But he's spectacularly in the show.

P He's spectacular.

D Oh thank you. Well, have we got a show for you today on the podcast.

P Oh yes, Serene came with... She's mouthing things to me. What, no, Serene's trying to change the, we had two ideas for a podcast, and now she's trying to go with mine, I said we have to start with hers. Serene, who's the oldest sister here?

S You Ma'am

P Okay.

D It's Pearl.

P Pearl is in charge.

D Is the purr.

P Pearl's in charge...

[00:02:20]

P She keeps crying when we sing.

S And by the way, all of us are has-been musicians, so don't send us letters that we aren't good, okay.

P Because we know we're good.

D Right, let's give these people some content.

S Okay, sorry.

P Serene came in here, and I feel like this is, it's just a great PODdy, I think it's for some of you guys out there, just a little... Can we call it gentle spanking?

S Gentle spanking, I like it.

P So what is a gentle spanking?

S Well I just got, to just start with an image, okay, Pearl's very familiar with this image, and you guys can put in your own person in this image, if you relate. My Father opening the fridge, sorry Dad if you're listening, and just, like, blankly staring in the fridge and he's, like, darling...

[00:03:20]

P Where's the butter.

S Where's the butter. And she's, like, it's right there darling, it's right there, and he's, like, can't see.

P Who took the butter.

D Someone took it.

S Who took the butter, he starts screaming who took the butter.

P Where's the butter. Then he'll close the fridge, go open a cupboard but not really look, open five cupboards, where's the butter, darling who took the butter.

S Somebody keeps taking the butter.

D I asked my wife where she hid the butter.

S Yes

D Because she hid it from me

S But was anything moved, no. Was the milk pushed to the side, no.

P Did he seek...

S No, he didn't seek.

[00:03:49]

P Dad is not a seeker.

S But he thought he did. He was sure he did in his mind. Love you Dad.

D He may have glanced.

P He glanced.

S He glanced.

P This is so good. So today's PODdy, are you seeking or you glancing.

S Yes, and there's a scripture to back us up... Seek and you shall find.

P Oh, mate...

S Knock and the door shall be opened unto you. And see the thing is I feel like a lot of people that are on a health quest, they think they're seeking, but they're just glancing. And then they're shutting the fridge out or shutting their you know, their health journey out and saying, you know what, that was too hard, it didn't work, not for me, you know. Or they're knocking on the door of health and they're just, like, hey, I just, I need to, I need to open up to a room of health. But they shut the door too quickly and they're not really giving it a good go.

[00:04:41]

P Well, and you try to be kind saying that, but we can turn it to you now, so if... What is it first person, or when you say second person...?

S A gentle spanking, we'll start with...

P A gentle spanking, okay because, let's do gentle spans. I feel like if you, maybe you're the type, okay, we all learn differently, some of us don't read books, some of love to devour a book, I understand, I completely understand

if you're a different learner. Maybe you learn by hearing or maybe you learn by watching somebody do something, and that's fantastic.

P This PODdy is not about spanking you if you haven't read every page of our books. I do feel like it would help to read the books, but if you're another learner please go and learn it that way. What we're just trying to say here is, there is a world of health for you.

S And there is a back flash to what she's saying.

P Yes, what?

S Okay, if you play this PODdy backwards she's saying, "you freaking psychos for not reading every page of that book!"

P Yes-yes-yes, that's what I want to say...

[00:05:44]

P But this is called a "gentle spanking".

P So, all I'm saying is there is a world of health out for you and we're urging tonight, and we'll go into a few details, to seek instead of to glance. And when you seek, you move things out of your vision that are in the way, you give it some time and at first you don't find it, right Danny?

D Sure., sure.

P And then you keep seeking.

S Yes and what's in the way, we need to look at that, what could be in the way. Maybe it's your attitude.

P Yes.

S Your tude

D Your tude

P I think we live in a world of instant gratification and so many of you, I understand you're coming from past diets where everything was laid out for you and it was all written, this is what you can eat and what you can't eat and this is when you can't eat and when you can't eat it.

[00:06:33]

P And now we're offering you Trim Healthy Mama, which we've talked before, which is you're the boss, you make your choices. Yes, there's some guidelines and perimeters, but even then you're still allowed to color outside of those lines if you want and call it your own. And so sometimes that's going to freak you out and you're just going to have the urge to slam the door and say...

S I can't find the butter.

P I can't find, I can't find that butter.

D That is such a classic thing I can relate to, because I often can't find...

P Yes, tell us Dan.

D Well, you know, one of, an example of being a glancer for me is when I first tried stevia.

S Okay

P Perfect.

D Perfect example, I tried in tea and decided immediately I don't like stevia, that was the mantle, I don't like stevia, I was born with an inability, a special unique inability to not like stevia. And so I actually was just like, oh no, of course I'm not going to do this, I'm going to do, like, one that's cut with something or whatever.

[00:07:33]

D And then I just finally got tired of being nauseated and having spike crashes and got serious, and I just went, I'm going to just shove stevia down my throat until I don't know what anything else tastes like. And that really does work. I really went, I really decided I'm going to like stevia.

P You were a seeker. You were a seeker.

S In your own sadistic way

P You sought, you sought the taste of stevia, and now you're a stevia lover.

D Oh well, I put stevia... Yes, you know what I do.

P I walked in tonight and you were doing, you were huffing your Gentle Sweet balls and I was, like, Danny, that's so messed up.

D That's true, she came in to me eating Gentle Sweet out of a bag.

S The little balls of Gentle Sweet.

D Like a maniac

S The little tiny...

P You're so weird.

[00:08:10]

D Hey, I've got to get by, I'm not on expert level yet.

P No, but you're doing good Dan-Dan. And you know what, but there's that mindset, and Serene you were talking about things that stand in front of us finding, finding...

S Hiding the path, hiding your health path, the clear path, now why do some other things...

P Attitudes and mindsets, but his mindset was the biggest thing. Okay, I was born with a unique ability to hate stevia.

D I mean, you don't say it out loud, but that's the internal processing, right.

P I know, and we were at a retreat last weekend, and if this lovely lady is listening I hope she doesn't mind me as an example, you know, she's actually a great Trim Healthy Mama and she does so many wonderful... She's come so far. But she was saying to me, you know, I have to travel for a while and I just find eating out so hard on plan, it's just really hard. And everything inside just wanted to say, but, I just wanted to, like, almost shake her and say, it's so easy. I mean, for me it's so easy, because...

S Me too

[00:09:12]

P It's just in your mindset.

S It's easier, I don't even have to fix it, I just have to think it.

P I don't have to cook.

D And we do have an old podcast that gives lots of great tips and ideas for eating at, like, every restaurants, like McDonalds.

S Or just quickly, yes, oh let's so into some of this, ask yourself the question what protein am I going anchor my meal around, steak, chicken, salmon, whatever, it's so easy when you're out. And then are you going to have, depending on if it's a yummy fatty protein or if it's a lean protein, you could have a gentle carb, like a lean chicken breast with sweet potatoes, oh yum, or you choose a lovely grilled Scottish salmon dripping with wonderful Omega 3 oils in it and have it with broccoli or garlic spinach, oh yum.

P Yes, so you've got protein, then you add your veggies or have it over a salad. I'm always just so excited to have a wonderful protein over a salad. And she said, well that gets, you know, boring to me. Because I have so many different salads it doesn't get boring to me, but then I said, hey, once every two weeks make a bunch of wonder wraps, take them into your restaurant and put your stuff into your wonder wrap.

[00:10:18]

S Yes, I do a lot of things like that, I take a few things, you know, to just help out the meal, just little zippies in my bag. But it really is a mindset, like, oh I get bored with that, well America hasn't gotten bored with McDonalds and Goldfish crackers and pop, junk, drinks.

D Well, sugar never gets boring.

S They have, like, three or four of their favorite things and they live on it, right.

P Right

S And so, yes, attitudes is definitely is a huge thing in the way. Sometimes people are born also... By the way if I'm talking in a staccato, in like a...

P Well, your voice, I'm just looking at you thinking, no one is going to hear her.

S Well, it's because I'm, like, doing a shake to get the baby happy.

D You're going to my beat, you literally synced with my beat.

S So anyway, some people are born...

P So Serene, just to set the scene here, Serene is standing up swaying, if voice is going in and out, she's sorry not sorry.

[00:11:05]

S I wasn't swaying, actually sometimes I sway, but I was doing a little, like, rap move this time.

D Yes, you're doing, like an R&B...

S I am. But, you know, a lot of people, some people are born too with the unique talent of not ever wanting to pre-think food or organize food. Well, that could be a little bit of you in the past.

P I'm totes, no but still it's me a little bit.

S Yes, and so that might be standing in the way, that might be the big jug of milk in the way of your success.

P In the way of the butter yes.

S So, you know, it's just like thinking, okay I'm going to a restaurant tonight, it's a fantastic place, they have great steaks, they have great salads, but they have junk dressing, oh I'll just put a tiny, one of those little tiny travel containers that you get at Wal-Mart, Wally World, and stick some yummy olive in, some good oil, you know, make myself a little bit of a vinegar mix.

[00:11:52]

P But that's you, because you want the purest oil, but me I'll just say to the restaurant, give me some oil and vinegar and I won't necessarily care if the oil's pristine.

S Yes, there you go, there go, two ways of doing it, it doesn't matter, but...

P Exactly, it doesn't matter.

S And what else Danny and Pearl, what else could be in the way, what are the big objects in the way of finding...?

D On the restaurant, was just going to say we actually sell, I hate to, you guys can't shamelessly sell, right, but I'm pumped enough...

P But you're the product man.

D I don't make any money off of products, okay.

P No, I know.

D But I do...

P We do pay you though.

D Thank you.

P A little

[00:12:25]

D Appreciate that.

P Pay you in Gentle Sweet.

D Well I, yes you keep those little Gentle Sweet individual serving packets just, you know, you can keep them in your whatever, your purse or what have you.

P Oh, that was your tip?

D That was... Yes.

P Take the Gentle Sweet packet.

D Just keep Gentle Sweet packets in...

P But that's going to make the whole world fun.

D Well yes, because, I mean, at the end of the day, like, if you think about it, what the crave is for, and I know we rag on McDonalds all the time, but,

you know, wherever you're going, you know, a lot of the things we love and crave come out of the same dispenser and it's just sugar. It's just filled with sugar, however you slice it. And so if it's sugar we're constantly craving and we're in that season of trying to break from it, well carrying a little Gentle Sweet...

[00:13:10]

S No, you're right Danny.

D It's a total, I mean, it's like funnel cake powder, and you can just save yourself, like, oh you want sugar on your chicken, get, like, chicken without the fried part on the outside, get, like, grilled chicken and throw Gentle Sweet on it.

P You would do that.

D Like a psycho I would, I mean, if you've just got to do it, you know what I'm saying, like, that's what I'm talking about, the seek versus the glance though, because if you're really seeking you'll go, you can go nuts a little bit.

P Yes, and so I think that's a question that you have ask yourself, you know, where you are in your life, are you really seeking, I mean, let's be honest with ourselves, am I really seeking this or am I telling myself and everyone else I'm seeking it, but I'm glancing.

S Yes exactly. And I'm a little bit far away from the mic, because our producer's fixing mine.

D There's, I'm going add this before, because there's a lot of Instagrammers sucking in their guts and they're just glancers and they want to appear and look to be, like, health professionals and like they're all body conscious and all that. And I'm not saying that as anything other than having my own personal one that I suck in when somebody gets...

[00:14:10]

P Oh, you mean the people that pose with their Instagram... What are you talking about, Instagram pictures, like people that take pics of themselves?

D Yes and it's so easy to have an appearance.

P Oh right

D I'm adding to what you're saying, that it's so easy to have an appearance of seeking and show that to the world, when in reality you know you're not really meeting your personal goals. That's my point.

S Right, right-right-right

P Do you get that, I'm still trying to get the Instagram pictures, you mean, the pictures of their abs?

S There's somebody out there Pearl, that got it, that related.

D Someone out there

S And to you out there, congratulations, send Danny an e-mail.

D Yes Pearl, Pearl, for the record, can't relate, because she does not put pictures of her abs on Instagram.

[00:14:49]

S I'm lost too, but it was good Danny.

P It would be awful if I did.

D Right...

S But, you know, but there are other things too, yes, it's the self lying to themselves too and saying I am seeking, but you're really not, like, you know, wonderful, dear Father.

P Our dear Father

S You know, he really does believe he's looking for the butter.

P He's looking...

S My sons do it all the time, it's a hereditary genetic handover.

P Oh, my sons got it from their Granddad. Do you have it Danny, or is it a male thing, or what is going on here?

D No, I'll tell you the secret to the whole thing.

P Looking for the butter in the fridge

[00:15:19]

D Now here's the secret to the whole thing; is we trick you into believing that we're helpless, because it's just easier.

P I know, then we, and then

D You empower it though, oh I'll save you, sweetie, I know where the butter is.

P It is, we always come to the fridge, don't we.

S I, yes, and I know another thing, and this is not our wonderful Father's issue at all, because he can do some pretty crazy things in his health seeking, he can, like, run on the beach for 37 miles having never exercised for years, you know.

P Yes and then he can't walk for a month.

S Then he can't walk for a month. But you see this next thing is not his issue...

P Do you want me to hold baby, because you, you need to get close to the mic, no one can hear you?

S But it could be somebody's laziness, you know.

[00:16:02]

Announcer This podcast is supported by Progressive, there's no better 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.

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

S Serene

P Come on, if we want to talk about laziness, I can speak here, because I was born with a genetic...

D You were genetically disposed.

P For laziness

D Yes, oh my...

P Oh no man

S Oh yes, Pearl, Pearl actually did...

P Serene, you can actually...

S Pearl, our Mother called Pearl, Princess Pearly, because she loved to lay on the couch and dream, while we were all doing the chores.

P Yes that was one thing that Mom, I think, you know, prayed over me, if, you know, you may be, maybe some children are sassy, you know, and some speak back and some might have rebellion or just somewhat try to get away with things. My thing was definitely laziness.

D Man that's, that's real.

P It's real, but you know what, I've, sort of, worked through it.

S Yes I think you definitely worked through that.

P People can say, well, you know, I'm just not, I wasn't born with that health genetic thing, this is hard for me, I'm not instinctively like that, I make

wrong choices. I was this instinctively lazy kid and I am not a lazy adult now.

S And Pearl likes to do a little exercise here and there now, but that's a huge thing for Pearl's personality to do.

P Exercise was abhorrent to me, I never exercised, I tried to not, never a day in my life until I was 21.

[00:17:44]

D Well, a true princess doesn't exercise.

P A true princess does not. And when I was 21 I decided, my body was very, very soft, like jelly, it was really was.

D It was atrophied.

P It was atrophied to the point where it was awful and I decided, okay, so I'm obviously going to get worse and worse until I would be like, you know, just an octopus.

D You would be on that, have you seen Wally?

P Yes.

D Remember they're all on the Axiom, the ship, and they're just in their chairs.

P Yes, I would be like that. And I wasn't a big person, but...

S But Pearl wasn't on chair playing video games, she was dreaming.

P I was just dreaming, I just never, I hated to move my body, it was yucky.

D That's so good.

[00:18:30]

P So I did decide to change on that and, you know, actually since of I was 21 I've involved regular exercise, and my muscles did firm up. But I'm still not an exercise lover like Serene, I just do the basics.

D I'm toning up.

P Yes. Same with my housework, I don't want to make this a big narcissistic Pearl thing, but I'm finally making my bed after 47 years, just this last year I learned to do that. So everyone can change.

S Everyone can change.

D Definitely not narcissism, at 47

S That's a good thing. So if your deal is that you can't really seek help with laziness, well there you go, Pearl, you can teach old dogs new tricks.

P I know.

D Oh, but you know, everybody...

S You're not an old pup, I know.

P I'm an old pup.

D We all if given a choice are going to choose the path of least resistance, I think it's, everybody in that sense is inherently lazy. I mean, I had somebody say, Danny, tell me buddy what do you want to do with your life, what do you see in your career. And I was, like, I mean, did you say want,

because I want to play video games and have nice long chats with friends on the phone. I mean, that's about the extent, if I didn't have to work...

S In the past, right, Danny

D Oh, yes-yes

P No, that's his lazy nature.

S Because we can't be friends, you know. I'm just teasing.

P No, but that's part of his nature wanting to come out, right.

D Totally, like, if I got, like, a billion dollars and somebody was, like, dude you're set for life, and they were, like, now what are you passionate about. Man...

P Just long chats on the phone with friends, maybe a video game here and there.

S Guess what, I've got another big, I've another thing here.

[00:19:55]

P Before you do that, Serene, but I just want to say since this is a gentle spanking PODdy...

D I'm being honest.

P I'm going to be honest, some of us take that approach to eating, and we think it's okay, well I just eat fast, that's what I want to do, you know, fast food is easier. But that's like Danny just wanting to have chats with friends on the phone.

S Right and how come it makes sense to our brains, all of our synapses to say, Danny, that's ridiculous, you can't just play video games and chat on the phone.

P Yes, that's ridiculous Danny.

S Because you're never going to make anything of yourself, well, Gilly and Jolly out there who's never going to ever...

P Who's Gilly and Jolly?

S I'm just thinking of two names.

D Gilly and Jolly, that's the typical Mama's name that listens to our Podcasts, Gilly and Jolly.

S It's late at night. Amber and Bonnie...

D Marcie and Stacie

S Marcie and Stacie, it doesn't matter.

P Just say you.

S Now I forgot what I was going to say. You out there, right, it's got to make sense to you now too that you're never going to find your true health if you think...

P By being a Danny

S By being a Danny in that area, by thinking, well, I just want to have Cornflakes and coffee in the morning.

P I just want my Pop-Tart, it's easier.

S Or I don't want to eat breakfast in the morning, I just don't eat until two o'clock in the afternoon.

P You know, or I'm just not a cook, I've never cooked and I never will, I'm sorry, I mean, all these things...

S Okay, I've got another milk to push over, another big jug of milk to move. I hope it's not beyond the gentle, it could be very close to home. Cultural and tribal, like, family tribe, like, this is what our family does, right. Okay, first we'll start with cultural. Sorry, but my whole life is built around white rice.

[00:21:42]

S Or I'm Italian, my whole life is pasta. Or I'm, you know, culturally this is what we do, we're farmers, we go through a gallon of sweet milk, like, a day, we drink milk with our white spuds, you know, and our big steaks and that's what we do culturally, it's a meat and potato and milk farm, you know, don't take away my generational heritage.

D Heritage

S Heritage was the word, I said tribal, heritage. So heritage and cultural, they could be huge milk jugs in the way. And I've got nothing against milk, people; I buy nine gallons of milk for my children.

P This is a metaphor that we taking and adding to, always know that when we say the milk jug... Do we have to spell this out?

S No

P We mean it's hiding the butter.

S That's what we mean.

D Where is the butter?

S Push it away, would you, so you can see your health.

P But, Serene, that's a really good point, sometimes we use these things as, but that's me, that's who I am. My family gets together and we eat sugar, is another one, we all eat ice-cream when we get together.

S Can I give a big shout-out to my sweet daughter, she doesn't listen to our Podcast...

P Cherish?

S Selah

P Oh Selah, I love me some Selah.

S The reason why I'm shouting out to Selah over Cherish right now, as Cherish was younger when she came to our house, so she didn't really grow up with the same white rice deal.

P Can you give a one-minute synopsis of Selah, so we all know who we're talking about?

[00:22:50]

S Oh yes, she is my sweet, amazing oldest daughter, adopted daughter, so we adopted older than our birth daughter. So when she came, her whole life was white rice.

D Came from where?

S Liberia. She's 20 Danny, new peeps in the room, new peeps in the room.

D Liberian girl...

P She's 27 now, right.

S Yes, well no actually, but...

P Nobody knows the real age of their adopted children.

S Yes exactly.

P They don't even know.

D Age is just a number.

S From Liberia

P Yes.

S I thought you said nobody knows the ages of their adopted...

P No, I'm saying your adopted children aren't even quite sure of their ages.

S Yes exactly, yes exactly. But she's in her 20s and, yes, it was a difficult thing for her because you only eat white rice with something on top of it, that's your life.

P Yes and she came as an older teenager, yes.

S Yes, and I'm so proud of her, because, you know, she didn't really struggle with weight at all, but when she started having children she wanted to keep that womanly figure and she, she noticed, ooh, now it might be a little bit more difficult to stay in control. And she saw some of her other friends who were ricing it up lose control and so she's, like, I'm going to kick this

cultural thing. And she did and she doesn't, she hasn't kicked white rice completely out of her life, she has it for treats, she has it for cheats. Like, you know, maybe a Saturday night every weekends she'll have white rice. So she's changed over to quinoa...

P But she replaces with what, quinoa and cauli-rice, right

S Quinoa and cauli-rice, so she still, like, she, if she has a very fatty yummy palm oil dish, she'll put it over, like, cauli-rice or the Trim Healthy Rice or she will, you know, have quinoa with more of a leaner protein meal.

P Yes, although sometimes she'll do Crossovers, but the quinoa is going to so much more gentle on her blood sugar than that white rice.

S Yes and she is wonderfully in health, she's beautiful.

P Oh Sela is so gorgeous and she's so, her figure is amazing.

S So, don't say I'm sorry, but that's my culture, pastured milk and rice, that's just it, you can move that big jug of milk.

D Oh, and by the way, a rocking quinoa dish, come on, what are you, are you missing out on anything?

S Yes, and listen, I grew up being a cheese sauce and custard girl, okay, that was, that was my deal.

P Custard in Australia is different from here.

S It's a hot sweet milk...

P Horrible thick...

S Horrible thick yummy thing, but if I could eat one thing in life... When I was, like, 12 I used to drive down to the grocery store and buy baby food for myself, I've always loved smooth...

[00:25:10]

P She does, pureed food.

S Pureed, just custardy pudding, pudding, pudding food

D Pudding

S I could have said, sorry, I just want to sit down to custard every night, sorry, that's just me, I grew up that way, that's what I want to do. But you don't just eat what you jolly well want.

P And it's not, like, you know, with, you know, it's not like with, we had joy with what we ate, because we ate it so much. Not like with Trim Healthy Mama we're putting you on some boot camp either, this is easy stuff.

S No

P When it comes to... This is just smart, wise decisions, this is not hard stuff. But we're saying there is mindsets and decisions and milk jugs in the way that you maybe we're just not getting that butter.

S Yes., and maybe you find a new favorite food.

P Yes.

[00:25:57]

S If you can't tweak it, which you can tweak most things out there, you can tweak lasagna, you can tweak ice-cream, you can tweak so many things,

but if you can't tweak it to your perfect little remembrance of how you just want that food to be, don't give me Trim Healthy Rice it's not my white rice, I don't want to, you know, have any substitute, well then maybe you'll find a different favorite food.

P I just call it Danny, maybe you're being a Danny.

D You're just being a Danny.

P That's a great picture, because I saw it when you said, you know, I just want to have chats, long chats with friends on the phone and play video games. That's, but so many of us are like that.

S But then we're seeing, we're seeing his starving children with their heads and their skinny little knees in the corner, right, screaming, Daddy just please go out to work and stop playing video games. So we are actually seeing, when you don't want to be, like, you don't want to change a thing, you don't want to move the milk jug, we're seeing, you know, things, your health screaming out and saying, listen, your inflamed knees are screaming at you, listen would you please stop eating all that sugar, please. See, I'm past gentle now, ooh that passed it right now.

P Grow up and do it.

D You just said, you just said grow up and do it.

S Ooh

P We would never write that in a book.

D Hey, speaking of being a Danny, is there a time to just, you know, just rock out on, like, my old fashioned lasagna, I mean, these are the things I don't do, but these are the thoughts in my week that come in that, you know what, I have just THM'ed so rock star all week, it's lasagna night. Now I don't do it, because I don't cook anything ever if I can help it.

P Hey, that might be a good thing.

D So my, thankfully I have a much harder worker that I'm married to that actually does bring quality food.

P Well, do you know what, I think that's such an individual question, Danny, and I think that each person's journey is so unique and some people can do that and rock out on lasagna every couple of weeks, maybe once a month, and just have it as a beautiful part of their plan. Like, this is part of my heritage, but I don't do it every night now, I do it twice a month or once a month.

D And they're still hitting their goals.

[00:27:51]

P They hit their goals, they don't fall off the wagon.

S And they've got Vitamin P.

P They have pleasure.

D Vitamin Pleasure

P For them it's actually so important and it's wonderful. For others, it might derail them, they'll eat that family lasagna and then the next morning they're, like, well I ate that last night, pop-tart here you go.

S Let's have lasagna for lunch.

D Yes, yes, might as well, because I'll put in the work next week, so let's just take the rest of this week and ruin all of our gains.

S So I feel like that's all or nothing. Right, so that's why I tell myself, my personal thing is, my milk jug in the way is, my personal thing is if I don't necessarily think I want the whole piece, I'm not allowed to have a bite.

D So you're saying, ladies and gentlemen know thyself.

[00:28:37]

S Myself is going to have 12 pieces if I take one bite. Myself will, there's just no stopping it, it's all or nothing, dive in or stay out.

D And especially if you're, like, in the Whole Food's goody area, because, you know, you're like, I'm in Whole Foods, surely...

P Bring me all this organic sugar, please, bring all this organic white flour.

D Oh man, Whole Foods makes it's hard, they're deceptive.

S Yes, but we love them, maybe our products will be in there one day, we love you Whole Foods.

D Hey Whole Foods, call us. You're deceptive, no you're not, I'm kidding.

P Hey, you know what, I feel like we, we don't need to spank anymore, I feel like we said what we needed. And spanking with love, you know, my, our

parents always said before... Do you remember Dad lining us up? Listen, it's not very politically correct to get spanked.

D Did you get lined up?

P We got lined up and spanked and we're all okay.

S And we turned out good for it, we love our Dad, he's the best.

[00:29:21]

P But, you know what he used to say to us, he always would say, I'm only doing this because I love you, and he would never do it in anger.

S No

P Like, I never, my Dad never spanked me in anger, I don't know about the boys who came before us.

S Before us he disciplined nicely.

P But he would say this is going to hurt me more than it's going to hurt you. And I, I just really hope that you all receive this with love tonight.

S It's going to hurt Pearl.

D Yes, Pearl is going to think about this for, like, nine years.

P I'm going to go bed, oh that was a bit rough, did we say that too hard.

D No, next year you'll be, like, do you remember that one podcast, that I'll eternally regret?

S This is the statement I say to my children, I have never said it to my Dad, because that would be disrespectful, but when my children are looking for

the butter and they're standing in front of the fridge and there's a huge milk jug in the way, I say don't make me come and look for it, if I find that butter, ooh, you guys are in it for it, right. Not that they'd get any punishment, but I just, I do this big bluff. So, don't make us come and...

D Don't you make Serene and Pearl come over there, don't make them come down there.

S I like it.

D To Texas, which Facebook tells us we have lots of fans in Texas.

S But our Texas fans rock it, man.

D Yes

P Oh they rock it. Hey, let's do a Super Food Spotlight.

Announcer Trim Healthy Mama Super Food Spotlight.

S So, a surprising super food today, egg whites. I love me some egg whites.

P No, here's the whole issue with egg whites, back in the 80s, early 90s when the big low fat craze was in, right, you were only supposed to eat egg whites, the yolk was, like, evil, it was going to kill you.

[00:31:17]

S Yes

P And then everyone realized, hold on a minute, yolks are good.

S Yes, God put the yolk in there, it's awesome.

P And so everyone realized, actually the yolk contains the most nutrition and yolks were back in the super star spotlight, they were back in the goody box, right.

S Yes

P Now on THM we love yolks of eggs, we love the whole egg, but we love the egg white too and we're going to talk about that.

S But can I just say it's not scientifically hybridized weird altered, altered, yes, like, chemically deranged to remove the egg white, it's a toss and a jiggle of the shell, crack, toss, jiggle, separate it. Why did God make it like that?

P Easy

S Because it was just meant to be done I think.

P But now isn't things all in reverse now, now first of all...

S Reverse, reverse

D Reverse cross.

S Keep going, Danny, I like that.

D Let me see you do something.

D It's over.

P Okay, but no, isn't funny though, egg whites were in the good box, then they were in the bad box, now they are...

S Now they're just, like, you shan't separate and you have to eat the whole egg and you're never allowed to enjoy them separately. Well, I enjoy them

separately all the time. I love whole eggs. I love fried eggs for breakfast, I love scrambled eggs, I like boiled eggs, I like, I love eggs, eggs are some of my favorite foods. But I love putting the yolks, raw yolks, pasture fed yolks, in my smoothies, because they're an incredible liver cleanse. But then what do I do with all the whites? I love making, and you can check it out on one of our videos. Pearl, what is it called? Boosted Eggs?

P Well, yes, but in the Membership Site, yes.

S Where I put baobab powder in the egg whites, oh my goodness it's rocking, it's rocking.

P It's incredible, Serene mixes baobab powder with the egg whites and oh man that tastes so good.

S It makes the best textured egg in the world.

P But I need to say, you know, on Trim Healthy Mama, as much as we love whole eggs, they actually can be overdone, and here's a scenario. Some of us cannot burn the amount of fuel we throw in sometimes, just, you know, to get scrambled eggs sometimes you need four or five whole eggs, just to get enough on the plate.

S I use six to seven eggs.

P Yes, but no, what I'm saying, you're a nursing Mama Serene, you can take in more fuel right now.

S I don't know if I do six or seven, I'm just throwing out a number for funsies.

[00:33:34]

P But all I'm saying is...

D That was fun.

P Once you've had two eggs, or maybe even one egg, it depends upon your particular metabolism.

S Hey, I don't want to hear one egg for breakfast, you have to have more protein than that, that's only five grams of protein.

P Yes, I'm going to tell you, Serene, now what to do. This is such a shocking PODdy, shall we forget this whole PODdy, because I feel like it's just gone downhill.

D No-no, we're trucking.

S From the beginning, it's from that crazy song, In the Middle of the Night.

P You guys should never have started talking.

D You guys have a relationship with your listeners and they accept you like family members and so...

P Are they really going to accept tonight.

D If you really do blow it and they really do want, you know, their goals met and things, they're going to listen and like it, you know what I mean.

P This is like a marriage okay.

D It's people that are, like, you know what, I want to derail and I hate them anyway, I mean, you know what I'm saying, they're haters.

S Do you know what the stage is guys?

P The haters left us long ago though.

S This is the stage when you're married for so long that you can finally wear the mask in front of the husband, you know, the mud or the green one, and it's, kind of, like, cracking around the mouth and you're wearing, and you've got something else in your hair and it's in a wad in a towel and you're wearing your really old grungy bathrobe, that's the one with the stains of the hair dye.

P And they still love us and we still love them and we're wearing a cracked masked tonight.

S And you're flossing your teeth at the same time.

P We're wearing, we're flossing and wearing a cracked mask tonight.

D Hey, episode one we said this is not the polished book, you know, this is...

P We said our hair will be bad.

[00:34:50]

S Back to eggs peeps.

D Oh eggs

P Oh, I was saying, Serene, before you rudely interrupted me, that maybe some days you just want two eggs, right, you're going to get all the nutrition you need, and now here's where the egg whites come in.

S Because two eggs is not very much if you scramble them up, it feels like two teaspoons of food.

P It feels like you're not eating enough, egg whites help you eat more without giving you a whole bunch of fuel for your body to burn, they're just pure lean protein. So they're easily burned, they're actually lower calorie, so we, even though we on Trim Healthy Mama don't count calories, we don't abuse them either. And so maybe you can burn four eggs, but maybe you can't and that's where egg whites can shine.

S And maybe, because protein takes so much energy to burn and you're not adding the fat part to it, you're just really, like, stepping up that calorie burning, not that we're all about that in particular, but it helps, and you're stepping up the glucagon release, because protein helps release that hormone glucagon, which...

P Strips the fat off your body.

S Let's the fat out of its cage

P And, you know... Go Dan.

D I'm just curious, what do you think about the McDonalds egg white thing?

P Oh, that Egg White Delight, that sandwich

D Because I know I'm not alone, my mind goes immediately to the easy path, when you're talking egg whites, oh good, McDonalds has it.

P Do you want me to be completely honest, it's not, that egg white delight is not on plan, it's like a wheat, sort of, bun... Look at Serene looking at, look at her face, she's, like, what are you about to tell the listeners.

S My mask is really cracking.

P I would never condone it as an on-plan thing, but let's just say you're going through McDonalds for breakfast, I have ordered that sometimes, I'm not a bacon person, so I take the bacon off and I do double egg white and I think, I look at it as just the best choice I'm making at the time. I'm not going to do that every morning, but when I go on vacation sometimes and my husband's determined to drive through McDonalds, in the morning, I'm doing my double Egg White Delight. Is that what it's called?

[00:36:41]

D I don't, I have no clue, I just heard they had, I've never even had it.

S You'd done the Starbucks one, at the airport the other day.

P Oh the Starbucks Egg White Bites are awesome.

D Okay

P Oh, they're so yummy, they're not perfect, I think they have some tapioca starch in them, but I just went...

S You looked it up, right, and the carbohydrate count was very low.

P Yes, they're not, they're not bad. They're good, those Egg White Bites, if you ever go to Starbucks, oh they're so yummy.

S They were yummy, they were yummy, I had a little bite, but I couldn't eat the whole thing, because I felt like the puristy self in me was going to crack.

P People say, oh egg whites have no nutrition, well that's not true either.

S Yes they do. And can I tell you something, guys, they help lighten up baking. If you want to set cake a little bit more and you've already got 12 blinking eggs in there...

[00:37:23]

P You don't need 12 more blinking eggs. Egg whites are that beautiful balance that we always talk about on Trim Healthy Mama, we have the dense and then we have the light and, you know, we don't go heavy all the time, we balance, we use our brains to think, oh that seesaws heavy, let's lighten it out with this food, that food's heavy, let's use this lighter food too, so we're not always just shoving so much fuel down our gullets.

S Sometimes though you enjoy going to Whole Foods and buying a full fat Fage right, Greek yogurt.

P I do.

S And it's so yummy, but you don't do it all the time, sometimes you eat a zero percent, you know, so it's like a balance, sometimes you can have your whole egg, sometimes you can say, hey, I just want an egg white scrambled, heaps of non-starchy and...

P Exactly, so egg whites in our mind are total super foods and they can really help you get to your goals, by using them smartly.

S Amen

[00:38:34]