



trim healthy™ Official

## Trim Healthy Podcast with Serene and Pearl

### Episode 74 - Part 2 With our Coffee Drinking, Jesus Preaching friend Nathan from Guatamala

*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 · N = Nathan

[00:00:00]

**Announcer** This is not a drink. This is the new cascara cold foam, cold brew. Craft liquified, delicately smooth. This is the strawberry Acai Starbucks refreshers beverage, tropics chilled by afternoon anew. This is the Teavana iced peach white tea infusion; steeped, shaken, excited to refresh. This is the new ultra-caramel Frappuccino-blended beverage, whipped cream layers; perfect. And this is your afternoon made at Starbucks

[00:00:30]

J Good people of Trim Healthy Mama, welcome to The PODdy once again. Producer John here, still filling in for the mighty Danny Valdes who is still goofing around somewhere in California. Danny, we hope you and your family are safe and having a good time. And I know everybody misses you and is looking forward to you coming back. We had an amazing podcast last week with a very special guest who is here with us again. So, without further ado here we go.

S This is The PODdy with Serene

P And Pearl

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

P Thank you, John, that was good, getting better every time John.

S I think Danny better watch his shadow.

P Danny better start practicing in front of the mirror. Hey, Nate is back...

J Danny already practises in front of the mirror.

P He already practices in front of the mirror. Hey, brother Nath is back. If you all tuned in last week, and if you didn't, please go do that because, man, we learnt some interesting things about this, you know... Part of our business is now being established in Guatemala and we talked to Brother Nath here, he's the person that introduced us to this amazing country and about his ministry where, hey, your finances are going to be going when you buy our products.

S It's not just like a ministry, like a fake ministry that's tied up with a bunch of bureaucratic stuff, where if ever there was a donation it would just go to a bunch of office buildings and paper cutting material. It's a real thing, it's the real thing.

P And it's impacting lives, so Brother Nath is here, and I just want to jump right in to what you're doing, Nath, there, and why you're doing it? It's hard to talk because there's so many good... I mean, you're a missionary you have got so many missionary friends, right?

N Yes

P They're doing good work.

N They're doing amazing work, and there's a lot of people that are doing... Have incredible hearts, and think they're doing good work, and want to do good work, they just might be doing it in the wrong way.

P And you're saying this as someone who's parents were missionaries. You were born into missionaryhood. You've seen pretty much it all. Your dad was the head of missionaries, right? You've seen it all and you've found out... You've had life crises, I mean, you've basically had meltdowns over this, of why... You know, spending your life, and maybe this is not doing what we hoped it was doing.

[00:03:00]

S Right

N Exactly

P And you... Last PODdy, I mean, I was so moved to tears when I saw...

S Yes

P When you explained that picture of, you know, those boys that you wanted to help, you snapped that picture and then every one of them apart from one had died, and it was a moment where you said...

S Never again

P Something's got to change.

N Yes

P And that's why I'm so excited that Trim Healthy Mama, we've partnered up, because this, what you're doing is making an impact. Can we talk about a hard subject? Can we talk about toxic charity? That was a word that you said to Serene and I when we were over there.

N Well, that's something a friend of mine from Tyler, Texas gave me a book called Toxic Charity, by the author Bob Lupton, he runs Inner City Ministries in Atlanta. He wrote a second book called Charity Detox, and so those phrases aren't personal to me, they're out of these books. But it's basically what I felt all my life on a piece of paper. So, when I read the book, I was like, that's exactly how I wanted to express myself, just haven't known how. But the idea is we all know the old phrase, give a man a fish he eats for a day, teach him how to fish, he eats for a lifetime. What happens if he contaminates the lake? He can't fish anymore. What happens

if the rest of the community notice that he's making a living fishing, so they all start fishing and out-fish the lake. And so, the whole premise is that you have to do a community development aspect.

N Now, we just had this massive eruption in Guatemala. I was just right now, looking and seeing how the rescue people are finally two, three, four days later are getting to the village that was so devastated that people hadn't even been able to get there because of the devastation. Now, right now, at this moment, those people need food, water, shelter and new clothes because they lost everything. That's immediate, that's now. But three, four, five months down the road they need... They don't need food, water, shelter and clothing anymore, they need their lives rebuilt. They need new jobs, they need new homes, they need new hope. They need new education, they need another medical centre, they need another school for their kids.

N And so, the problem is, is that handouts are so easy to give. You hand it out, you feel like you've done something, but have you really? I mean, the kid standing on the traffic intersection, if you give him a buck, have you really helped that kid?

P Well, when we were there we asked you about food, you know? And I'm like, do you feed them? And you said no, you do not do food. You said... Tell me what you said about that?

S He also said, and we would bring, you know, mission groups down from America, we do not let them pick up the trash, because they need to learn to pick up their own trash.

P You said these people have to do for themselves or nothing will change.

N Yes, you have to help them do for themselves what they can do for themselves. So, for example if I go into their neighbourhood and they're not willing to pick up the trash in front of their own house, why should I pick up the trash for them? I'll pick up the trash, and then they'll come back tomorrow and drop trash out in front of their house again.

[00:06:15]

N So, I'm not teaching them how to take care of their own neighbourhood. I'm just going in there and teaching them that well, every so often a group of white people are going to come down on a mission trip and clean up our neighborhood for us. Whereas if I can teach them how to do it, not even teach them how to do it, they know how to pick up trash, but if I can get

P Instil values

N Get them, instilthe values in them.

P And that's what you're doing with the very young because once they've established their life in these gangs or whatever path they're leading it's,

like you said, it's too late. And so, you're, with these, the ones that you can still reach, this is for the future.

N This is for the future. This is transforming the community as a whole. Like I mentioned last week, some of these families that we helped, they got, you know, they stopped drinking, they improved... They got some job training, they got better jobs, they got ahead in life. They had an opportunity, they ended up doing better. They had to move out the neighborhoods because the rest of the community was so poverty stricken that they were looking at this one family, well, we want to come in. And so, in Engadi Ministries, the ministry that Claudia and I run, has come in and we work on multi-levels within the community. So, Guatemala City metropolitan area's about 8.5 million people, Zone 18, as I explained last week is a zip code in Guatemala City. Within the zip code of 18 there's half a million people.

N Within that zip code there's one neighborhood called the Paraiso neighborhood of 30,000 people. And so, we work... Within the neighborhood we work with the community by doing block parties, by... One of the things that we did years ago was we built some stadium seating on the municipal sand lot that they used to play soccer on. So, we built ten steps of stadium seating just right there in the middle of the neighbourhood. It was right in the middle of gang territory and there is two rival gangs, and one was on one side of the soccer field, one was on the other side. And sometimes we

had to wait for the forensics to clean up for us to be able to continue construction.

S Oh my goodness

N But we built this stadium, that's for the community. That's what's allowed the community... That's what has allowed us to be in the community, because the community's seen that we came to serve them, to help them, to be a blessing to all of them. And then within the community, within this neighborhood there's three, four elementary schools, and one middle school. So, there's 1,800 students in the elementary schools, and there's 350 students in the middle school, and there's no high school.

P Really

S Because they're in the gangs

[00:08:54]

P What?

S Right

N Well, just because the government never built a high school in the area

P So, what do the kids do at that high school stage?

N Well, many times they end up joining the gangs because there's nothing else for them to do. They're getting jobs. Many times they've been killed by then. It's just a vicious cycle.

P And you were saying with these young ones that you're nurturing, right? Before they...

N Yes

F So that they don't join gangs, you're giving them a pathway to a better life, opening so many more doors to them.

N Yes

P You were saying... You know, I said like, well, do you go on and feed? You said we give them nothing unless they do, right?

N Exactly

P So, it's all reward based, right?

N It's all reward based, so one of the things that we do, so we work with the 2,000 students in the schools by helping improve the schools, we don't do anything directly with the students. We teach the teachers how to do a better job at teaching, classroom management, material preparation, different things like that. We even improve the physical quality of the schools by painting some of the classrooms. Right now, we're in a project of building some pre-school rooms to be able to house another 200 pre-school students just to open up more opportunity for students to come in. We want to eventually build an area for more middle school students to give more

opportunity for them to study. But with the families, with about 50 families, we have a program where the moms can sign up voluntarily, it's not forced, but if she wants to sign up she can. And so, they can register with us and then they have to, throughout the year we offer 12 classes. They have to attend at least four classes, and these are family value classes. What we found is that most of these moms are so excited about the classes, and learn so much that they will come to five, six, seven of the 12 classes. And then throughout the year they have to do 20 hours of community service in the school their child is registered in, and then at the next school year they get their school supplies for free. And so, we're not giving them school supplies.

P Right

N Now, churches and organisations in the US many times give us school supplies and that's what we use to give back to them, but they have to earn it, they have...

P The same with the boys that you're working with

N And the same thing with the boys., so, the next level down are these 45 boys that we work with on a daily basis. We have a young man named Manuel Fagardo, that grew up in the neighbourhood. He's one of 11 kids, I've known him since he was seven years old, I've seen him go through the whole gamut of emotions and battles and challenges of living in this neighbourhood. And he now directs our neighbourhood program.

S Oh, that's so great.

P And how old is he?

N He's 28, he's single by the way. But he's a... He runs our boys program in the neighbourhood. So, every Monday he does bible study with these boys. Every Tuesday the boys get an English class that we're doing, and then on Wednesday the boys that are in our program have to go out and do community service hours in the neighbourhood. We have a young man just graduated Landscape Design from the University of Georgia, that's designing some murals and some park and recreation activities that we want to develop in the neighbourhood that these boys will then do.

[00:12:12]

N That way they're the ones painting the murals, they're the ones building the playground.

P They feel like they're building something.

N And then it's theirs.

S They're building their town.

N They're building their neighbourhood, they're building their stuff.

P And then they get... Then you guys bless them with things to enrich their lives.

N Yes, and so then if they come to Bible study on Mondays, they come to English class on Tuesdays, they do their community service hours on Wednesday, then Thursday they have permission to come play on the

iPads. And throughout the year we'll have three or four different weekend retreats where we take these boys on a weekend retreat where they get to go to some of the parts of Guatemala where they may never have gone to. And then once a month we'll take them to the movies, to ice cream, or to pizza, but they are earning every step of that.

P And for the first time you are seeing success with these boys not joining gangs, right?

N Yes

P And that's the hugest thing.

N That's the hugest thing.

P Because then they're not going to grow up beat wives, get women pregnant, rape and kill at least ten people.

N Yes and so, we see these boys. And there's a group of boys that were little kids when we started building the soccer field that are young men now and they're not perfect.

P No, of course

N They're 20 somethings but they're not in gangs.

S I love it.

P Incredible!

S I love it.

P Listen, you could have gone into... So many of us have given, and so many of our Mama's have the hugest hearts, and spotlight... Things like just to

sponsor a child, you know, you send money every month, and then you get your little update, and you're feeding and clothing and schooling them. Why Nathan have you not done that, and what have you seen with that? Not to say that's a bad thing obviously, it's very good in some areas. But I know that as a Missionary's kid, you chose not to do that.

N I've seen both sides of that story of the organizations in the states that collect the money, the organizations in the other countries that then distribute the money. And some are good, some are not as good. Too often it's just handouts, and...

S And what does handouts change, right? You're just always handing out for the same problem because the problem just keeps repeating itself.

N And we did that at one point, and it got to the point where I realized that the families, and they're smart, God gave them a brain, they can figure things out. Well, on Monday they would pick up their bags of bean and rice at this handout spot, and on Tuesday they would go to that spot, and Wednesday they'd go to the next ministry, and Thursday they'd be at the next ministry. And that was just what they did the first week of every month, they'd just go and pick up all their handouts. And then they'd have excess and they'd sell it. And then they'd just be with their hands sticking out. And so, you know, we would take food baskets to people. And they'd get this food basket, and they'd be like, oh, this food basket's so wonderful.

Ever since they brought me the last food basket I've been praying for the next one because we were about to starve to death. It's like, why don't you go get a job?

S Right

N Are you just going to expect the mission teams to come every month and bring you a food basket? And it just

S And then the children growing up in the home learn how the parents are providing the meals just by begging. And then it's a generational pattern

N Exactly

P And it's really hard to touch on this because many of us have sponsored children. Many of us... And we want to do the right thing, and this is close to our hearts, so this is hard to talk about even, isn't it?

N Well, one of the most important things I think with any organization, is to make sure that the child is studying and getting ahead. If it's just passing out food to pass out food, I have my concerns with it. Now, like I said previously, there are moments where there's a natural disaster, there's a war and there's immediate need for food, water, shelter and clothing.

P And right now in Guatemala there is, yes.

N In Guatemala in the two villages that were devastated by the volcano, but it wasn't all of Guatemala, the rest of Guatemala is perfectly fine. But in those two villages there's a need for immediate food, water, shelter and clothing.

[00:16:26]

*Announcer*

And now for another moment you will never experience with Project Fi, a phone plan from Google. Billy, don't forget to pack your pigeon. Mom, I already told you. I am not taking that carrier pigeon with me on my trip through Europe. But how will you let me know when you land? You don't have roaming. Okay, fine. If it makes you happy, I'll take it. Good. Good.Wait. What are those? More pigeons! For every stop on your trip. Roam for the same price as home with Project Fi, a better phone plan from Google. [00:00We value your opinion. Make your voice heard by going to [megaphone.fm/listen](https://megaphone.fm/listen) to take a short survey that will help support our network.

[00:17:03]

P Hey, you're listening to The PODdy with Serene and Pearl, and I'm Pearl.

And who are you?

S Serene

P Now, you have some... some of your boys actually don't really have a proper place to live. When we were there you showed us this home, and you got all their beds ready, right? They don't have a parent, they don't have parents, and we went to this house, there's nine beds all ready, they're beautiful, these boys could come and live there. But you said we can't do it. Why not?

N Well, yes we work with... The boys we work with have at least one parent however dysfunctional their family may be. And so, some of these boys might be living with Mom, but Mom's living with her third, fourth, fifth man. This man, he's not this boy's dad, so he mistreats the boy, many times physically beats the kid. Some others are in such desperate situations that they're just living in squalor and they can barely feed themselves much less a couple other kids. Or one of the things that happened recently is we had one young man that lived with his Mom, next door some gang members moved in and they've since recruited him. So, I've lost a boy.

P Oh, I bet that ate you up.

N That kills me. He was one of the boys that had a whole lot of promise. And to think that there's... I haven't lost hope. But to think that he was enrolled in school, he was doing amazing with his grades, he was moving forward, and these gang members moved in next door. He started smoking pot and dropped out of school. Now has a girl pregnant.

P It just happened.

N And it just, shht, all over again. And if I could have pulled this young man out of that situation

S Right, the environment

N Now, he was still living with Mom, but Mom just can't handle him. And we have a house we have it set up for nine boys. It's not an orphanage, we don't work with orphans. But if we could temporarily house some of these boys and pull them out of a situation like that where they might need to come stay with us for three months, a year, two years, five years, whatever, and give them that refuge and that breath of fresh air away from the gangs. The one thing that we're missing are house parents. We need Spanish speaking couple that's married and has a passion to work with teenage boys from rough neighborhoods in Guatemala City.

P Yes, so we told Nath, listen, should we even mention this today? You know, what if you get a lot of requests and you're like, no not those, not those. And we're like, but what if God has arranged someone who's listening today to be those house parents for those boys? And we said, Nate, could it be just like two young guys, you know, ready to go be missionaries and...

S Speak Spanish.

P And speak Spanish and Nathan, you were like, no.

N It has to be a couple because we want to model the way... First of all, we want to model what a family's supposed to be. But also, we want to show them how a man is supposed to treat his wife...

[00:20:27]

S Yes, that's beautiful.

N In a spiritual aspect, how a man is supposed to love her and cherish her and take care of her. And how the wife's supposed to nurture and love and respect her husband.

P Beautiful, and we've been to this place. This house is amazing, it's beautiful. There are nine beds there. Hey, you can bring your child, right? If you're a married couple, and God's putting this on your heart and you're the one that's listening today, you know, you can have children too, right?

N You can have children.

P But there will be nine other boys.

N There will be nine other boys with you, as long as you don't mind having nine boys in your house with your own children.

P And Nathan, he's waiting for the right people and this will probably just be the start, right, of many homes.

N And this will be the start of many homes. Our vision, we actually have property to build about 15 homes where we can have nine boys in every house, and have a place...

S This house is like overlooking Guatemala, it's absolutely beautiful.

N Yes

P Yes, and God provided this house, so it's amazing. You know, and then it will come, even if it's not someone today Nathan, I fully believe that it will happen.

N I do too.

S So, if God puts it on somebody's heart, they just go to his website, right?

P Yes, let's talk about where are women going to find out more about your ministry?

N So, we've got our website which is [engadiministries.org](http://engadiministries.org), Engadi being E,N,G,A,D,I Ministries.org and also Facebook, so [facebook.com, Engadi Ministries](https://www.facebook.com/EngadiMinistries).

S And can you just share, it was a beautiful depiction when you... He was talking about Engadi, it's a word from the Bible and it's to do with David and young boys. Can you describe that for the listeners?

N So, 1<sup>st</sup> Samuel, chapter 22, David is running away from King Saul who's trying to kill him, right? So, you can just imagine, that here's this young man who was a shepherd, who has been anointed the King of Israel, future King of Israel, has killed Goliath, is in the pinnacle of his popularity, doing amazing things, but yet he's being hunted down to be killed. He's heartbroken, he's away from his family, he can't go back to his home town because he knows that they're going to kill him there. And he's running away just completely destroyed internally.

N And 1<sup>st</sup> Samuel 22, says he hid in the cave of Adullam. Adullam is a cave in Israel which is in a region of Israel called Engadi, or Engedi I believe is the way they translate into English. In Spanish it's Engadi with an A, and in English it's Engedi with an E. But anyways, this part of Israel, 1<sup>st</sup> Samuel 22 says, all the young boys that were in trouble, distraught, indebted, with problems, misfits, all the boys described by the kids in Zone 18, came to David. He became their leader. Now, the next few chapters of David's life are lived out in the wilderness of Engadi where these troubled, distraught, indebted young boys became the mighty Minavisua.

P Isn't that amazing.

N The leaders that transformed Israel into the great nation it was and to keep it.

S That there just moves me so much, just the prophetic power behind that story.

P But you know, there's so many correlations. Serena and I have been talking about that whole going to Guatemala and that experience. We just felt something very like God's hand upon it, and then, you know, your ministry is called Engadi and...

S My child, one of my children is called Engedi

P Serene adopted five children, they named... It's such a rare name, they named one of their children Engedi. I mean, all these correlations, it's like,

we were meant to cross paths. And Stacey right here, is standing right here...

S Oh Stacy

P He's... Stacey can you come say hello because talking about Missionaries Stacey has worked for us since the beginning, right after John came on, okay. He's our contact in China, he was a missionary in China.

S His nickname used to be Google because you had to just ask him and he knew everybody and everything.

P Yes, but he is here. He's the one who connected us with Brother Nath, and he has just a heart for mission still, but he works with Trim Healthy Mama. He sources so many things for you. He's the one that connected us with the beautiful farms in China where our organic stevia is grown.

S He speaks Mandarin.

P Fluent Mandarin, can you just come and say hello Stacey because the women have never met you?

P Yes, and John, John's giving...

J Little THM fun fact, Stacey and I were the first THM t-shirt models. Thankfully none of those pictures ever went public.

Stacey Please bury those pictures really, really deep.

S A big don't across the chest or something? That's so funny.

Stacey I am so...

P I'll put your face right next to there Stacey.

Stacey I'm so excited for everyone to hear our Brother Nathan's testimony and the amazing adventure that Pearl and Serene, and Sam and Charlie had with him in Guatemala. This is only the beginning. I think you all are going to hear many more just wonderful stories of work, good work and ministry and Trim Healthy Mama through these wonderful folks. And I'm going to hand this back to Pearl and Serene, but I just wanted to say, Nathan, thank you for being here. I know that your family have travelled a very long way to spend time with us, and it is a blessing to see you again brother.

N You too, thank you. It's good to be back in Tennessee.

P Oh, yes

S And everybody in this room, man. It's just so awesome. We live and we almost die together. I mean, Stacey was the one that went to Sudan with my husband.

P Yes, ooh.

S And yes, they were some interesting times.

P They were waiting there with the big knives, the machete and that.

S Brandishing a big machete, about to slit their hands, neck.

P Before we go and do our super food spotlight, Serene, and we better hurry, I know... I want people to be aware now that you've had a bit of a history of what brother Nathan's doing. They're actually making a movie about basically your ministry and what's going on there.

[00:26:32]

N Well, there's a movie supposedly coming out this fall in the theatres, called Small Group. And it's about, you know, life group, small group, family group, whatever you call it at your church. But a small group of people that get together in a church and have Bible study together. And it's about that small group that then takes a mission trip to Guatemala. And the mission trip they take is to Engadi Ministries, and we filmed it right there in the middle, on this soccer stadium that I talked about, in the middle of gang territory with actors and Hollywood cameras and everything. Several of our boys that are a part of our ministry star in the film as well.

P And isn't it based on the life of one of your boys then? The main character or something?

N No, the storyline is fictional although the ministry is real, and...

P Yes, so that's your ministry.

N It's our ministry. The character Sam is based on my life.

P Oh, someone plays you.

N Someone plays me.

P Were they good looking?

S This guy's famous.

N He was a Puerto Rican guy.

P Oh, and you're as white as they come.

N So, I'm as white as you get but Nelson Bonia did an amazing job portraying the ministry leader.

P And this is probably coming to the movie theatre, right?

N Yes, we're hoping it gets into the movie theatre.

S You've got to go and bring your coffee and sit in the theatre.

N Get your Way Way coffee and watch Small Group movie, coming to theatres this fall.

P Oh, that's so great. So, just thanks so much Nathan, coming all the way from Guatemala, and coming to talk to these women who will be buying, I mean, probably if they're coffee lovers, the coffee where we almost died to get there with you on the top of that mountain.

S And now chocolate

P And now chocolate is coming

N And chocolate will be coming soon.

P Oh my goodness

S Soon to make the chocolate bar even better and hopefully cheaper

P So, Nathan's hand will be all over the coordination of that because, let me tell you something about Nathan. When he was there we understood why he's having such an impact there. Serene and I look at each other like, he's

so white looking but he's so Guatemalan. And whenever you spoke to the people your love would just shine through and you would make them laugh. Everywhere you went you were speaking in Spanish like you were born there, and they were just laughing and, you know, cutting up and patting you on the back. And I just, you connect with them, like, just, it's a gift.

N Well, I told my Dad when I was a young teenager. I said, dad this is where I'm going to live all my life. And I just knew then that my heart was in Guatemala.

P Yes and you married a beautiful Guatemalan woman, Claudia. And you're so proud of your country, that's your country, not even the US, Guatemala is your country.

N It is.

P So, we feel so blessed to receive these things that beautiful Guatemala grows and bring them in. Thanks so much.

N Well thank you for letting me come in and share what God's doing in Guatemala, and the beautiful country that I'm from.

P So, go on Facebook and like, what is it? Engedi Ministries page and...

S Engadi

N Engadi

P Engadi, and the website and go check it out, and we'll have more updates. Serene, time for a super foods spotlight.

***Announcer Trim Healthy Mama Superfood Spotlight.***

S What are we doing?

P Sweet potatoes

S Oh, yum, they're like caramel. They're like, the most... do you know, actually they are so nutritious, they're one of the most nutritious vegetables.

P Well, any time that you see a vegetable that has that much colour in it, God is telling us, eat me.

S I know, sorry, I'm eating right now.

P Right, tell, you're not eating sweet potatoes, we're sampling some of the blue baked corn chips we get from Guatemala.

S And they're good.

P Trying to refine, you know, that recipe.

S Refine is a bad word.

P Tweak?

S Thank you.

P Until we get them right. So, we're just in the midst of going back and forth. Brother Nath's helping us with his translation to get these chips so that you're going to love them.

S And they're so good.

P Ooh. Hey, but we're talking sweet potatoes, Serene, so stop crunching on corn chips.

[00:30:33]

S These are like one of my favorite foods.

P I know, health benefits. So, lets talk about why you want to eat them.

S Vitamin C

P Yes.

S Magnesium, potassium, I mean, you name the mineral.

P Beta carotene, oh, so healthy for you

S And they don't spike your blood sugar like regular white potatoes.

P No, they're much lower on the glycaemic index and that's why we put them in your E Meals. You know white potatoes they are much more of a... They cause an insulin surge in your body just because they're faster to knock your blood sugar. So, that's why when you first come to Trim Healthy Mama and you want to slim down. So, we say for your E Meals, have sweet potatoes because they're gentler carbs. Then, once you're in maintenance mode maybe you can handle a white potato in Crossover mode now and then. I certainly can. I don't overdo them, but I do have them here and there.

S Yes

P We focus at first on sweet potatoes, and you know what, I love them even more.

S I tell you what, I don't even have white potatoes. Not because I don't think I can handle them because I just love me some sweeties.

P Isn't it funny though that sweet potatoes have a natural sweeter taste than white potatoes, and yet they're lower on the glycemic index?

S And some of the ways to enjoy them, okay, so you might be able to throw a few crossovers in your plan, maybe you're at just the S & E, you know, just freestyling with S & E. And I tell you what, some of the ways that I love them as an E, is when you just kind of like, not sauté with oil, but you just kind of fry up in a little water, or the own onion juice, or onions. So, onions and some tomatoes, some luscious non-starches that give off...

P Liquid

S Liquid, and then pour that over a sweet potato.

P A cooked sweet potato

S Yes

P Hold on, you're not describing this well. How did you cook your sweet potato?

S Well, you could bake it. You could boil it, you could do whatever. But have yourself some luscious...

P Oh, okay. So, you pour those over.

S Tomatoes and onions like a natural gravy with some salt, and some cumin and some parsley, and you just flood it in there and maybe one teaspoon of MCT oil or coconut oil, it's brilliant.

P It's heaven. Because you need, what we're saying with a sweet potato you sort of need succulence with it. You don't want it dry.

S Well, I don't find them dry anyway. They're not dry.

P White potatoes can be dry but sweet potatoes aren't.

S They're not, they're caramel.

P But you put extra sort of silkiness on them. They go even further like they're kicking it up a notch. You know, here's how I love them. I do love to bake them, and then, although some people say the glycemic index goes up a little when you bake, but they're lower anyway.

S And do you know what? Don't sweat that small stuff.

P Yes, we don't sweat it. So, I do love to bake them, and I love to open them up...

S You do, do you?

P I do, I put one teaspoon coconut oil, I put cayenne pepper and Braggs. Oh, my goodness, then I get some cucumber, chop it really finely, put that in. And then I get some tuna, they match.

S A zingy tuna salad

P They do. I put my tuna on the side and then get some little sweet potato with the cucumber and every bite and put a little bit of tuna in every bite. It is heaven on a plate.

S Yes, a really zingy tuna salad and a baked sweet potato with little goodies like that you described is one of my family's favorite meals, and it's so quick.

P It could be a lunch, or it could be a dinner for the whole family.

S Hey, or maybe you're one of those sweet people, and you want to put a little Gentle Sweet and cinnamon and like one teaspoon of coconut oil, and then you want your protein to be like almond milk and chocolate whey on the side.

P I know.

[00:34:01]

S Go for it!

P I know, so you don't even have to have that meat on the side.

S That Crossover, do you want to drown it in coconut oil?

P Or butter.

S Oh my, or red palm oil, that's probably my family's African half.

P Yes, so man, when I was pregnant with Autumn I craved sweet potatoes, and I would drown... I remember this was a craving of mine.

S Is that like how she is so like talented in science and all those things?

P I don't know, but she is a smart girl. But I have sweet potatoes, drown them in coconut oil, Braggs and cayenne pepper because that's my thing. Then I would have boiled eggs on the side with parsley. It was a weird craving but...

S Sounds delicious to me, but I'm your DNA.

P It was just amazing it was the most amazing Crossover ever. So...

S We're going on and on like it's the first 600 jolly whatever page book.

P We can be done but eat your sweet potatoes. Don't forget them, they're really, really healthy carbs that are going to pep up your health.

S We forgot to talk about when the skin gets caramelized and how delicious and the jacket is all kind of yummy. Oh, the jacket itself could take ten minutes on just it's praises.

P People, praises.

S People say they peel their sweet potato, or they want to take their peels off the side should be in prison. There's a special prison for those sorts of people. If that's you I guess we'll learn to love you, we'll forgive you somehow.

P Hey, see you guys here next week.

[00:35:24]

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