



Trim Healthy Podcast with Serene and Pearl Episode 78 - Keep Falling Off Plan Feel Like a Loser

*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.

D Hey! It is the Trim Healthy Podcast with Serene, Pearl and Danny and we are so glad you are listening. And we are so glad to be talking at you mates!
Girls, would you just take it away right now?

S I am going to take it away, Danny. And I am going to take it away by describing your new look.

D Oh, it is good!

S Because Danny is now, like, the radio star back from New Jersey...

[00:00:25]

P We just got back from a trip. Serene, I... the Lovely Leslie and Danny.
Danny's first trip as... What? A star? Well... Signing stuff! Signing his face.

D You know, I signed my first thing ever!

S Yes, but listen... So now... I feel like now that he is "The Danny".

P Yes, The.

S He has got his own license to wear whatever. And it is cool, right? So he
has got peacock green...

D I was going to say: Please describe it in your words. Thank you.

S Peacock shirt...

D Yes

S With about seven peacocks on it, there is...

P A full-on, major pattern

S Major

P It is like, bohemian.

[00:01:05]

S Bright, I noticed some turtle dragons on it too. And flowers. Then he has
lilac and black shorts on, totally

P Full on pattern

S Full on pattern but completely clashing, but it is, like, he is just wearing it with such confidence because this is the Danny that was, like, taking New Jersey by storm.

P Yes, we were... You know, we have this “Serene and Pearl Show” now. It is a radio show and... So we went to do a...

S Well, it is actually called: The Serene and Pearl Show with a “Side of Danny”.

D That is the new name.

P Yes.

S And he really wants to become the “main meal”.

D The main course!

P He does! And when we got there... To this radio station that airs us... It is a pretty big deal up there. The guys were there and there were two seats and then the control seat.

[00:01:46]

P Danny shooed everyone out the way, sat in the control seat, put his legs up and was like, here I am! I made it, and sat there the whole time.

D Yes

S But the thing is, is the poor guy... I was just so... just... You know, it was like... Danny! Mind over matter! He was amazing because on the way to that radio session... We were going to record live... He was ready to throw up out the window. Like, he was feeling so sick because we had got to the

beach that morning and he was like, here I am! This is where I was made for! And “what if you could”? All of a sudden I am a runner! Not just a jogger! I am a runner. What if you could? Here I am!

D This day! Yes.

S So he put on a...

P Okay, but let me set the scene for you.

S Yes!

[00:02:28]

P Serene and I took a lovely, leisurely walk down the beach boardwalk, right? Then we were taking in the beautiful sights. This is in Cape May in New Jersey.

S Very hot day

P It was a hot day.

D Yes, it was a good one.

P And yes... But then we hear this whoosh behind us...

S By the way... By the way. Just let me interrupt. This here is therapy for all of you that hate the rabbit trails. That write us or write in and say, I wish Serene, Pearl and Danny would stop going down those rabbit trails... This is therapy. Stick with us.

P So good for you

S This is good for you, yes.

P But really. We actually understand that you want us to get to the meat...

Or am I going to see some good meat coming...

D It has only been three minutes.

[00:03:00]

P Yes let us... We are only going to do another two minutes. But this is fun.
This is good.

S Maybe, maybe... Maybe not.

P So we hear a whoosh behind us...

D A whoosh!

P No, it was a whoosh of satin... Rubbing against satin. It was his little running shorts! The glistening ones.

S The shiny ones!

P Something... Something passes us and this person has his shirt off and tiny running shorts with little, tiny hairy legs. But this person is running with his shoulders back...

S It is like... Like, you tend to imagine him with a Grover cape but the cape was not there.

P But he was running so hard and fast with his head held high, like he was the best runner and he does this every day for ten miles.

S But it was such a strong clip... A fast clip... It was not a normal jog.

[00:03:42]

P But then he looked around and... Oh! Serene and Pearl? It was, like: Oh... Good to... Oh, I am seeing... I am on my run!

S Like, you are here in New Jersey too?

P Yes!

S I mean, I just went on the plane with you but I did not really realize you would be here in New Jersey!

P Because I run in New Jersey! That is what I do!

S Yes, tell him.

P I do not know how many miles you ran, Danny. It probably was seven.

S No it was a definite “what if you could run”, because the whole world was there watching his satin pants. And I tell you what, he came back as the most lobstered tourist...

P He was dead!

S He could not even eat.

D I was nauseated.

[00:04:14]

S And he was almost throwing up out the window on the way to this radio show. But he held it together. He was electric once we got there.

D Yes!

P Oh, my goodness!

D That about sums up that day!

S Yes!

P Anyway, so that was our intro. Now to the meat.

D No, no... You know, it is...

P What?

D I wanted it so bad, you know...

S You want more rabbit trails?

D Yes, just... I wanted... I wanted to bound down that boardwalk and...

P That was a bound!

[00:04:38]

D And just have a glory day in the hot sun. And I did! I did have that day and then it was just... just... You know how it is when you push it?

P It might have been too much of a day. Yes?

D I pushed it. Yes. No, I pushed it.

S But you know what? What if you could, Danny?

D Yes, I did!

P Now that was: What if you could? In all of its...

S Its glory

P Tiny shorts glory. I will make.

D Yes! And "what if I could" takes two full days to recover, by the way?

S Yes!

D Like, I just got right. All right

S Okay

[00:05:04]

P Okay so back to the spiritual things.

S Well actually, we were in New Jersey...

P Yes.

S When I was just, you know, doing a little bit of phone Bible reading on the way to the airport.

P Yes, on the plane? Was it not on the plane?

S No, it was actually on the way Pearl. Just to be exact. Just to keep the rabbit trails going. And I was, like Proverbs 24:16. I just... I just ran across it. And I am like, Pearl Pearl, listen to this. It says, For a righteous man... That sounds all, like, churchy-nese. You know? Righteous. What does that even mean? It is just right standing before God. It is just, like...

P Yes, it just means God thinks you are doing right.

S Yes! There you go! For a righteous man falls... Just capitalize that and underline it..."falls". Seven times! Capitalize and underline please.

[00:05:48]

P And seven times often means in the Bible: Seventy times seven! Okay?

S For a righteous man falls seven times... and rises again, but the wicked... And it does not mean, necessarily, the one that is going around chopping everybody's heads off.

P It does not mean ISIS, no!

S It just means the one that is just not doing right by God. Right?

P Yes.

S Well, ISIS I would call wicked too but it does not mean you have to be ISIS

to be in the category. Right?

P No! No need to be ISIS to be wicked.

S But the wicked are over-thrown by calamity. So basically, if you have just fallen... If I can just bring it down to a Trim Healthy Mama talk here: You just finished a bag of Cheetos. Just downed it. You went for one and then after one you were, like: Oh, maybe just another one. And then after two you were, like: I am a failure. I am going to eat the whole bag. And you have eaten the whole bag and you have fallen. Hey, you are still in right standing, if you come back.

[00:06:34]

P That is right.

S It is not the fall that makes you not... Like, right.

P No, it is staying there and wallowing in your unforgiving spirit of yourself. And thinking, no-one else can forgive me either. Especially not God, but God said, I am the one that forgives you and I call you right because... "If you come back".

S Right! It is the coming back. It is the,getting on the horse. It is the Three hours later, back on plan.

P Now say the end of that verse again, Serene, because...

S But the wicked are over-thrown by calamity. It is just the over-thrown.

P Over-thrown

S That is the thing. Meaning you are just never getting back up on that horse.

P Yes. So, really. I was, like: Serene. This is so huge! So many people... They fall one too many times and they think: Well, that is finally it. I cannot.

[00:07:20]

S And I have to interrupt... And there might be some people saying: Oh, my goodness. They are using scripture and they are stretching it now for this. Surely Trim Healthy Mama plan. What plagiarism! What heresy! What evil! Well, the fact is that God calls looking after our bodies... Looking after His temple... First in the natural, then in the spiritual... He says: I want you to prosper even as your soul prospers. This is a very biblical subject, being healthy. So I think... Yes, that falling thing...

P Why can they not feel okay about using scripture for this? I am sorry. It is not too much of a plagiarism to call it: Falling off the Wagon, Looking after our Temple. It might be about other things too but it certainly could be about that. And we are in Proverbs so even if you are not a Bible believer proverbs are wisdom.

S Yes exactly.

P That is just wisdom right there. Danny?

D Ancient Hebrew wisdom

S I am telling you.

[00:08:07]

D Even if you want to park it right there.

S Yes

D Ancient Hebrew... I mean, you are talking... You get a peek at, like...
What? Four thousand years ago or something of what people were talking
about, that is pretty cool.

S And you may have just fallen... Just fallen once but this is saying: Seven
times! You are still in right standing. Get back up.

P Yes, you are not even at the point where, hey... When God looks at you and
thinks: Well... What did He call them? He called them the righteous.
Falling all those times. He did not even call them the struggling.

S No! He gave them the big old capital R word.

P Yes! And that is why I like to say... When I hear people say... I have said
this before too, when I hear people say: Yes, I am Trim Healthy Mama 70%
of the time because, you know, I fell off then. And then Saturday I was not
a Trim Healthy Mama. Baloney!

S Well, I could...

[00:08:53]

P You are a Trim Healthy Mama just like you are righteous. If “your intent”
is to come back and honour this body.

S Yes! Because I could say: You know, I am just a... You know, I just kind

of... A friend of God, like... I do not know 75% maybe 78 sometimes because I was a real jerk towards my children this afternoon and... And I did not sleep to well last night and the baby was throwing up all night so... Because I was a bit snippy over breakfast, well, I could not really call myself... You know, I fell off with God this morning so maybe I am blah, blah, blah. It is all just a bunch of percentages and numbers so that is crazy. It is your heart.

P Thank you!

S It is your intent. It is coming back. It is not being over-thrown.

P Oh, Serene, sometimes your analogies are so good.

D They are just on point.

P Sometimes they really do not make it but that one was good!

S Can I just talk to you about me?

P Okay.

[00:09:36]

S About vulnerable, good old me

P All right.

S Last night I was so tired. And I just needed to be put to bed. Like Serene, just go to bed. It is not food you want, it is actually the pillow. But I did... I was so beyond it I did not know it was not food I wanted. And I had already really done my weekend... Like, on the weekend I am like, this is my time for treats. You know?

P Well your idea of treats are, like, full on Crossovers and lots of it.

S Well they are healthy. Yes, they are healthy but they are, like... There is no boundaries on the healthy. Okay? It might be a jar of peanut butter and a spoon but this is the weekend! Right? I give myself that weekend... You know?

P Well, come on. Let us be honest. You do not do a full jar of peanut butter and a spoon every weekend.

S No, actually I do not remember a time I have done that. But, hey. It is just, like, I allow myself... You know... Come on... Butter on bread. Thick. Two slices.

P Yes. Well you are nursing and you are at goal weight too.

[00:10:28]

S Cheese... Nutty, bready, cheesy... The whole dense party.

D Froth, almond milk with Gentle Sweet

S So I had done all this already. Right?

P Yes.

S I had done all this already. It is, like, 11 'o clock at night and I am like: Hey, before I go to bed, just to cap the weekend off, how about one of those... Little yummy balls that I had made? How about just one, hey? Well, one came and then Oh, how about just another half? That would be good. Just to cap the weekend off. Right? Ten balls later...

P Yes? You are hurting.

D No! This is real?

S Yes, I am in agony. My tummy is in pain.

D You ate ten bowls?

S Yes

[00:11:03]

P Balls, they are not bowls! B-O-W-L-S. They are balls. They are little cute things she makes.

S They are not bowls.

P They are like protein balls.

D Balls

S Balls, B-A-L-L-S. Sorry about my accent.

D Okay!

S But ten, but I did not even need to eat... The other one was... The first one was just meant to be a little pacy before going to bed. You know, a little... a little icing? No, it was bigger than the three meals I had that day put together. And I was in agony.

D And what was... What was your internal thought?

S I went into shame.

D Like, with each one...?

S Oh, there was no internal thought. It was like: Stop the thinking. Shove.

Stop thinking. Shove.

[00:11:34]

D Yes but, I mean, you describe the first two as, like: You know, we will just have a cap. And you know what? And then a little cherry on the cap.

S Well you would think that...

D By the seventh were you just like: And the after dinner mint of the mint...

S No, I was standing. I did not even go to sit down between balls at that point. The first two balls I was going to sit down between....

D So... But did you start justifying, in your mind. Or did you continue the lie to yourself?

S No, the scary thing was is I was putting them back in the freezer, and zipping it up in between.

D Yes, because you were done.

S Yes, but I kept getting them out.... Ten times... And I was standing... It was like a weird freezer dance between freezer and cabinet. Freezer and...but guess what? I went to do the big shame: Oh, you rotten, stinking, moron. You were not even wanting that... What? Stomach abuse, the pain that you are going to be in. Blah, blah, blah. When you wake up in the morning you have to purge and exercise and eat nothing.

[00:12:20]

P Yes.

S Then I told myself: You... No you will not. You will get up and you will have

your breakfast like usual and you will not waste one more second on the emotional... Like, turntable that you are putting yourself through right now. It is not going to help anything. The ten balls are in and you are not going to spew them back up. So just go to bed, have a great day and do better next time. I am going to not be over-thrown and I am getting back up. And I was right. Guess what? If you do not want to use the word righteous. That is all right.

P That is all right.

S That is all right.

D Quite right, that is quite right

P That is quite right.

D That is what they say in Australia.

P I like it, Serene.

[00:12:52]

D So my refrigerator has a little button that says: Alarm. And when the door is open too long the refrigerator will scold you. You know, it will start... Beep.

S Well, yes... That was already happening to me....

D Was your refrigerator...

S The refrigerator was beeping the whole time.

D Every time that alarm goes off I am flooded with, like, shame. Because it is like you loser. It is like even the technology is condemning you. Like, you are standing in front of an open fridge eating 97,000 grapes and spoonfuls of almond butter.

S But the things is, is if you are hungry it would be okay.

D And it is 11.

S But it was 11 'o clock and there was no hunger. It was just...

D No, it was like...

S It was just...

[00:13:28]

P But we live in these... We live in these flesh tent... Flesh temples, right? And we are called to honour them. But we are flesh and God knows. He said: The righteous man will fall. So sometimes we are going to mess up. This is not a license to mess up. Like, even Paul says, in the scriptures, you know, Grace is so wonderful but it is not a license to sin. It calls us to do better. You know? And I love that scripture: It is his kindness that leads us to repentance. What kindness to say, I look at the righteous and they are falling. I call them righteous because they are coming back to me.

S That is right.

P Hey! You are listening to the PODdy with Serene and Pearl. And I am Pearl and who are you?

S Serene! It is the return that is what is labelling them. It is so wonderful...

And it does not... It calls you righteous but it does not mean you are... That I had great strength. But he was calling me righteous because in Proverbs 24:10 it says: If you faint in the day of adversity... Your strength is small. And He still calls it like it is.

P Right

[00:14:29]

S It is, like, oh yes I was still a bit of a...

P You were not giving it your best effort, probably.

S Yes, I was... Yes...

P You were weak.

S Yes, I was weak. Okay.

P Is there an end to that scripture?

S And so the point... No, but the point being is: I am going to put some wisdom in that too and learn to be strong for next time. I am not going to say: Hey, that was all right I can be weak every time. No! I do not want to faint in the day of adversity. I do not want that. So I am going to get some wisdom about it...

P Oh right! I get what you are saying. It is like this: It is because I have failed so many times... Well that particular thing just does not work so I might as well not even try.

[00:15:02]

P It is like marriage, okay? Marriage is a gift from God. It is... The beautiful

foundation of humanity, and it is a picture of what God wants for us. But how often do marriages fail? You know? And should we say that the whole institute of marriage is not worth it? It is just... No-one should try it. No-one should get married anymore, because people fail at it.

S And because we fail we should just wake up and try and be nasty as soon as we get up. Just to quick... Just like... Just to just make sure that we are not going to be, like, trying just... What I am saying is, if we are going to fail anyway, let us just start out failing, because it is no use. No! We are, like... No, we are always pressing onward and upward.

P We are called to get stronger. Yes, but... But yes we can have our weak... We have our weak times.

S And so I am going to get some strength about me, right? So I am going to learn wisdom. I love Proverbs 23. I just love that whole chapter... I am so into it. And it is verse 23: Buy the truth. Buy it.

P Oh, buy it. B-U-Y?

S B-U-Y, buy it.

P Oh, yes! Wow!

[00:16:01]

S That costs you something. You have to sacrifice for that. You are going to have to dig in your toes and say: You know what? This is going to cost me. I am going to buy it. And it says: And sell it not. Not only that but also, get discernment, get judgement, instruction and understanding. So, okay. my strength was...

P Okay, before you go on to explain it.

S But what I am trying to say is...

P But speak into me. I want to hear that scripture and do not comment on it. Just say it because I want to hear it.

S Buy the truth and sell it not. Not only that, but also get discernment and judgement, instruction and understanding.

P Oh, man.

S So what I am trying to say is: Yes my strength was small. I fainted in the day of adversity because I had no strength. So this is my antidote for that: I am going to buy some truth. I am going to sell it not.

[00:16:51]

S So I am going to look into this situation and I am going to say, Hey, whenever I eat and it is not for nourishment and I do not need it... Like, I am all into treating and cheating myself when I need it. But when it is not for nourishment it is perversion. So that is my truth. And I am going to sell it not. And I am going to get good judgement about it. Next time at 11 'o clock I am going to say, Hey, I actually... Because I did not even know it

was 11. So now next time and it is late at night and I have already had my dinner, I am going to look at the time. And if it is past 9 'o clock I am going to say, Hey, maybe just to have myself a little Light Trimmy and go off to bed. Maybe I just will not open that fridge and open the jars and get the spoons out and all that kind of stuff.

P Yes.

D Do you think going to bed earlier, as a lifestyle, helps with this?

P Oh, totally

S It really helps.

P I think if you are staying up until 12 and one you are going to have an eating problem at night.

[00:17:42]

D It is time to get hungry again. Right?

P I get the worst munchies if I am up at 10:30.

D 11 is munchie hour.

P That is why I start having a routine for bed starting about quarter to 10, because otherwise I will go to the fridge.

S So we are buying ourselves some truth right now. Okay, we have got to dig.

P Oh, can I say something about the buy, Serene?

S Yes

P We cannot gloss over that. Buy the truth as you said, It costs you something. Now if we do want to relate that to, you know, nourishing our

temples and being healthy it is a... When we abandon our old ways... Those easy, comfortable ways of driving through or just putting a Pop Tart in the morning. Or just grabbing a Mac 'n Cheese or grabbing that bag of Doritos, because it is easy. Right. So easy. Instant satisfaction.

S Did it cost you anything?

[00:18:24]

P Did not cost me a thing.

S We are not talking about money. Money is not the only purchaser.

P No, no, no, no, it did not cost me anything because I grabbed it out the cupboard. But sometimes it costs me five minutes to prepare a breakfast. Or sometimes it costs me some thought...

S To compare it is like this, you are, like, whipping your brain into shape. And saying, you know what brain? Or those old taste buds that really want that chemical, sweet, weird thing. Guess what? I am going to...

P Exactly! So it is going to cost... When something does not cost us anything it is not valuable. There is no value in it. And sometimes the easy is not valuable. And, you know, if you think about all the diets out there, Trim Healthy Mama has truth and freedom. But sometimes it does cost you something. You know that?

S Yes

P But then it says: Sell it not. So when things are hard. And when it just feels like: Well it is easier to eat instant. Sell it not. I mean, it is instructing us

to do that.

[00:19:20]

D So, Serene, the other night when your refrigerator alarm was going off and you were...

S Beep, beep

D And you were selling the truth. Can you remember what you had for breakfast or earlier that day that maybe caused a craving spike or anything? Or did you feel like you were staying up late? Or...

S Oh, no, no! It was staying up late and there was still lots to be done. You know? Because my husband was out because our sink fell apart, and there was no way we would be able to do dishes the next day unless he went to Late Night Lowe's and got all the parts and...

P You see. You were up just when you normally would not be and you had a moment of weakness.

S Yes

P Things happen. Life happens.

S Yes, right, but the Buy the Truth... I was telling myself: What is the truth? What is the truth here? The truth for me is, I need to look at the time.

[00:20:05]

P Yes.

S The truth for me is I need to say: Do I need it? No. I do not need...

P But what if you were... Had to, sort of, stay up with your husband? There is no shame in having a snack later at night.

S No that is quite fine but the Buy the Truth would be, like: Okay, so the truth is a snack. Not a binge.

P Yes. Not a binge. All right.

D Yes, okay. So if you do have to stay up or if your lifestyle is just more that way... I know I stay up a little later than most people... It is all about eating sanely at that point.

P Yes. I mean there is nothing wrong with, if you are going to be up super late, to have a snack.

S Toast that is the thing

P I just find that late night time, for many of us, is a binge time.

D Bready, cheesy binge

P Yes.

[00:20:41]

S Like, I would have been fine... And I have done it many times if I have to wait up. I get some yummy crudités out. Crunchy and yummy. And I would get, like, really yummy rainbow sweet peppers and some celery out. And a nice Light Trimmy. All chocolate flavored and yummy. And I am so cool with myself about that. That is cool but I went for the... These little yummy

balls that I made were a Heavy S. Downing 10 of them... Not even breathing between the 8th, the 9th and the 10th.

D Burping all the way through

S Because I knew that what I was doing was wrong. So it was like a dog that was found in the... In, like, eating somebody else's dog food and had to quickly gulp it down before he had to run, tail between his legs, to the half of the house that he had... You know?

D Like, you are waiting for... At any moment Pearl to just pop the kitchen light on and go: What are you doing, mate?

S No, Pearl would be like Oh, good.

D Oh, good!

P Yes, I would be like: Oh, good. She is...

[00:21:30]

D Yes, just what I was thinking.

P I like Serene to eat more.

D I always feel like I am going to get busted during the night when I am doing that. When I have got, like, the 19th handful of walnuts. In my hand and I am just... Like, someone is coming around the... I hear every noise and I am, like... Because I know I am... I know I am doing wrong.

P But you know what, guys? We should say this: You know, you were eating balls, yes. And they were healthy but you ate ten of them. And you are eating your almond butter, Danny, and your grapes. You know? And I...

D And just drinking a half a gallon of kefir

P Right, but what are we not doing here?

S We are not smoking a pack of cigs and eating 12 doughnuts.

P We are not eating 12 doughnuts.

S Hey, and we are right, man. We are all right. Hey, how do you say that in the Southern? You right? You right?

P Yes. All right. Hey! Yay!

[00:22:11]

D You guys... I am sure you say, quite right and say... We down here, we are like: Aye.

P Aye

S Aye

D Aye

S Or, good or righteous, that is what a... That is what, kind of, resonates with me because I am a PK. Pastor's kid. You know?

D Do you know, the only difference between, like, multi-millionaires who would be considered, you know, successful in business or whatever. And people who want to be, is not stopping. Like, in any field. Skate... Professional skateboarders. Producer John loves skating. You know? He will tell you. The only difference in guys who can do these 360 kick-flip-twist McAwesomes and the guys that face plant are, the guys that can do the 360 kick-flip McAwesomes face planted 67 times that we did not see.

P Yes and they rise again.

[00:22:53]

D Yes, and they keep going because they know that... In fact, with my boys, you know, they will talk about how I cannot do something. Or I failed at it or something like that. And I will just tell them: There is no such thing as failure. You just have to learn to do it right. And that is the process.

S Yes, exactly

D The process... What we call failure is... I mean, just rebrand it. It is just learning.

S I love what you said, Danny.

P Learning!

S This is key, learn to do it right. Okay? So there is no shame in the fall. God says it is righteous because we are coming back. Right? Do not be overthrown because then you are a wicky.

P Yes. Wicky... The new term for wicked?

D Gone wicky! She gone wicky, boy.

S Yes, and the only thing that is wicked about it is not your fall. It is the fact that you are just wanting to stay there. You decided that is a cool place. It is not a cool place. Right? So you righteous. You are coming back.

[00:23:36]

S Now the point is: You are going to buy yourself some truth. You are going

to learn to do it right.

P I love it! Hey, we just did this... I think we summed it up really good. Let us take a question then do the Superfood Spotlight.

Announcer Hey, Mamas. Do you have a question for Serene and Pearl? Send your email to: support@trimhealthymama.com.

D So we are going to go to a listener question from Tina. And Tina quite simply writes, Is too much meat too bad?

P Oh, what a question

S That is a great question, Tina. Do you want to start Pearl? Or do you want me to start?

P I think that you want to, Serene, so...

S Oh no it is just...

P Go forth and render.

[00:24:16]

S I would say that meat is a wonderful superfood. Clean, healthy, wonderful meat that you... To the best sources that you can. And if you cannot get good sources you pray over it and that is a great source right there.

P I am telling you.

S I think it is fantastic. The only reason I would say, do not eat too much of it is because if you eat it more than you need... First of all, you can eat too much protein. For this reason and it is, kind of, complicated but if you eat more than what you need at a meal... To anchor your meal... I do not want

to get into numbers but, you know, 30g or whatever.

P Sometimes I go over 30g in a meal.

S Oh, yes especially if I go out to a restaurant and have a good hunk of something. Do not quote me on the gram-age. I do not want to even get into that.

P I do not either.

S So I have even had, many times, 45g in a main meal and all that stuff. But the point is, is that... The complicated thing is that it can turn to a fuel, even though protein is not a fuel like your fat and your glucose... Your carbohydrates, it can turn to a fuel via a very complicated process if you eat way, way, way too much. It... Do not even worry about that.

[00:25:23]

S The main point is: If you are eating too much you are not eating greens. If you are eating too much you are not eating other foods that you need to balance out your diet. So yes, you can eat too much meat because what are you doing? You are becoming extreme and you are becoming unbalanced and you are not rounding out your plate with the other things you really need.

P Yes, I mean Serene answered it. Nail on the head there Serene. Because,

you know, you can get all you need... All the protein you need if you go into numbers with about 25g. Does not matter if you go over that. But if you are constantly doing huge amounts of meat at every meal you might be imbalanced. I definitely would think it is imbalanced. If I am eating meat I am always telling myself: Where are my veggies here? Because you just get a hunk of meat on your plate and then you put a starch. Well that is a big Crossover but it is really bad if you do not put those veggies in there.

D But hats off to you, Tina, for loving the greatest food ever created.

P Yes, we love our meat. Come on!

[00:26:19]

S Yes, give me a big hunk.

P Yes but no need to overdo it

S Hunk of meat, I have a husband!

D You have got the big hunk.

P You have a big husband.

S He is a big hunk. All six foot seven of him or whatever.

D Big old hunk of Sam!

Announcer Trim Healthy Mama Superfood Spotlight.

S Rye. Simple

P R-Y-E people

S Three letter word. Spectacular. Spectacular. Do you know that rye bread or even rye crackers... I love me some Ryvitas. Wasas? Whatever you want

to call them.

P Wasa or Ryvita

S Yes

[00:27:00]

P Danny, you are making notes on this. Good for you! You are going to learn a thing or two.

S Delicious rye... Rich in rye. Rye controls your weight gain because it suppresses your appetite. Do you know that rye keeps you more satiated? They say actually... Not that we want to go up to... But they say that it can keep you satiated for up to eight hours. More than other types of breads and crackers because they make you hungry. Rye flour is amazing. It is low on the glycemic index. The special fiber is a soluble fiber and it makes, kind of, this gum inside of your... Not gum like chewing gum but like this... When it mixes with the water of your digestive system it makes this thing that sticks to your ribs longer. And it produces comparatively lesser amounts of glucose than other flours. Than wheat and other grains.

P And this is the reason, Serene... I am glad you brought that up... That rye is the one flour that we say, you can eat whole rye without it being sprouted or soured.

S Right! Now you do not want to go to the grocery store and it says rye bread and it looks brown but it is actually molasses coated junk.

[00:28:08]

P Yes. No, no. You need 100% rye and I am telling you... Guess what is made with 100% rye? The Wasa crackers and the Ryvitas are. All they are is rye, salt and water, and so those ones are really great for your meal. I love, love crackers for lunch. I get four Wasa crackers. I smear them...

S Because you can eat a lot of it

P I know! That is a lot of food, and then I have a glass of chocolate milk made with our whey protein on the side and I really get full. And I smear them with Laughing Cow. Obviously, Serene, you would not do that but, you know, I love also a thin smear of tahini. Just to stay within the E grams of fat.

S Yes, oh, yes.

P Then I do...

S Do you put luscious tomato?

P Luscious tomatoes or cucumber are fantastic too, sometimes.

S Oh, yum!

P Sometimes I will do some deli meat but sometimes I do not worry about that because I have got my protein in my drink.

S Yes, the fiber is a pre-biotic. It is incredible for your digestive system. It helps with stomach cramps and pains, which is a great thing for us bloaters.

[00:29:05]

P I need that, yes.

S You know? I put myself in that category.

P Yes.

S But it is incredible. Do you know that children who eat more rye products have a less chance of developing childhood asthma?

P Really

S It is actually incredible, too, for your hormones. They say it is really good for those in menopause. Is that not amazing? Of course we know it fights cancer of the rectal and the colon and many other cancers, just because it is such an incredible high-fiber food and such a healthy pre-biotic fibre.

P Yes, and it is has this incredible... As you said Serene... This binding capacity with water during digestion. And that is... I notice after my Ryvita cracker meals I always feel very full. Here is another thing...

S I am so glad you were not going to say: I really notice after the meals that... Of what come... The good bowel movements. I am so glad you just... And are you not glad that I mentioned it just in case you did not?!

[00:29:53]

P Yes, you brought it up anyway. But I went to ALDI's on Sunday to go get some of their... They have this rye bread. What is it called?

S Oh, no it is German.

P Deutsche Kuche

S Yes, Deutsche Kuche.

P Oh my goodness! Their rye bread is so good. I love it as a Crossover,

buttered. toasted, with fried eggs.

S Oh, that is so yummy!

P I mean, what I so love is its ease. I do the similar thing that I do with the Wasa crackers and it always fills me up. Do you know... It is not... It is like... Almost large pieces of the rye kernels?

S Yes, it is. Which makes it healthier.

P And my ALDI's was closed, Serene. Do you know our ALDI's is closed right now? They are renovating.

S I know. It is so sad. But listen, rye has loads of magnesium and calcium in it. loads. So it is so good for your skeletal health.

[00:30:35]

P Incredible

S I just want to say this: Shout out to the Artisan Sourdough recipe in the book. For all of you food purists

P Yours!

S Yes! Shout out. #shoutout. Yes, it is so delicious and amazing. And it looks complicated but it is really, really, really, really simple.

P And you use rye for your starters do you not?

S Yes! And it is mostly rye and... For the actual bread dough and all the starter is rye. Shout out! Sourdough. Artisan. Bread.

P That is so awesome. For those of us that will never make that we can go and buy it from various places.

S Is it in the latest book or the first Trim Healthy Cookbook? I think the first Trim Healthy Cookbook?

P I have no idea.

S Yes, you have got to make that if you are a purist. A food purist.

[00:31:16]

P Yes, love us some rye. Is it not great that we get to eat grains?

S I love it.

P I love that the Lord made grains. The ancient ones...

S Rye has less gluten than wheat and especially modern wheat.

P Very low on the gluten

S But you know what? We are not gluten-haters because God made gluten. We just do not like the hybridized grains and the modern wheat which is just overly bred to be high in it.

P Yes.

S And we know some people are affected by it but we do not... We are not about jumping onto the bandwagon of the trend of gluten-free.

P No, and before we leave... We are going to say goodbye. We have got another idea for you when you do Ryvita crackers or Wasa crackers. Right? If you take a Wasa cracker on its own and just bite into it you think: Cardboard. But they are really vehicles for what you put on them. And they

are crispy and crunchy. Serene you put them on your salads.

[00:31:57]

S I do and I just... I just crunch them up straight. Like, one Ryvita will do my whole salad for croutons. But you, I have seen, spray a little coconut oil spray and then rub some cayenne pepper and salt on. Onto that spray. It sticks on it.

P I do. I love to season them like that. And they are really great... Even for taco salad. Because you can put one Ryvita or Wasa cracker in your S Meal sometimes because they are not very high in carbs.

S Oh, yes, well that is what I mean. I have an S salad all the time and I put one Ryvita.

P Yes. But for E salads I really go to town but I was going to give you this other idea before we go... For crackers for lunch, load them up with, for E, refried beans, a little bit of salsa, shredded lettuce. Some lean chicken breasts, seasonings, just a tiny bit of garnish and melted cheese to keep with your E fats.

Oh, yes you feel like you are having...

S It is raining tacos!

P For starters

S All over the world, tacos... Have you heard that song? It is awesome!

[00:32:54]

D No I thought you were going to bust out: It is raining men! I was like: What?

S No! It is raining tacos! My children love that song. You have got to Google it. It is awesome.

D Sounds incredible.

P Hey, see you guys. We will be back next week.

D See you next week.