



Trim Healthy Podcast with Serene and Pearl Episode 80 - Uh oh It's almost dinner time What will I make

*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 · J=John

[00:00:00]

S This is not a drink, this is the new Cascara Cold Foam Cold Brew. Craft liquefied, delicately smooth. This is the Strawberry Acai Starbucks Refreshers Beverage; tropics chilled, my 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.

S This is the PODdy with Serene.

P And Pearl

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

J Good people of THM, producer John here sitting in once again for the ever-disappearing Danny Valdes. Guys, what's going on with that guy, man?

P Well, he's a movie star, John.

J I keep forgetting that.

S He's what-if-you-could'ing, he's out there what-if-you-could'ing.

[00:00:54]

J So Ryan Seacrest called again?

P No, actually Danny will be back, of course, but Danny actually has been doing some acting and got a big part in a movie. So when it comes out we're going to tell you all about it and you can go see your Danny Boy on the big screen or I think it might be for TV, I'm not sure.

S But nonetheless, we're so excited, go Danny. What if you could, Danny?

P I know what if you could, right?

J Well, welcome to the PODdy, I'm going to get out the way and let you guys do your thing.

P And we have a good one today. We've been lately talking about the things of the spirit, the things of the mind. Talking about the background to why we do this because isn't it 90% all in the mind of, like, our thoughts?

S Totally

P We just came back from California and Serene's just saying “totally” every second.

[00:01:43]

S And I don't even do that, I'm not one of those people that go to France and pick up some kind of French twist to their way of speaking. Like, literally, I totally... We went to California and it wasn't something I was trying to do, I don't even think it's cool to say totally, but every second word has been, totally.

P I don't know what it was.

S What did I say before? Totes?

P I think you did or you said yes, exactly, Pearl.

S I can't even remember saying exactly.

P You said things like, Pearl, right on, too right, 100%.

S 100% is what I said, yes.

P Yes, you were a 100 percenter, but today we're going to get practical, everybody. And I know this happens to you. Or maybe it doesn't if you're like Planner Pamela. But we love our Planner Pamela's, but you don't need to listen to this PODdy.

S Pearl is not a Pamela Planner.

P I am not.

[00:02:35]

S And I especially just fly by the seat of my pants.

P Yes. And so what happens, you get to 4:30, 5:00 PM, your day...

S Call it 6:00, why don't you?

P Even at 6:00 pm although the children are literally starving at 6:00 Serene.

S Because sometimes we might eat a big thing at 3:00 in the afternoon and afternoon snack turns into a meal.

P The hours between 5:00 and 6:30, you do not yet have dinner ready. You don't even have an idea, okay.

S You don't even realize the name of the day, what day of the week it is.

P And so that is often the time where you make mistakes, you're like, sorry, it's too late, let's call in pizza. Call in pizza, honey, can you go through the drive through, honey can you...? Let's just get that box of mac and cheese, I can't do this.

S You know it's the uh-oh moment? It's ouchy and it's painful and Pearl's right, it's where we fall off of the wagon.

[00:03:29]

P But fall no more, Serene and I have our **“Top Ten Uh-Oh”** it's dinner time and I'm not prepared meals.

S Now these are pretty personal, we didn't scour through our books and think, uh-oh, what would be some good meals we could choose for them? No, this is just literally what we do.

P There are no recipes, we're not sending you to page 246 of Trim Healthy Mama here, or another book. We're just telling you what we do off the seat

of our pants. There won't be special ingredients, there will be basic foods, this will be short prep and it will be yummy and you can do this.

S Can I start?

P Serene, I was going to start, but you're number one, okay.

S But guys what? The last should be first and the first shall be last, Pearl. That means I should be going last, anyway. My first little...

P Number one, everyone, get your pencils and paper.

S Number one, and don't spew as soon as you hear this word, if you just don't like the ingredients I use, just change.

P To what

[00:04:26]

S I do tilapia and non-starchies, okay?

P What's the name of your meal?

S I get a big pan, a huge baking pan. These are like one of these ones you see if you get catered food for a wedding, those kind of big, silver pans. But you could use your regular Pyrex.

P You do the big pan because you have such a huge family.

S Yes, and I have no time to thaw because, guess what? Remember, I forgot, it's my uh-oh moment.

P There is no thawed meat in uh-oh moments, we have to keep that in mind.

S Yes, so I put the tilapia because tilapia is thin, it's a flaky white fish, you see. I wouldn't do any thick salmon pieces or big chicken breasts.

P A lot of people though, Serene, they have issues with tilapia. They think it's really inferior fish.

S I know, but I actually read in a book, Dr Perricone, and he was talking about how out of all the farm raised fish that tilapia was not as fed the junk.

[00:05:15]

P It's definitely been given a bad rap on the Internet. I actually have a friend that farms tilapia and she's like, the things they say about it, this is not true. But listen, if you want to believe that, it doesn't matter, you can get another white flaky fish.

S Swai, I saw that at Walmart. I don't know what it is, S W A I. I mean we don't necessarily want a bottom sucker fish. Anyway, who cares?

P No, but anyway, just white flaky fish

S This is the point, my point being, is Uh-Oh's wreck you more than tilapia. So, tilapia and non-starchies. I actually spray the pan out real quick with a little non-stick healthy coconut oil and I put the tilapia down. And then I put a few seasonings on the tilapia, anything I want; black pepper, cayenne pepper, onion powder, garlic powder, a little soy sauce, a little hot sauce. I go to town, anything, it's no specific recipe. And then I get a bunch of non-starchies, frozen, because the frozen just melts down.

P Good for you

S But good, organic if you want, packed fresh from the farm, and I just do broccoli, cauliflower or cauli rice is a good one because it just breaks down really easy. I love Brussel sprouts, so I have... I mean, just whatever. Is it peas for you, what is it, your favourite non-starchies?

P Hold on. So you are putting this fish, frozen fish, on your pan and then pouring the veggies around it?

[00:06:34]

S Around the sides, this is a casserole dish.

P And so you're pouring the veggies around it

S Frozen veggies, everything's frozen, mate. Stick all your spices in and dollop butter on top. This is an S meal, so you can dollop it good.

P Or coconut oil?

S Or coconut oil or red palm oil, but you're not going to use that, but I do.

P How do you bake it?

S I bake it, like at first I turn her up, man, 400, and I get it thawing out and cooking and getting all the juices going and everything. And then after I feel like it's getting going, I might turn it down or I might not, but I just keep stirring it every 15 minutes.

P Does the fish break up then, because fish is very breakable.

S Yes, it breaks up.

[00:07:11]

P So this is like a...?

S It ends up being the most amazing, succulent... Looks like you had a skillet top dish.

P Wow, so the fish starts to break up into the veggies.

S And while it's baking I quickly boil up a lovely pot of brown rice for my children, usually brown basmati because of the lovely flavor. And so what I do for my husband is I put one or two tablespoons on top and it kind of has a good texture. Or you could use up to a quarter of a cup for an S helper or something. And my children have it with brown rice all through it and throw on the extra soy sauce when it comes out, it's delicious. Frozen fish and veggies, a flaky white one that...

P Now, can I just ask you one question? The fish cooks quicker than say, a piece of broccoli. Does that matter in the end because it's getting all tossed?

S It doesn't matter in the end, this is uh-oh.

P Yes, it's uh-oh and it all comes out in the wash.

S And do you know what's really good? Frozen spinach, the spinach is amazing. Spinach, broccoli and cauli are my favourite. And a few green peas.

[00:08:07]

P You could put tomatoes from a can in there too, anything.

S Anything

P That was number one and that was your...

S Guess what? I've had people over for dinner after an uh-oh moment like that and they love that.

P Yes, sounds delicious. I've never made that and I'm going to.

S And the puristy stuff? I do the tilapia even though I'm a purist, guess why? Like I said before, it's better than husband bringing home pizza.

P Yes, exactly. So mine, this will be number two guys, cabbage and sausage, but you can put bacon in there too, and it's a skillet meal. We did sort of put this in the second book, but there is no recipe to it, okay? I use turkey sausage and if you want to put some bacon in there too, throw that in your pan. I actually season it a little more, maybe some Cajun seasoning, and throw it in a big skillet and brown it. That is going to take you four minutes, less than five minutes, to brown it because these meats are already precooked. Take them out, put them on a big plate. And now, get your cabbage. Often we always have one of those cabbages rolling around at the bottom of the fridge.

[00:09:16]

S Of course you do because you buy it and you think you'll use it and you never do, so it's going to be there.

P Or you can use the bagged coleslaw. Now throw that into the skillet with the nice seasonings from the sausages... The pan is really well-seasoned, you can put a little butter in there if you need to. Cook it, it will take you

less than ten minutes, probably five. Then toss the two together, oh my goodness, you have a meal. It was a ten-minute meal and it's delightful.

S And can I just tell you another idea if you're a fish lover and you don't have bacon and sausage in your fridge, which is something I rarely have. I've done that same delicious meal with canned salmon, wild salmon, Alaskan salmon.

P Really, with cabbage

S So good, amazing especially if you have red palm oil and you make it really kinda ethnic, it's so amazing. But just with butter too, it's really yummy.

P I can see that.

S Yes, it's really yummy.

P Okay, number three, Serene?

[00:10:11]

S Taco Salad night is a go-to for me.

P See, my number three was Taco Salad too, so let's describe it.

S Do you know why I love Taco Salads, because it's when the children cook for me, because they love to do it. I have one person that quickly brown up the ground beef.

P Now let's talk about ground beef. When we uh-oh, we have not thawed meat, people. That's why I like taco salad because you can do it from frozen.

The way I do it, and I never... This might be a tip for you, I never buy meat in big 3 or 5lbs. Even if it costs me a little more, I'll always buy it in 1lb little rolls because it's so much quicker to thaw, so you can put two or three in a pan, put the lid on which gets it done fast, and then go back to it every few minutes and just scrape it and stuff.

S The good old scrape.

P The good old frozen scrape, mate. It'll be done in a good 15 probably, from frozen to done.

S We are not talking here at this podcast about the special schools of how to preserve every nutrient, this is uh-oh.

[00:11:14]

P We're just getting it done.

S We're ticking off the uh-oh and saying, we did our best. So with taco salad, I don't do it with the corn chips. I buy organic corn chips from my children because I like corn to be non-GMO, ALDI's has it for pretty cheap, Blue Corn Chips. But my husband and I just take a Wasa and crumble it up on too.

P Yes, so you do your taco salad as an S meal usually, so you have cheese.

S Yes, the sour cream, I'm not much of a sour cream person, but my husband loves that. And the tomatoes and the jalapenos and the onions and the olives and the... I actually also have sliced cabbage because it allows for crunch.

P Nice, so you do a sliced lettuce and cabbage?

S And if you ever go to Trader Joe's... Am I allowed to say this in this podcast?

P Yes.

S They have these Norwegian, gluten-free seed crackers that are only 3g of carbs for one big, thick cracker and they're so crunchy, they're crunchier than corn chips.

[00:12:07]

P Yes, you're always eating those.

S Yes, so I put those on my S Taco Salad and that's really yum.

P Yummy I just want to ask you about, because I'll describe my E taco salad now. You are a purist, I never see you eat... Sometimes I do if I make something, like regular, grated cheddar cheese. You're always like, give me some really aged Gouda or a raw cheese.

S Yes, I'm going to my fridge and grating my aged Gouda on it. My children don't love that, they love the regular old cheddar, so that's what the family has. And I have my little tweaks on the side.

P Serene said, and honestly, I'm having taco salad once a week in my house because I have these uh-oh moments all the time. Serene did the S one, so let's just go through it if you're a Trim Healthy Mama beginner. Let's just go through it. You're going to brown your meat, you're going to have chopped lettuce or cabbage or both. You can have chopped tomatoes, you can have olives, you can have grated cheese, sour cream and salsa.

S And I like to have a few black beans, organic canned black beans.

P Yes, just less than a quarter of a cup if you want to do an S, but for your children of course pile those on, give them a Crossover.

[00:13:09]

S That's the way that this meal becomes inexpensive for my large lot too.

P Yes, me too.

S And so I usually like to prepare the beans from scratch myself, but this is uh-oh, there's no beans.

P No, there's no beans prepared at this point.

S No, so I always have some cans of organic black beans there, I buy them at ALDI's, they're real cheap.

P And I agree, you can do way less meat, which is a little bit more expensive if you use more beans, and the beans fill the children up. I pour so many beans on my children's taco salad plate and they love them.

S Yes, they're not hungry afterwards and then they need less corn chips too.

P Exactly, okay, so Serene gave you an S taco salad, I'm going to give you an E. Same principle, but do a 96% at least lean meat at the beginning, like a turkey. but if you don't have that because this is uh-oh.

S Deer too

[00:13:50]

P Venison, you can use actual beef if that's all you've got, but rinse it well under hot, boiling water once it's browned and that gets that fat out, so then you're left with lean meat. Now you can do a whole bunch more beans.

S That's a good superfood trick, I don't know if you read it in our book, but it's an incredible superfood trick because you can take regular old Walmart meat. Get rid of all that hormone-filled fat.

P The toxins are in the fat.

S And then for an S you just replace it with healthy coconut oil. But for an E, for this purpose, you keep it.

P Let's leave the fat out. And I find I also don't need as much of the beef because I'm doing more beans with the E. And beef is so high in protein anyway, you just have a little bit and then you've got more beans for the protein anyway. I really load up on the beans, you can do a little corn if you want to and then keep your dressing lean. So what I do is just on my lettuce I'll put my little bit of meat and then my beans, maybe some corn. I'll do lots and lots of fresh tomatoes.

S But you've used Greek yogurt for a sour cream?

[00:14:50]

P Yes, Greek yogurt, you don't know the difference. I love a Greek yogurt on my E. And then you can top it with some baked corn chips, it's delicious.

S That's so good.

P It's filling. And the children love it too. And of course the children's become a crossover because they can put grated cheese on theirs.

S And if you're diabetic and you can handle corn, flour stuff at all, say for some reason, maybe there's many that can, just crack up your Wasas, the rye is a lot slower to be digested.

P And we talked about rye a couple of weeks ago on our podcast.

S I love it, Pearl. So the next one for me is...

P What are we up to? How many was that? That was number three.

S But it was a three with a twist. Number four, it's going to sound like good old birth right porridge or something, but Lentil Soup.

P No, you go Serene, you go girl.

S Actually, the way I make it is quick because I use the red lentils and they smush up in no time, especially if you get it boiling.

[00:15:51]

P So what we're saying, you're thinking Lentil Soup and it's 5:30 in the afternoon? Yes, lentils are one of the legumes that actually don't really require rinsing.

S And I tell you what, my family is a fluff family. If there is something to cause the fluffs, it will happen in our family.

P And my fluffs she means the toots.

S That's why I prepare most of my beans from scratch, I like to soak them overnight and rinse the water so many times. With this Lentil Soup I never hear a toot, nary a toot.

P Nary a toot, if Danny was here he would be going to town on that.

S Yes, so the red lentils and I do 4 lbs of lentils because I'm cooking for heaps of people and when I make a soup I want it for leftovers, I want it for lunch the next day.

P Okay, so everybody you can just...

S Just 1lb

P Half that or quarter it, yes. 1lb is fine for most people.

[00:16:41]

S But anyway, there's actually a recipe in the book, if you have the book it's the Moroccan Trade Winds Trimmy Bisque. And so I put the spices in, you don't have to you can just do salt and pepper, onion powder, garlic powder, some sliced up onions, whatever. You don't have an onion? Who cares, don't.

P But the lentils with water, and it's about for your pound of lentils you're doing about a quart and a half of water.

S And I take frozen chicken breasts and stick them in a pot next to the lentils.

P Do you?

S Yes, and I bring it to the boil and then I turn it down, they're simmering. While the lentils are simmering then I sieve out the water of the chicken

breast and get one of my daughters to just kind of hold the fork and the hot breast on one side and she just chops it up. And I throw that in there, so I've got my yummy meat protein, this is kind of an E, and then I actually...

P Well it is an E.

S Why it's called Trimmy Bisque is I put some hot water in a blender with a little gelatin or collagen, some kind of good bone stocky kind of protein. Put a little bit of fat, enough for a teaspoon per bowl of ghee, coconut oil, butter, whatever you want. And I trimmy that out with more flavorings that we're going to put in the pot so this creaminess goes into the lentils so it doesn't feel like water and lentils. It gets to be more of a rich flavor profile too.

[00:17:57]

P And I love Serene's Moroccan Winds Trimmy Bisque. But hey, if you think I don't have that collagen, just lentils and water actually gets lovely and thick and it's fine if you...

S And my children have it with buttered toast and they love it, and a glass of milk. And I just love my Moroccan Trade Winds Trimmy Bisque just by itself. But if you don't have the book, just make it simple like we said, or just maybe a Wasa on the top.

P Yes, or you could do a little side salad with a lean dressing, you're an E, and of course children can put grated cheese for a Crossover.

S What am I talking about? Pearl is a famous Lentil Soup maker of all time.

P I know I was trying to put myself in there.

S After I've had a baby, nearly every time she will bring me a big pot of lentil soup for my family, it's delicious.

P I'm telling you, and we've said this before, when Serene and I first started this plan we were poor gals and we were talking more than penny pinching, we were hard-up for money. And Lentil Soup is what my children grew up on, they look back on it so fondly. It's the cheapest meal you can make.

[00:18:58]

S I put the chicken in it because I love it and that's because I have frozen chicken a lot because I have a deep freezer full.

P I never did it, I never put the chicken in.

S No because you were too poor for that, but anyway, say you don't have the chicken, not every meal has to be the perfect amount of protein, especially if you do have some gelatin on hand and you want to put that in with the Trimmy Bisque.

P Put some collagen in.

S That's what I mean, collagen, gelatin, anything so you're adding more of a bone stock in that way. And the lentils have some protein, it'll just be a lighter protein meal. You're going to live, it's going to be better than bringing Chinese home.

P We want to talk about Nutrafol. And we talked about this once before here and we got so many questions about this product.

S This is what I love about Nutrafol, it's not just some magic pill where they're just throwing a bunch of medication or even herbs at somebody, they have done their research. It's not a one-product-fits-all, they have products specifically designed for women and products specifically designed for men. Because our hair thinning issues are different between the sexes and I love the fact that they've realised that, they've done their homework.

[00:20:07]

P Yes, we get so many questions about just hair loss. On Trim Healthy Mama we do things in such a balanced way, even to lose weight. But for some reason, some people no matter what will shed hair as they lose weight, it's just part of the process. But there are other times when you can shed hair, postpartum, different hormonal seasons that we all go through. And so, so many women say, but what can I take for this? And finally we have something that we feel really good about.

S Because it's 100% drug-free.

P There hasn't been any real advances in hair loss in actual things that you can take for hair loss in decades, but this product has some incredible botanical, natural, powerful things in it to grow hair.

S I love this formula because it multi targets many issues that could be your issue so that you're covered. If you're a woman, you take the woman's formula and you're kind of covered.

P Some of the ingredients in there, they actually raise libido too, win-win.

[00:21:07]

S Which I love because normally hair thinning formulas lower that.

P I know, things that... Propecia, those things, they're dangerous. They completely mess up your whole sexual function and your hormone... Don't do that. If you're wanting to just... Really longing for your hair to come back in, Nutrafol is the way to go.

S It doesn't have side-effects, why? Because it's not medication, all it does is it nourishes the environment that makes hair happy.

P If you want to get your first months' supply with subscription for \$10, visit nutrafol.com, that's N U T R A F O L dot com and put in the promo code trim healthy during checkout.

S And the way to remember the name, Nutrafol is because it's nutra-full, people. I'm telling you what, it's just full of nutrition for your hair.

P Visit nutrafol.com and put in the promo code trimhealthy during checkout.

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

S I'm Serene.

P I think it's my turn. This is so yummy, you can do this for breakfast, lunch or dinner, but I actually love it as a dinner. Fried Cauli Rice with Soft-Boiled Eggs.

S Yum, I love it.

P I've actually shared this on the Facebook post and I just did a little picture.

[00:22:28]

S Did you get that from me? I did a video way back when at your house.

P I don't know, I just thought it was my own recipe from a video.

S You stealing thief.

P This is so good for din-din. You might think about it for breakfast, but it's so nourishing and warming for dinner and children love this. I love to have, like if you have a bag of frozen cauliflower rice, or two, just have them already done. If you don't have them already done, and by done I mean you put them in a saucepan and you put the lid on, maybe a couple of tablespoons of water. They just cook because they release their own liquid and so you don't really need to add a bunch of water.

S Or drain them

P No, actually there are directions on the back of the cauli rice packets.

S And follow those, because I've done my own directions out of my head and we had some really al dente, weird crunchy stuff.

[00:23:16]

P Here's the key, I don't want you to have al dente cauliflower rice, it's got to be nice and mushy, it's got to be soft. And my mushy, don't be turned off by that, it's delicious. Any time you go to the grocery store and you see cauli rice please buy it because you will be using it. Just cook it up, leave it in the fridge and it basically takes 15 minutes to cook. So let's just say we

didn't have it in the fridge, we're going to cook that. Now, while you're doing that, put some eggs in a pan... We're going to soft boil some eggs and Lesley here, our British Lesley, she knows how to do poached eggs, but that's another story.

S She's amazing, we're going to have a video of that.

P My soft boiled ones are about eight minutes, seven to eight. Some people like them six, but I don't like them runny inside, I like them almost done. You could do them fully, like a ten-minute boiled egg, but I like a seven to eight minute egg where they're just still delicious. So put your cauliflower rice in your big skillet, now season it; salt, pepper, nutritional yeast.

S Nutritional yeast, amen, I almost can't cook without it.

[00:24:28]

P Coconut oil or butter, get some fat in there, we're going to make this and S. And it's going to be a good S, I want it sustaining you and you're feeling like this is good tucker, right? Boil your eggs, when they're done just peel them as you do Serene's trick. Throw them into a cold ice bath with water and the peels will come right off.

S Yes, so you don't bring the eggs to the boil in the water, you gently place the eggs in rolling boiling water and that way it shocks the membrane under the skin. And then when you're ready after about, whenever Pearl said, then you put them in a bowl filled with ice water, you actually have to see the ice.

P And then they peel so quickly.

S Yes, you leave them to sit for five minutes, but then the peels almost fall off when you just run your fingers around it.

P With this meal I don't like to leave them for a long time because I still like them warm on my cauli rice.

S What I say, and it's kind of very, very interesting, I don't know, everyone's personality is different. For my personality, if the yolk is at all soft, I have to have it warm.

P Yes, me too. If it's soft it has to be warm.

[00:25:29]

S Otherwise it's a booger.

P Yes, gross. Then just put a plate down of your cauli rice. Now, if you have children you can also have a bowl of other, wholegrain rice and mix it in with the cauli rice.

S Yes, then they won't even know they're having cauliflower.

P I promise you they won't know. And then put your eggs on top.

S But don't write to her if they do.

P Put your eggs on top, your soft-boiled eggs, you can have two or three. You can have three eggs, it's dinner time. Put some salt and pepper on them and drizzle some more olive oil, or a good oil.

S Get that fat in. And it's not just about being sustained, it's about your hormones being absolutely nourished, it's about honoring your body and

it's about anti-ageing and it's about your hair and skin being just so healthy.

P Yes, I'm telling you, that's a good meal, I might have it tonight because I have not sorted out my meal tonight.

S Neither have I. And while we're on the... And this is what I did last night, I had an uh-oh moment last night.

P What number are we one?

[00:26:27]

S I don't know, I've forgotten the count. While we're on the subject of hard-boiled eggs or boiled eggs that were soft boiled, I do a hard-boiled egg usually, but if we don't have any eggs I have a few cans of tuna, we'll do it with tuna. But I do a salad bar night, it's just quick. If I have a quarter of a cabbage in there, I bring it out, I slice it up. If I have a few halves of tomatoes in my fridge, I bring them out, I dice them up, whatever's in there, let's clean the fridge out. If there's a few olives in there, we bring them out, whatever there is. And we have the yummy, big bowl of salad, the greens, put the olive oil out there.

Don't make a dressing, you don't have to. You put the balsamic out, put the soy sauce, put the mineral salt, put the nutritional yeast. If you have nuts, peanuts, sesame seeds, whatever, just put it all out there and the children make their own.

P Cubes of cheese.

S Yes, cube of cheese, they love it. My children love build your own salad night.

P Your protein is either the boiled eggs or the tuna, what cheap ingredients, inexpensive too.

S And we had it last night and my husband looked at me and said, I really enjoy a salad and he hates salad usually, if he has a choice to have it or not, he doesn't have it. But when it's the special night...

[00:27:37]

P What was the difference having a husband say that he likes salad, what's the different psychologically? Is it because it's set out on a bar?

S Yes, it's just like it was an event, it wasn't just some kind of side that he had to have, it was just... I don't know, it was big for him, it was nice and hearty, he was really in love with it.

P That good, so we'll call that Salad Bar Night.

S If you don't have tuna and you just have some leftover chicken breast or you just have deli meat, whatever, it's just such a... You've just got to get some protein in there.

P My next one is, I call it, Sandwich Night. It's just easy, I love to do a sandwich for dinner but here's my trick, it always has to be heated. So even if I'm doing an E, and I'm going to tell you how to do an E, it's always hot in the pan. Because dinner time, I like something hot, even if I'm having a salad, my chicken or my protein has to be hot. Otherwise I feel like I'm

having lunch, dinner has to be hot for me. And so my sandwich has to be hot and so I'll go certain ways and my children love a good sandwich too, for dinner. And then you can have the sides, depending on what you're eating.

[00:28:52]

P Let's say you've got sprouted bread and you're going to make an E sandwich, I just get lean turkey breast, Light Laughing Cow. Spread it in both sides of the sandwich, then I get just a tiny, tiny bit of grated cheese, so you're not going over your fat quota. But then you really need to make it luscious, put some sliced tomato in there or something, because you don't want it dry. Tiny bits of onion maybe even some spinach, so good. Then I spray my pan, put the sandwich in or if you've got a big pan do them multiple at a time.

S So you're not using this because you're cooking it, you're heating this.

P I'm heating this and I want things to melt. I even put the lid on.

S That little bit of cheese is helping the sandwich to get all good and melty.

P Congeal and it feels fatty, it's not.

S And the Laughing Cow is part of that sticky stickiness.

P The Laughing Cow is melting, the tomato is oozing, everything is starting to feel like it's got a lot of fat, but it doesn't. And then it comes out and it's hot and then it's so yummy and I'll do a side salad with a lean dressing.

[00:29:52]

S And you are using Ezekiel bread here.

P I am, I like the sesame Ezekiel, the one in the green package, it's so delicious. But if I want an S sandwich, you know me, I'm a Drive Thru Sue, I'll do a Joseph's pita

S Because this is no special ingredients, but if you had special ingredients, that Wonderful White Blender Bread of Pearl's is so quick. So we're talking time here, you don't have time for the whole thing to bake, you just put it in a pizza tray and you just slice your bread that way.

P Exactly, but then you can do more fat, you can do more cheese if you're using the Joseph or you can do a Wonder Wrap if you're so inclined.

S Wonder Wraps are my go-to because they're so quick and all you have to have is a few egg whites in the fridge.

P But most of us, you see, at this point it's 5:30 or 6:00, we're not going to make up a bunch of Wonder Wraps, that's why I'm saying the two obvious choices.

S Yes, that's so true, Pearl.

[00:30:37]

P And my children, they love a toasted sandwich. I'll call that Toasted Sandwich Night. Go, Serene.

S My turn! Super Salmon Patties. I mean they're just so simple, it's just...

P They are in the book, but let's tell the ingredients.

S And I do them a little bit differently from the book too now, I just... How many children you have in the family or if you're just a single person, whatever, it's just how many cans of salmon you want, you may only use half a can of salmon if you're just by yourself. I use about four or five.

P And I'm a two, so you can tell by the different of her family.

S And then I just put in hot sauce [overtalking].

P Yes, but how many eggs? Per can, 15oz can, you have about one egg per can I think.

S One egg, yes. And it doesn't really matter, if you put in more it doesn't matter.

P You can't mess these up.

S Because eggs fritter up, they solidify up. And I actually put in a tablespoon of THM Baking Blend per can.

P But if you don't have baking blend, do not worry, you can use a little Wasa or rolled oats.

[00:31:38]

S Just a little bit.

P Just a little bit because they've got carbs.

S Just enough to make the patty firm

P Yes, it's fine.

S I get the pan nice and good with coconut oil because it's going to be an S, that's little bit of grain is just enough.

P Do you put onion in there?

S Onion powder, you can put sliced onion.

P I do like it.

S Yes, that'd be great. And you just fry them up on the side and I usually have a girl doing that while I make the homemade ketchup. And all that is, is you put the tomato paste, a couple of cans, in your blender and you put about half a cup of apple cider vinegar and you put a few doonks of stevia or whatever sweetener you have, a bit of Sweet Blend. And then black pepper, onion powder, salt and then whizz it around and add enough water to get it to that perfect ketchup consistency, it's delicious.

P And on the side of these salmon patties you'll have...

[00:32:32]

S I have them like that with salad, I dip my patties into the ketchup and have a salad on the side. My children love to put it in bread and make a sandwich.

P See, when I do salmon patties, I like to have steamed broccoli with butter on the side or something like that.

S And what I do is as I'm making them, I just stick them in the oven on a plate so they stay warm.

P Yes, because you have to sort of do them in batches when you've got a big family. If you don't have a big family you'll be done in one go... If you've got a large skillet you'll be done in one go. And do you notice something about everybody listening? You notice Serene eats a lot of fish, hey? Almost everything she's saying is tuna or salmon. Sometimes I think we're doing a bunch of recipes and we forget about fish, but fish is so important.

S It's so funny, we created these recipe books, this is not to dis the recipe books because I think they're fantastic. Do you use your recipe book?

P Yes, I do.

[00:33:21]

S I do, but how often

P Most of the time I'm just doing my Sweatpants Meals, which these meals are, so I'm not... No, I mean I'm not doing a lot of recipes.

S The point being is, you don't have to be a gourmet cook every night.

P No, you don't.

S Usually my life is uh-oh.

P You see, we put some of the uh-oh recipes in the book, so that's why I refer to them, how much should I put of that in, sometimes.

S But our life is wonderfully, joyfully, chaotically hectic. I hate to pronounce that over myself, but it is very busy. And so it's just get-it-done meals, but they're delicious, they're quick.

P And if you're not going to... You don't have to make the ketchup that Serene just said, I never make ketchup when I do Super Salmon Patties.

S You like them with hot sauce?

[00:34:09]

P Yes, I do. I don't even know what I have, I just think I eat them with a salad, I just like them.

S And they're so healthy because you've got the bones in there from the wild canned salmon.

P Don't let that put you off though.

S I can take the baby, my baby's doing a quiet... Our sweet co-producer Lesley has been holding Solly because she's getting opinionated these days.

P Yes, Solly is. And I don't know how many we've done, but we've got time for one more, Serene. Or two, but what about Breakfast For Dinner? You can do scrambled eggs, you can do bacon and whatever low-carb bread you have, but I don't worry about the bread. And I love pancakes actually.

S Pancakes are so easy.

P They're so easy.

S Which ones do you make? The cottage cheese..?

P Yes, although if I'm having eggs and bacon for dinner, I will make the ones with our Baking Blend. And they're in the book.

S But that's special ingredients, but that's all right.

[00:35:13]

P Yes, so let's not talk about that then, let's do the E and they're not special ingredients. So Trim Healthy Pancakes are great for dinner and then you can do a couple of slices of turkey bacon, maybe some egg whites on the side.

S And if you don't have the book you can look it up online.

P I'll tell you. It's one cup of cottage cheese, one cup of egg whites and one cup of oats. Blend it together with a little vanilla and a little stevia sweetener, that's it. and baking powder, two teaspoons.

S They're yummy, and then you get your berry mix and you thaw it out in a pot real quick, because this is uh-oh, you're not waiting.

P You can do that, but I don't even do that, I just... This is a trick, while my griddle is heating I put a dinner plate with berries underneath it, it slides underneath it, like you get a really low plate. And the heat from the griddle thaws them.

S If you all you have is a mix of those big, fat strawberries you're going to have to put it in the pot. And then if you have time or if you have somebody there, and you don't have to do this, and if you have the one special ingredient, gluccie. you just throw a little bit of water in the pan and a little bit of gluci, whisk it in, throw some vanilla and some Gentle Sweet, is it?

P Yes.

[00:36:17]

S And if you have caramel flavouring or maple flavouring, you can make your own syrup, it's delish.

P Okay, I think that was either nine or ten, do you have one more though?

S I make Thai Lullaby Trimmy Bisque all the time, but you don't...

P That sounds like a name, you're cheating.

S I know, it's in the book, but I want to tell you how quickly you can do it. You've got coconut milk cans? Throw it in your pot. Or do you have some frozen chicken? You can do what I was doing with the Lentil Soup, you just quickly bring it to a boil, cover them with water, the chicken breast. Bring it to boil and then turn it down, simmer until they're tender and then put them through a colander and then just slice them up. They're hot, they're boiling, but you hold a fork in one side and a knife in the other and you just quickly slice them up and you throw it in the coconut milk. But if you don't have that...

P Hold on, you're putting coconut milk in a pot?

S Yes., but if you don't have the chicken and you have canned salmon, throw in canned salmon, that's even quicker.

P But I'm not understanding. Let's say I've never seen the Trim Healthy Table Book. Coconut milk with that, chicken stock or water?

[00:37:11]

S Or water.

P How much?

S It just depends on how many you're making this for. If you're just doing it for a smaller family, a couple of cans of coconut milk, maybe two quarts of water or two...

P That's still a big family, she doesn't know what a small family is.

S Or one quart of chicken stock with two, maybe. And then if you don't have chicken stock you put hot water in a blender, add a bit of nutritional yeast, add a little bit of collagen or gelatin and a little bit of coconut oil or something, you're making a trimmy. Blend it up, pour it back in and then you just...

P What do you season with?

S I like to have on hand Kitchen Thai or Taste of Thai, it's like a green curry or a red curry, but it's not really a special ingredient, you can buy it at Walmart.

P No, everyone has that. How much do you put in?

S I make cauldrons, Pearl, but if you were going to put it in just try a teaspoon at a time until you get the right flavour. And a little bit of fish sauce, it says it has sugar in it, but there's hardly any carbs, it's like one of those things like mayonnaise.

[00:38:05]

P Salt

S Yes, mineral salt

P Season to taste

S Yes, onion powder, garlic powder, a squeeze of lemon, always, a little Gentle Sweet, always. Because it gives it that little sweet kick, Thai food often has that.

P So your Thai Chicken Soup is actually, it sounds so labour-intensive.

S It takes 20 minutes.

P But it's actually an uh-oh meal.

S It's no more than 20 minutes from start to finish.

P Because you're cooking the chicken the same time as you're heating the veggies. What veggies do you throw in?

[00:38:31]

S Frozen, anything frozen, frozen cauliflower and broccoli, snap peas, anything. They'll be fresh.

P Sounds amazing. I've never done that as an uh-oh meal.

S Thai soup is...

P I've always thought that sounds so... I'm never going to make that, that's so labour-intensive.

S And if you have any Trim Healthy Noodles in the cupboard, then you just put them through the colander, cut them up a little bit with scissors and throw those in. I'll tell you what, I had the Thai Lullaby Trimmy Bisque.

P Let's just call it Thai Chicken Soup for now.

S I put matcha in it too, sorry. My children go to sleep perfectly fine, gives it that little bit of a boost of antioxidants and it's just incredible.

P Yes, you don't need to, but that's amazing. So I can make Thai Chicken Soup tonight in 20 minutes for my uh-oh meal.

S Yes, really you can actually make it in ten if you want to do it with canned salmon. It's just enough time for the frozen...

[00:39:16]

P I'm going to go put in two cans of coconut milk, light or heavy?

S Heavy

P And then I'm going to put some chicken stock or water and then seasonings and then in my other pot?

S If you're doing water, you make the Trimmy. You put a little bit of protein with it, collagen or gelatin, a little bit of an oil, like you're making a Trimmy in your coffee and you do it with the hot water and you just...

P Got it. So while that's heating up with my frozen veggies, I'm poaching some chicken next to it then I cut up the chicken, add it to that, put in my curry and my fish sauce if I have any. I don't have fish sauce.

S Yes, onion powder, garlic powder, a little Gentle Sweet, a little...

P And so you just have the soup, the kids probably have, what, toast with it? The kids have rice with it, I bet.

S Total rice, and if we don't have time to make rice, because we don't have rice, it's an uh-oh, it's just toast and butter for them. And I just love it just the way it is, bowls and bowls and bowls.

P That's awesome. Time for our Superfood Spotlight.

[00:40:13]

Announcer Trim Healthy Mama Superfood Spotlight.

P It is only befitting, since we've been talking about salmon on these uh-oh meals, that it is our star today.

S It's an uh-oh cupboard... Back of the cupboard there's always a can of salmon, in my house at least. What about you, Pearl?

P Yes, mine too, absolutely.

S Because I always when I go grocery shopping, I think I might make salmon patties this week. And many times I may not make them, so you always...

P Right, so you probably have about 12 cans in there now, I bet.

S I love salmon, everybody knows it's high in Omega-3s, which lowers your inflammation in your body. But it's also high in B vitamins.

P Well guess what? It is the highest though of all.

S B vitamins control inflammation too, you see. It's amazing, it's vitamin B12, vitamin B9, B6, B5, B3, B2, B1, it's loaded with the Bs. That means anti-depressive, it's the happy fish.

[00:41:17]

P It's the happy fish for more ways than one because, Serene, it is one of the highest, actually the highest, food source of DMAE. You know what DMAE is? It's called dimethylaminoethanol, okay, I botched that.

S Just say DMAE.

P The richest form in the world is actually found in sockeye salmon because it's so bright. But DMA firms and lifts your skin and brings tone to your whole body.

S Yes, now there was a Dr Perricone who was a dermatologist doctor, antiaging doctor. And he would say the more salmon that you can eat, the more you're...

P It's your beatifying food for your skin.

S You're helping yourself age gracefully.

P But we're talking about the B vitamins, but it is also essential for the brain health, DMAE, especially for children that suffer from hyperactivity or what they term ADD. Things like that, because it causes the ability of the brain to be able to concentrate, to be able to slow down. DMAE is just absolutely essential. You know, you can buy it in supplement form, but why not just eat it? Any time you eat something in a whole food source your body knows a lot more what to do with it.

S Yes, I just love it. It's super high in potassium too, which of course helps with blood pressure. Many wives are worried about their husbands and their blood pressure.

[00:42:36]

P Imagine if you're eating it more, but just one serving of fish a week, heart disease is significantly reduced. So what happens if you're doing it two, three, four times?

S Exactly, I absolutely love it. Selenium too, Pearl, it's loaded with Selenium.

P And we need selenium, for what, for our thyroids, Serene, for it to run properly. Selenium protects against all forms of cancer too.

S Yes, I love it. And it probably being a fish, an ocean fish, there'll be some naturally occurring iodine, correct?

P There is, it's a really good form of iodine.

S And so iodine and selenium should be had together.

P Absolutely, if you're hypo and your thyroid's not working properly and if you've got antibodies showing in your bloodwork, get you some salmon. Now I know that a lot of people think Serene and I do a lot of canned salmon, but we also do frozen. Fresh salmon is going to be expensive, it's sort of out of our budget when we've all got families.

S No, I can't do it. But do you know when I like to do that? When I go to a restaurant.

[00:43:31]

P Yes, in a restaurant I'm doing fresh. And you do want wild caught if you can, but if you can't you're still getting a really good source of protein.

S I just get, what is it? Vitamin P. When I go to a restaurant even if it's farm raised, and I'm a bit of a purist, but I'm just like, you know what? There is purism to my P too.

P Pleasure, Vitamin P is pleasure she's talking about, but pleasure and purism. Because it's good for your...

S Because I know a lot of purists and I used to be one myself, that are just like, P'ed off. I've never used that word in my life so I couldn't really bring myself to say it full.

P She's saying the P I S S E D.

S Yes and it's always just seeing the negative, the world is falling apart, the soil is depleted, nothing is good enough and I have to bring my rucksacks into the Whole Foods market and never touch a piece of plastic. It's just so negative and they're so unhealthy. So in my purism I like to throw a lot of vitamin P in there, which means there might be some farm raised restaurant visits.

[00:44:27]

P Yes, it's okay. But you know what? Let's get people over the whole problem with canned salmon and the bones. I used to be weirded out by the too, you pour the canned salmon out and out comes the skin, which is the best part of the salmon for you. And then these tiny little bones, which mash up beautifully and you think, yuck. No, that's where the goodness is, that's where all the good calcium and all the trace minerals all are. So just when you're making these Super Salmon Patties, just look those up, Google them. Because we put the recipe up before, if you Google super salmon patties they will come up.

S And if you want to just put an extra superfood and you have a little bit of special ingredients in your cupboard, you can throw some collagen into the batter.

P Yes, absolutely.

S To add to those bones

P I know. But just mash them up, the bones are going to go away. Stop being scared of them, you won't know they're in there and don't tell your children.

S Please don't.

P But please do eat salmon.

[00:45:30]

Top Ten Uh-Oh” ~ It's Dinner Time and I'm Not Prepared Meals.

1. Tilapia and Non-Starchy Veggies Oven Bake
2. Cabbage and Sausage with Bacon ~ Skillet Meal
3. Taco Salad S- Style & Taco Salad E- Style
4. Lentil Soup
5. Fried Cauli Rice with Soft-Boiled Eggs

6. Salad Bar Night

7. Sandwich Night ~ E Sandwich, Wonder Wraps, WWBB

8. Super Salmon Patties

9. Trim Healthy Pancakes

10. Thai Lullaby Trimmy Bisque Page 186 THT