



trim healthy™ Official

Trim Healthy Podcast with Serene and Pearl

Episode #120 - We Were Obviously Wrong Working Mother Magaly Sets Us Straight!

(Air Date: 05/15/19)

*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.

[00:00:35]

D Women and men, boys and girls, we are so pumped to have you back on another fabulous episode of the Trim Healthy Podcast. We've got a great show and a special guest, but before we get to our specially special guest who brought special treats for us, and we are going to talk about that in a second too. Oh my goodness. A little business upfront, usually we say this at the end, but we definitely want to be real friends with you. Like, right now, the conversation is kind of one way. You hear from us on the podcast, but we want you to see our face and we want to see your face. Head over to Facebook, check out Trim Healthy Mama on Facebook if you are not a follower already.

P No, well, we've got a lot of people on our groups too...

D Private groups.

P Private groups but sometimes people forget that we post on the fan page too.

D Oh okay.

P And the Fan Page brings the best of our testimonies, our recipes, things like that.

D Yes.

[00:01:27]

P So it's cool to stay up with that too.

D So we're on Facebook, Trim Healthy Mama. I'm also on Facebook.

P Yes, Dan-Dan, which is why you are saying this.

D This is the main reason, the point I am trying to get to is to come to my Facebook page. Danny Valdes, the number four, the word real after you have clicked on Trim Health Mama's Facebook page. Check me out...

P He doesn't care at all if you click on Trim Healthy Mama's...

D Well, now, you've got followers. I have no one. Yes, but then we are also, all of us, are on Instagram as well. Trim Healthy Mama, Danny Valdes and then the Serene and Pearl Unshow is on Instagram as well. Is it on Facebook?

P Yes, mate. It's rocking. It's rocking.

D Oh, it's on both. Well, I follow it on Instagram, you know.

P Yes. You are one of the younger millennials who do such Instagramish things.

D I'm so hip. So people, come get with us on socials and there is a party there.

P Can we stop talking about Danny now?

D That was us, we...

[00:02:18]

P No, that was a guise of us, but it was really about you.

D Alright, let me introduce our very special guest, Magaly Weaver. Magaly is a Mexican name and Magaly has a Mexican accent which we find so refreshing.

P I invited Magaly here because of a piece of... I'm sorry. I'm eating these doughnuts, the Trim Healthy ones that Magaly brought...

D Okay, can we just talk about them then because...

P They're so good.

D Since your mouth is full of them.

P Let me see here. You picked them up and where were you? In Knoxville?

M It's actually the lady that I met in Facebook and my friend picked those up for me in Knoxville. Her name is Amanda and her name...

P Shout out to her. She even uses THM Baking Blend.

M She does.

[00:03:01]

P They're called AM Baked Goods. Oh my goodness. I've just tasted the best doughnut of my life.

D Yes, if you've ever had those old-fashioned doughnuts that feel very genuine in their ingredients, they sometimes have like a powdered sugar, not a white powdered sugar but it was like a brown cane sugar or something.

P Oh yes, this is really good.

D Anyways, it's that old-fashioned doughnut vibe that's really tasty.

P So Magaly brought treats.

M So I wanted to bring all the best and on plan, so...

P Yes, I know. They're delicious, oh my goodness.

M And I like to bring the "party" to the PODdy.

P You brought the party to the PODdy and she brought her entourage of friends. We have got a whole like party going here today.

D Party at the PODdy.

P Dana and Carrie.

D And who made the carrot cake? Is that carrot?

[00:03:41]

M Amanda did, yes.

D Is that one of you?

P No, it's a friend.

D Oh, the same lady?

P She's called AM Baked Goods and she has Trim Healthy friendly baked goods there. I mean I'm just tasting it for the first time, lovely. Hey, actually Amanda's Baked Goods, Facebook.com, Amanda's Baked Goods.

D I am getting a photo of this.

P This is a very serious purpose where Magaly, Magaly...

M Magaly...

D Magaly, please, please.

M It's okay.

[00:04:08]

P Magaly, she is here to save the day. She is sort of here to right the wrong that Serene and I did recently according to a listener that wrote in...and I know many of you are working outside the home. Serene and I are sort of, even I am sort of part-time working outside the home with all the Trim Healthy Mama stuff. I would say Serene is more just at home. Even though she is working for Trim Healthy Mama, she is sort of just more at home. She only goes out when absolutely necessary. We got a question in a while back, hey, girls, tell us your best tips for working outside the home. And hey, we thought we did our best, right? I mean I was like, hey, get the crock pot out and we were all sorts of tips and we thought we rocked the question. Well, apparently we did not. Hey, we got this listener feedback from Kim and it's quite long, but she's actually hilarious. We love Kim. She gave us a hard word...

D But in a great spirit

P In a great spirit, she was like a true sister to us.

D She was cool about it.

P And she did sort of gently reprimand us. She said, hey, guys. So we've known each other for a long time now. Well, she says, I know you at least. So in the spirit of Proverbs 27:6, I have to say, this is the first time you didn't nail it, Serene and Pearl. And I kept telling Danny to stop talking but you each had your moments.

[00:05:30]

D My Mom had the same problem.

P Yes. You really need... No wonder you have a hard time, Danny. You're this hard. I said today I was going to read this listener question because Danny is so pathetic at it, but it's hard.

D Thank you.

P I'm so sorry, Danny.

D Now this has been a full circle moment between us, Pearl.

P I am so sorry.

D Which happens a lot.

P I thought I would just take it from you and just be so professional.

D Yes, yes. Let's see it.

P This is a long thing, then we're going to get to you, Magaly, because you are the reason we're all here.

[00:06:00]

M Okay, great.

P She said, you really need to have a full-time working outside the home Mum on your show for a full PODdy. I repeat, a full PODdy. You keep varying to how Sarah could stay at home to make sacrifices. Sarah was the one who answered questions, like not having cable, really Danny, dude. Nobody on THM has cable unless they are leaking money and I say that like you are my brother in my living room because that's who you are, so not being mean here. She loves us, Danny.

D I feel the love.

P Most of us do or already have cut corners like vacations, eating out and all other excuses, expenses to be stay-at-home Mums or even to get by on two incomes. You didn't hear Sarah's question properly. I'm a rare Mum who has been able to be a full-time co-breadwinner and also a stay-at-home Mum twice, one for a year when I got laid off when my first two were eight months and two years, and once when we brought our third child home from China. I am going to skim a bit, whatever. It's hard and so with being a full-time stay-at-home Mum... Okay, she said it is hard, what we said. No, stop it, Danny.

D You're like a C plus.

P No, I'm a D. I rate myself a D, no?

D Well, you're not done yet.

[00:07:11]

P She said, I have felt the insignificance of not having a real job title and contributing an income and the helplessness of not being able to stay home with my kids and be there as much as hubby and I both feel I should be. So she's talking about the conundrum, right. It's hard. Do we stay home...? Do I stay home when I don't have enough money or do I work and what's right and what's wrong. There's no right and there's no wrong basically, she's saying.

P But so now she says, so instead of brainstorming off the top of your heads, we can find ways to stay home. We do that ourselves, even if we don't... She said: Please find someone who has or even better, is a working Mum right now, and

have her come to your PODdy to address practical ways to balance everything, to let things go, to prioritize, to plan, etc. I know you and Serene are both kind of stay-at-home Mums and you both kind of work, but you really don't, sisters. You have more balance in both worlds than the typical working Mum. You've never worked full-time outside the home and you need the wisdom and expertise of a mama who is doing it. Come on, you bring experts all the time, CBD, essential oils, Doctor Lucky, Vange and all that. Come on now, bring us a working outside the home mama.

M I'm here.

[00:08:26]

P Magaly...

M Well, now I feel your pressure.

P You are here today. So we listened. She goes on and on and she was hilarious, and she did this in a state of love and humor. And she told us about her life, but I can't read it all because I'm pathetic at reading. Danny, your job, you have it back.

D You're at a D now, yes.

M Well, I hope to deliver. I mean I've thought of a few things that I do.

P Yes, and so you are here. You are an actual Admin on our Facebook group and I reached out and I was like: Is any of the Admins here working full-time outside the home? You can come to our PODdy and speak and you were like... You were reluctant.

M Well, actually I answered, maybe I was the second to answer and I was like, Well, I do... I can be there, but that's four hours away from me and...

D Mexico is four hours away?

M No, what did I say again? I live in Kentucky, Frankfort, a shout-out to Frankfort, Kentucky.

P But actually, people kept nominating you, right. They were like...

[00:09:17]

M Yes, my Admin friends and some of the coaches were like, come on, you go. I was like: Oh, I don't know. I don't know if I can do this.

D I absolutely love your accent and I'm not done with that yet. It is Mexican, right?

M Yes, I'm from Veracruz. So I mean it could be because I'm from the south.

D South Mexico

M Yes, in Veracruz, south of Mexico and the Gulf.

D Yes, and my Dad is from somewhere around the center of Mexico.

M Yes.

D Yes, but obviously I lost my accent a long time ago.

M Yes. well, didn't you grow up over here in California?

D Well, I lived, until I was three, in...

[00:09:53]

P You will hear it all in Danny's forthcoming book. For now, we've got to get back to we're staying and working outside the home.

D Well, this is her, I brought...

M Yes, that's right, that's right. No rabbit trails now.

D You're out for me today. You think I've got motives. Now, everything I say...

P No, I was actually being kind. They will hear about it in your forthcoming book. It's really good.

D Thank you.

P What If You Could?

D Hash tag what if you could? #whatifyoucould Go ahead, Pearl.

P Hey, I want to know a little bit about you first and then we're going to get to all your best tips for all our Mamas that work outside the home, but also the ones that don't too because I think you're going to help us as well just because of the way you know how to prioritize your time and everything like that. Tell us about your Trim Healthy Mama journey in a couple of minutes, if you can and where you...

[00:10:36]

M Okay, sure, I can do that. Well, first of all, I need to say a big shout-out to my Admin friends. They are an amazing group of people doing this volunteer job and they just enjoy... And many of them work, like myself, you know. Well, so let me tell you a little bit about my story. All of it started when I started gaining too much weight and then I saw a Facebook ad about Trim Healthy Mama. So I started reviewing and looking at it and then I was I don't know about these ladies. It seemed like they are really getting into it, you know.

M I got to see the Facebook groups first time and seeing all this progress and pictures, the before and after and it was so good. I was like I'm so excited. I wanted to start, but I was a little hesitant. You know, I didn't just want to jump in. So I started just eating a little bit, at the time, just by looking at what they were eating and then within the first week, that was almost three pounds gone and then I said I'm buying the book right now. So I ordered it. It came. I studied it. I tried to keep going and reading. I mean I had that book with me everywhere I went, but after that, you know, it became my lifestyle, so it was real cool.

P How many years has it been for you then?

M Since 2014.

P Oh okay.

[00:12:03]

M Yes, I started on that September 2014.

P So we're five years.

D I counted on my fingers as well.

P Yes, me too.

D Do you know what I did? I hid it behind the coffee cup and I started tapping with my fingers.

P Well, you did it subtly. I was like holding my fingers up.

D Yes, I don't use the thumb though.

P So that's awesome and you have how many children?

M I have three.

P Yes, and a husband. You live in Kentucky and you work outside of the home.

M Yes.

P Where do you work?

M I work at the Kentucky Transportation Cabinet. I do a very important job over there.

[00:12:35]

P What is it?

D Let's hear it.

M I'm in construction procurement. We do a lot of things with contracts with different contractors where they... What do they call it? Bid on the jobs, on different jobs and anyway, I get to be right in it to make sure that they have all this liability insurance ready, the authority to sign. I make sure they have proper qualifications for the job itself.

P So that's awesome. So you're a very needful member in your company and you, you know, you obviously love what you do.

M I love it.

P And you make it work. And so today we just want to pick your brain how you've made it work for five years. I mean obviously going out there and then coming home and trying to be a Trim Healthy Mama... You know, everyone always says to me, you know, when they want to quit, It's just too hard. I don't have the time for this. How can I cook when I'm working or how can I cook when I'm staying home and home schooling? You know, we all have our thing.

[00:13:33]

P And so today we want to find out from you how you make it work, and I guess the first question I want to ask you is what time do you have to run out the door in the morning?

M I have to be at work at seven o' clock.

P That's early.

D Good grief.

P Oh my goodness. Are you even up then, Danny? You never...

D No.

M Seven, I have to be there at seven.

P What time do you have to get up?

M I get up by six o' clock.

P Six o' clock, so that's only one hour and you're helping children get ready?

M No, my husband does so that's great.

P Do they leave after you then? Sorry,

M Yes, they leave after eight, but I usually prepare the night before.

[00:14:08]

P Okay, alright, tell us.

M But I have a little... What would you say? Like a schedule, I guess. I like to prepare on a Saturday to be able to have meals and snacks for my entire week so that way I'm not overwhelming myself, you know, in the same day. The Veggie Full menu is amazing.

P Yes. Well, that's the menu on there.

M I loved it. I mean I'd done it and now, you know, it's like I'm using some of those tricks and hacks now.

P Yes, she's talking about the new menu on the member site, the Veggie Full Menu that I put in there. It's full of veggies and it's so good, but it's a new one, but what do you...? So in the morning you've got one hour. You've prepped one day on the weekend, right, for it. What are your breakfasts? How are you getting ready in one hour, having your Trim Healthy breakfast and getting out the door...? By what time do you have to get out by?

M By 6:45.

P So you've got 45 minutes, okay, let us know.

[00:15:05]

M Yes, so usually what I do, I would prepare any kind of eggs. It could be egg muffins, boiled eggs, those would be my breakfast.

P So you're doing that on your prep day?

M I'm doing that on my prep day and say if I want fried eggs, I do it on the night before and I just put them in little containers and take them with me for my breakfast.

P Okay, so this is big. So you really don't have time in the morning to actually go and make some eggs. You have to have already prepared it either the night before or on a weekend?

M Yes.

P Okay, see, Kim was right. I didn't know that working women had to do that because I'm like, hey, it takes me five minutes to fry an egg, but you don't have five minutes.

M I don't have five minutes. I have it ready and I know where it is... Sometimes, like I don't make a menu. I don't prepare like, I'm going to have this, this day. I'm going to have this because I don't know what the day is going to be. Sometimes I'm in meetings that last a little longer and then I don't have time to do that. And when I get off from work, I have to go pick up my baby at day care. So I want to make sure by the time I get home, I'll be able to eat because now I have a schedule where now I know it's been past three hours and I need to feed myself

and my baby and my older kids are already grown up. One is 18 and one is 21 and he's in college.

P Alright, so you've also got one baby. He's three, isn't he?

M He's almost three.

P Oh, he's such a cutie, oh my goodness. I've seen him on Facebook. Hey, but I'm going back to breakfast. So you're either doing eggs on your prep day... What other things...? Do you do any E breakfasts and for newbies in the room, E is when we have our carbs? S is when we have our fats, so she's doing eggs for S.

M Yes, I like to make those blueberry muffin cups.

P Oatmeal On-The-Go cups.

M The one on page 350 of Trim Healthy Table, yes, that one.

D Hold up, you know the page.

M Of course.

[00:16:51]

P She's an Admin.

D Okay.

M Yes, those are awesome. You should try them.

D Okay, any time.

P Danny, you should actually read a book. It's called Trim Healthy Mama.

M Yes, and then...

D For the show I host.

M I mean if I make them, I have them ready and I just put them in my little zippies and then I put them in my bag and I'm ready to go.

D Nice.

P Okay, so that's good. We've sort of established breakfast and you keep it very simple. It's either eggs or on-the-go oatmeal muffins. Is there any other breakfast that's good?

M Yes, I like to do the oatmeal jars.

P Yes.

[00:17:21]

M And I prepare it and I'm trying to limit my dairy now. I usually put collagen in it.

P Nice.

M But I will make four of them and then just have them put them in my fridge, and those are ready to go. I like to make those Glycine Glory puddings.

P Yes, Glycine Glory.

M You know, I mean I grew up with Jell-O, creamy Jell-O.

D Oh yes.

P And they're in the table book too, right, Glycine Glory.

M Yes. I don't like the consistency...

D You were right to reference me when you said that.

M Well, I'm looking at you because I know you probably like Jell-O. I mean we had parties and we had Jell-O, you know. That was the best thing ever.

[00:17:50]

P Hey, I've got a question for you because you are having to prepare your breakfast, now I've got two questions actually because are you doing a coffee in the morning that you make? Are you coffeing in the morning?

M Yes.

P How do you do that?

M I already have it ready.

D You pre-make it?

M I have one of those Keurig just the single serve, so that night or before I go to bed, I put it in my little cup, my thing ready. I get my water, so I just push the button when I go and leave.

P Man, she's organized. Okay, but this here is the big question, ladies and gentlemen, for Magaly. Okay, before you were a Trim Healthy Mama, did you also have to prep your breakfasts?

M Some, yes. Yes, some. Before I was a Trim Healthy Mama, I had already decided that I was going to try to eat healthy because I was getting to the point where I keep gaining weight, keep putting on weight, and no matter what I did, you know, I still gained weight. At that point, I didn't know how to separate my fuels, so I think I was eating either too many crossovers at one point, thinking that I wasn't...

[00:19:04]

P So even though you were eating healthy, you were still gaining weight?

M Yes, and then it was not working.

P So my question is these things that you prep... You're eating Trim Healthy Mama now and you've really sort of like... I mean you got it down to a science where it's not too overwhelming, but these breakfasts, are they taking way more time than your other life or not?

M Not for me, no.

P Right, that's what I want to get to, you see. You've just made it work for you, right.

M Yes, I made it work for me. These are meals that I prepare that I have done before, like the Trim Picadillo, the one that was in the EZine. I made that all the time, but I use it for my entire week so that helped me to make my lunches. I put a little bit here on my salad. I can put it... And that, when I make it Fuel Pull, it gives me so much variety because I can do an S or by adding, you know, put a little sour cream or something.

[00:20:01]

P Right, and Trim Picadillo, that was a recipe featured in our last EZine, so it's in the member site. Basically, what it is is delicious light meat and veggies and you use it for so many purposes, but we're going to get to that because that's one of your sweatpants nighttime meals, but we are up to... When you go to work, do you have a mid-morning snack or do you just have a lunch?

M I have a mid-morning snack because I don't get to lunch until like 12:30.

P What are your snacks? Do you ever buy snacks at work or do you always take?

M Oh, I take my stuff.

P Oh, you take your stuff?

M I rather take all of my stuff. I've brought you guys the Superfood Chews, the peanut butter...

P Bring them over here, Dan-Dan.

M Those, okay...

P These are peanut butter, Superfood Peanut Butter Chews and you take them in little baggies to work?

M Yes.

P And they're so good. This is a Serene recipe, right.

[00:20:41]

M Yes, they're super easy.

P They're from the THM Cookbook.

M Yes and, you know, labor laws are great because you get two 15 minute breaks. For any work that you do, you should, that's the labor laws.

P Yes, and you know the laws.

M So when I take my break... Yes, when I take my break, I make sure I get my Glycine Glory pudding or my Superfood Chews...

P And these are nice protein?

M Oh yes.

D Oh, they're like caramel chews.

P Yes, these are a Serene recipe.

M Yes, aren't they delicious?

P And they're in the cookbook and they're called Peanut Superfood Chews, right?

[00:21:11]

M Yes, but I tweak them a little bit. So I don't put the skinny chocolate to cover them because you can make...

P Because that's too time consuming.

D Same thing, but chocolate covered.

M Well, these are easy for me because I'm trying to put those Ultra Fuel Pulls for my mid-morning snacks because, you know, lunch is almost at 12:30.

P This is a Fuel Pull, yes. Okay, so you've got an easy snack that you make pretty much all the time. It gives you your protein.

M I double batch that one. I have all of this. I put it in my purse if I need to go somewhere or travel.

P Yes, okay, so now we're up to lunch. So you have basically two snacks, either the pudding, the Glycine Glory Pudding or the Superfood Chews. Is there any other snack you take or are these pretty much it?

D These are nuts.

M I like the Boost Bites.

P Baobab Boost Bites, yes.

[00:21:56]

M Yes, those are super delicious. They're S. They have coconut and baobab, so those are great.

P Okay, now lunch...

M For lunch...

P Always take in your lunch.

M I take my lunch and I live really close too, so sometimes my food is ready at home, and I just get it out of my fridge and... But I mean if I had to stay at lunch, at work, then I take all of my food and it usually will be a soup. It can be...

P Okay. So you make soups on your one prep day...?

M On the prep day, it can be the 95 Calorie Soup that you have on your membership site.

P Yes, and anyone can Google that too because it's on our major... We did a video of it. It's called the Incredible 95 Calorie Soup. It's so good.

M Yes. I love Mrs. Criddle Texas soup.

P Mrs. Criddle is one of the...

[00:22:46]

M Tortilla her Chicken Tortilla Soup...

P Yes, she's great. She's a THM blogger, Sarah Criddle.

M And I love the veggies and how the spice, you know, from Mexico too, so I love to get those too. I like a lot of veggies, but I will put those in a container and take them to work with me if I have to do something quick.

D We like all of the same things.

M Of course, we do.

D I mean you brought a bottle of the best seasoning that actually God himself made and sent to earth on angels' wings.

M Yes, I listened.

D It's called Tajin.

P Which Serene butchered and called it Tagin. She was...

D Tajjin, what's wrong with these country people?

P Okay. So do you ever do a salad for lunch or it's mostly soups?

M I don't like to do salads for lunch. I do sometimes. The thing is I want my salad to be really fresh, and I don't want to put it in a jar with the dressing and stuff and get soggy.

[00:23:38]

P So soups are your absolute best lunch?

D Because in Mexico, we're fresh.

M Right.

P And tell you what, soups are so weight loss friendly. I was just thinking last night, I was eating some soup. I'm like If people can't shed weight, ask yourself when is the last time you had a broth-based soup? You know, because you're getting so much fluid in there. You're getting some meat, some veggies, but they're not in the same high amounts of fuel quantity than when they're in all that fluid. You're hydrating your body. You're getting your vegetables and your protein...

D And it's easy on digestion too.

P Yes, and it's all cooked and soothing and it just goes through you. And it's like your body goes, scrummy, scrummy, I love this.

M And then you get all the veggies. I mean with the 95 Calorie Soup, you have a blend of... Did you know I put a little okra in it?

[00:24:24]

P Oh, you do too? You blend it up?

M Yes.

P Smart.

M Yes, with the cauliflower, I love the okra and they are really good.

P Now that's so awesome.

M And then you can put a little Tajin.

D Thank you.

M But, no, you can just spice it up too and just make it your own.

P Do you know what I'm learning here? I'm learning how simple she makes things. Look, breakfast is either eggs or its on-the-go muffins. Lunch is just soup, different sorts of soups. Look, she's going to grab her notes.

M Yes.

D And you know, that Tajin, you can put... I'm sure you put it on your eggs, right?

M Uh-huh.

D I put it on eggs, but one of my favorites is on avocado. Have you ever put it on avocado?

[00:25:01]

M Yesm how do you have them, with mango or jicama?

D Yes, you put it on fruit, totally.

M Jicama?

D Wait, what's jicama?

M Oh my goodness, tell me that you don't know.

P Oh Dan-Dan, you sad little man...

D I probably do, but I don't know the name.

P I was going to call you a sad little man, but that's very sad.

M Uh-oh, he doesn't know. Okay, well, I was going to bring you some, but I didn't stop at the grocery, so that way you put some on your Tajin spice.

P Yes, but I love jicama, it's so crunchy.

D And I like the way you phrased that.

[00:25:26]

M You can use it on all fruits. It's really good. A lot of people don't like fruit. I don't understand it.

D Don't like fruit?

M Fruit...

D Fruit is like God's candy.

M I know.

D That's because their taste buds are jacked.

P Yes, that's right because their taste buds are...

D You know, your taste buds, fruit becomes like nectar from heaven.

P Right.

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

S Serene.

P Hey, summer is here and you know what that means. It's time to fire up the grill and Butcher Box has you covered. Right now, Butcher Box is offering new members a free ultimate barbecue bundle...

[00:26:04]

S Oh, that's brilliant.

P Plus \$10 off your first box.

S That is double brilliant. But do you know what? Summer is here. The barbies are going to be firing up and there's nothing worse than putting on the junk stuff. You can't really enjoy the barbie.

P No, you want fresh, beautiful, pure, clean meats and the ultimate barbecue bundle comes with three grill-ready favorites. This is meat that you can trust and it includes: baby back ribs, two pounds of that grass fed ground beef and two New York strip steaks. Plus, don't forget you get \$10 off your first box.

S Butcher Box is your best friend for the barbie, totally.

P And we may not always bring meat on the PODdy, but Butcher Box surely does. So to get the ultimate barbecue bundle for free and receive \$10 off your first order, go to butcherbox.com/trimhealthy or enter the promo code... Hey, you know it now. It is trimhealthy. That's two New York strip steaks...

S Don't forget the baby back ribs, peeps.

[00:27:10]

P And two pounds of ground beef free, free in your first box, plus \$10 off. Go to butcherbox.com/trimhealthy or enter promo code: trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P Okay, let's get to dinners. You are coming home, you're picking your son up from daycare and you have... Have you prepped your dinners too when you do your prep day?

M Well, if I don't do a prep day, if I have an event or a party that's going on on the weekend because that's when I do it, I'm so wiped. You know, I'm wiped out. I just can't do anything, but when I don't prepare, this is what I do. I go to the grocery store, get a couple of rotisserie chickens, get some salad and just make some. I like to use steak, a thin steak, something so quick, just put it on a pan and sear it. It's fast.

P Okay, so these are good. Okay, so let's tell us. Let's say you didn't have your prep day... We'll go back to when you do do your prep day, these are your meals that you just... You're wiped out, but you can still make off the top of your head, right?

[00:28:24]

M Yes, and most of the stuff, you know, I already have it in my house. I will buy a frozen pack of tilapia and I can defrost it and, you know, those are my back-up protein.

P Yes. How do you have your tilapia?

M I like to just sear it. I like to just sear it...

P With Tajin on it?

M No, I do add just salt, pepper, onion powder

D How old were you when you left Mexico? This has to do with what you're saying.

M Okay, I was 18.

D Yes, that explains it. You eat like Mexicans love to eat. You clearly are from the culture.

M Yes. I have to have my spicy food.

D You've not been too Americanized. All the stuff you like is total Mexican.

P I can eat the way she eats, so good.

[00:29:09]

M But let me go on a rabbit trail right here, for a moment.

P Yes, please do.

D Let's talk about Mexico.

M You said something, I eat the way I was brought up? Do you know when I came over here, people say, let's go eat to this Mexican restaurant, and then they say...

D Right, and you couldn't find one.

M And they say, let's have... Well, they look at the menu and there's the burritos. But do you know burritos mean donkeys, right, but what is this? They bring, well, of course, a huge flour tortilla. Who eats flour tortillas? Obviously, we all do here, but for me it's the corn tortillas.

D All day.

M It has to be corn tortillas, but with the burrito and stuff, like, wow, I never heard of such a thing and then the gorditas and all this other stuff. Like that's not real Mexican food.

D Yes, but see, even your frozen tilapia... In my freezer right now is frozen tilapia and salmon next to that, and I just put it in the pressure pot. It's like seven minutes and yes, anyway.

[00:30:13]

M Yes, it don't take very long and your protein is there. It's my back-up protein if I don't cook.

P Okay, alright, I need to ask you this question because this always derails me. Have you got tilapia that's unthawed or is it frozen?

M It's always frozen.

P Okay, so when you're on one of these nights that you come home from work and you've got nothing prepared, you're going straight from frozen to cooking. How are you doing it? We need to know.

M Yes, well, I had to put hot water and put my frozen fillets in there. It don't take but a few minutes.

D Yes, it's not like steak.

M It's so easy, just take it out...

D It's like fruit.

P Then you're searing it in a pan with spices, and then what do you put it on?

[00:30:51]

M Well, I like to make this cabbage salad. It's all shredded up cabbage with avocados, tomatoes, peppers...

D Yes, Viva Mexico, yes.

P Come on, that's too good. I'm so hungry for it.

M And then lime juice on top of that.

D Viva Mexico.

M And then you dress it up with a little cilantro on top. It's just so good.

D Viva Mexico. Golden Mexico.

P It has the best food though.

D In the world.

M Look, when I have leftovers from the tilapia and the coleslaw, I make fish tacos. I like to use the fish and the Wonder Wraps that have a little bit of the corn masa and then... See, if I have one of those ready, the next day that's going to be a lunch or a dinner and then I use the, you know, leftover tilapia that's ready.

[00:31:45]

P And can I ask you something? When you buy this cabbage because I'm such a drive I only buy bagged cabbage these days. I don't even want to cut it. I'm so lazy.

M Yes, I buy it.

P You buy bagged or are you cutting your cabbage?

M No, if I have time, if I know that I'm going to have a lot, then I prep it. But if I don't have any time, I just grab a bag at the store and get the mixed cabbage.

P It's so good. I want to make this tonight. You're just putting your cabbage down and then your avocado and tomato and you're putting your tilapia on top, and then you're putting lime juice and... Oh, come on...

D Yes, fish tacos, people.

P It's so good. It's so easy, right.

M Then I can make it a S or I can make it just a Fuel Pull.

P You can.

M Actually, if I use a very little amount of avocado, then I can.

[00:32:24]

P Yes, or you could put beans and rice and have an E, perfect.

M Yes.

P Now, for people who don't like tilapia because they think it's not clean or anything, you can do any white fish. I do tilapia.

D Why wouldn't it be clean?

P No, some people don't like the way they're farmed here, but I actually know a tilapia farmer and she's like, we get such a bad rep. She's like, it's so much cleaner than everybody thinks.

D It's just fish in water.

P You know how China gets a bad rep for things, but yet there are pristine parts of China. I think it's the same thing with tilapia.

D Of course.

P What are your other quick meals? I'm loving this because I want to go make all your meals.

M Okay, great. Well, let me think. I like to make this when I'm trying to be a little fancy sometimes. I get tuna...

P Yes, tuna can? Canned tuna or...?

[00:33:06]

M Just steak tuna.

P Oh, fresh tuna, okay.

M I like to do that and I like to have it with, again, cabbage salad. It's the same. If I buy the same bag, then I'm making another meal, another salad. I like to use the tweet, what is it? No, I'm sorry. It's something...

D That's actually a social media...

M Yes, that's right. You see, sometimes my words don't come out right.

D Put back the food.

M Because I know what I'm trying to say... T-E-A-W...

M Tweak...

P Oh, you tweak it?

M Yes, I tweak it from this.

[00:33:43]

D But let's call it tweeting from now on. You tweet it. Go ahead. What do you tweet?

P Love it.

M Do you know something? I don't even have a Twitter account.

P How are you cooking this? I never know how to cook fresh tuna.

M Well, I like to go simple. I just do salt and pepper and season my tuna, sear it and then put it on the side. Then on my cabbage, I'm going to use the recipe dressing from the book. It's the Chinese...

P Oh the one on the salad, the Chicken Chinese Salad?

M The healthy peanut flour, I like to use that dressing, but I try to make it a fuel Pull where I just use a little bit of water and peanut flour and one teaspoon of sesame oil just to make a little serving for myself and then I sear that. I put it on...

P Does your husband eat these Trim Healthy Mama meals that you're making?

M He does, some of it. He says, no, I'm not a Trim Healthy Mama.

D Oh, he's in rebellion.

M But he doesn't know because sometimes I just make steaks for him and green beans and I make it so I can eat it and then he just adds the potatoes.

[00:34:48]

D That's actually a rule.

M I make him potatoes.

D Anytime a man is fussy, throw a steak at him.

M Yes.

D Just cheer him right up.

M He's super happy.

P That's so true.

M He's so happy when he gets steak.

D Yes, do you want to go on vacation this summer? I was thinking the beach.

M Yes, but when I want to go cheaper, I just get chicken tenders and something really quick in just coconut oil.

[00:35:06]

P So you're just doing really easy proteins and mostly, you're putting them on cabbage. Are there any other salads you're doing? Do you do leafy green salads at night?

M Yes, I do romaine, I like romaine. I like different...

P So most of your proteins, just you're throwing them on either cabbage or salad at night?

M Salads, I like to make green beans for my sides, I guess. I like to make kale a lot.

P How do you make that?

M Well, sometimes I do it... If I do kale, it had to be Deep S, so I use the butter coconut oil, the butter flavor coconut oil and then add in nutritional yeast and onion powder and garlic powder and...

P So you're just sautéing it?

M Just sautéing it, just kind of wilt it a little bit and I put that as a side. Spinach, I like to do the Creamed Spinach. It's made with collagen from the cookbook.

P Oh yes, Serene's recipe. You're making a lot of Serene recipes... We have a Serene fan in the house here. You're not doing a lot of my like my Drive Through Sue's casseroles and stuff.

[00:36:04]

D It's not big, but a tiny bit wanting you to name some of her stuff.

P Yes, I'm just like: Come on, when's mine coming? When's mine coming up? I love that though. I love hearing some of Serene's recipes coming up, but... So you're having your salads at night because you're doing your soups in the meals. Man, she has a very healthy diet.

D Yes.

P You have a very, very, very wonderful trimming, healthy diet.

M It's all because of you guys.

P Well, you look so healthy and she's very shining and radiant.

D And Mexico.

P Yes, and Mexico. Mexico's had an influence here and I like the end result here.

D Yes.

M Well, it was really easy.

D And this is old Mexico too.

[00:36:39]

M It was a good transition for me going into Trim Healthy Mama because I was keeping my own meals still.

P Yes, you just tweaked them.

M And I made Trim Healthy Mama my own by just making... Still doing my thing...

D How do you say Trim Healthy Mama my way in Spanish?

M I don't know.

D My way... I did it my way.

M [Non-English]

D Trim Healthy Mama [non-English].

M Yes. My mother actually recently asked me and said: How do you translate Trim Healthy Mama? I was like, I don't know how I translate that. [Non-English].

D We need to figure this out.

M Yes.

P Because I know that we do have a lot...

M It needs to be catchy.

[00:37:20]

P We do have a lot of people in Mexico doing this.

D Yes, we do.

M We need to be something catchy.

P Yes, I know something catchy.

D It has to work in Spanish as well, right?

P What are you doing...?

M I cried the Spanish words. I will write out all the recipes in Spanish if you let me.

D Nice.

P Oh yes, yes, yes. Hey, what are you doing with beef then? You make something... That's the Trim Picadillo.

M That's the picadillo.

P Okay, so this is what you do with beef, right.

[00:37:46]

M And I use your idea with Hack your Beef.

P Yes, you put the mushrooms...

M This last time I did that and I didn't have to use that much...

P Beef.

M You know, hamburger meat, yes.

P Exactly, it saves...

M Yes, I just used half of it.

P Can your husband tell when you put the hacked mushrooms in there or not?

M He does not like mushrooms, so I try not to do that for him. So I do my own thing...

P Can he tell though? Can he tell if you put it in?

M Oh yes, he will know.

P Oh, he can, he's a detective.

M He will know. Yes, he is.

D He's a detective.

[00:38:14]

P My husband and children cannot tell.

M No?

P No.

M I try not to let him, you know, get something...

P Okay, well, what about the two ladies... Have you tried the mushroom hack? Okay.

Dana It's great. The mushrooms, they can't even tell they're in there.

P You can't tell. Does your family know they're in there?

They didn't know.

P See, they didn't know, she said.

M It is super cool.

P Okay. So for anyone wanting to know, this is a great... I made this because we had to take... My daughter's a photographer now, so we had to take a picture. So I made your Trim... How do you say it?

[00:38:46]

M Trim Picadillo.

P Picadillo is a Mexican beef. Is that right?

M Yes.

P And you've Trim Healthy Mama'afied it. It's very simple, very easy, very tasty. It is in our latest EZine so you can get that right now. You don't even have to be a member because if you go to our EZine, the recipe's in there.

D It's on our website?

P Yes.

M You use fresh tomatoes and onions and blend it and make it like a sauce, tomato sauce and put it on it and then cook it.

P And it's very versatile because you've just got it there in your fridge and you can have it for S, E, Fuel Pull, everything. It's really easy.

D You actually see versions of this on a Mexican restaurant menu. You'll see all of that on top of a steak or something.

M But I don't know if it is.

D Yes, it may not be right.

[00:39:29]

M It might not be the same.

D But it's at least the picture. I think they're going for this. You know, this vibe is the idea.

M Yes, I think so.

P Do you do a lot..., obviously, you brought baked goods here as a big special, but do you do a lot of the Trim Healthy baking like for you desserts or do you not? Do you just keep it this simple in your life?

M Well, I do love sweets. So if I have a party, I go all over... all out

P Okay, all out.

D That's because when you're a child, your parents dumped sweetened condensed milk in your bottle.

M We used to close the streets to make parties for us.

D Yes, come on.

[00:40:00]

M Yes, I mean when I was growing up, we would just close the street from one to the end and do the piñata.

D We did the same thing. I'll show you my little ghetto.

M And the uncles doing the piñatas.

P So what are your desserts? Do you always have dessert at night after your meal or not?

M No, I'd rather not have them at night because now...

P Just for special occasions?

M Yes, just special occasions. I take them for parties. I mean I love to cook and I love to make, you know, baked goods. And I do all this stuff right here and they come...

P Yes, and your treats that you take to work though, they're sweet. So you are getting some sweets in the day.

M Yes. I have a few friends that do Keto at work and they absolutely love all the sweets and stuff and they say: Are you sure this is sugar free? I say, yes, this is sugar free. And many people don't even know. I say, yes, that is Gentle Sweet.

D Oh, nice. That's how you make a convert is bring them baked goods?

[00:40:54]

M Yes.

D Yes.

M Well, yes, I'm trying.

P And then you tell them, yes, and do you know what? You can also eat carbs in some meals.

M Yes, yes and I say, you can have this bread and you don't have to overdo this.

P Do you ever do like just a basic sandwich using sprouted bread or do you not do that?

M Yes, I do that.

P So when do you do those?

M Well, just whenever I have to do something quick, you know, if I'm running and...

P So on the weekend maybe?

[00:41:22]

M Like before I came here, I had this like, I need to eat something quick. So I had to go meet Dana, you know, so I can come here and I decided, no, I'm not going to take another 30 to 10, you know, maybe more time to get going. But anyway, sprouted bread, ham, lean ham and I use the light Laughing Cow cheese, the Pepper Jack.

D Oh yes, very good.

M So good.

P And do you put like tomato and lettuce?

M I put tomato, lettuce, yes, all that good stuff, mustard. I use mustard, keep it creamy.

P Nothing better than just a sandwich, I just love a sandwich. So I've heard nothing that takes you a long time. So is your life now as a Trim Healthy Mama, are these meals...? Do you feel like you're always cooking and always having to do this? Is it overwhelming and if it's not, how do you make it not overwhelming in your mindset?

M Well, that's kind of hard because now, for me, it's like a muscle memory. I just do it. The thing I hate is just doing dishes.

P Yes, I know.

M But, for me, it's just...

[00:42:32]

P But did you have the dishes before Trim Healthy Mama? Didn't you have dishes before that?

M Oh yes, I had dishes all the time.

P Right.

M I mean we all have to eat. So I just go with it and it's been easy for me just to get going, and a lot of restaurants have dishes that are Trim Healthy Mama friendly too.

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

S Serene.

P So we're talking about Pact.com. And we've talked about Pact before because they make beautiful, natural fiber clothing at a price that you can afford and Serene and I are all about that.

[00:43:10]

S We wear Pact and now our children are going to be able to follow suit because they have a line of clothing now from newborn to 12 which is so awesome because... Let me just tell you why it's awesome. For many reasons, starting with the fact that there's no tags.

P I know. They're comfortable for children. You know those tags at the back of the...

S But I have right now, and I've tried to pull it off for months, but it's like one of those ones that's like stuck and you need this...

P Oh, so you're not wearing Pact right now, Serene.

S No, well, this one underneath my Pact sweater is goodwill. Do you know what's awesome about it? It doesn't have any gross prices. You know those gross prices where you know that the company's being gross because they're like...

P Just because they're organic.

S Filling their own pocket for the word organic. Look, I've got a bunch of children, people.

P Yes, I know.

S Ten in the home still and that costs money and goodwill is an option, but it's already been worn through halfway. So the knees are going to get ripped quicker.

[00:44:03]

P Pact has t-shirts...

S Six bucks.

P Organic cotton for like six bucks.

S And their pants, they have this line of pants for toddlers called Extreme Leggings that have already got padding in the knees, like not...

S This is the PODdy with Serene.

P And Pearl.

S Get it right. It's P -O- D -D -Y.

P Oh, you've got something to say Lesley Pops, come on over here Lesley...

L I love you Pearl, I am a little more organized than Pearl, like my fridge and stuff and I think that I would be like a prep person, but like on a Saturday, or whatever is, how many hours, and then how many containers and where do they go in the fridge?

P See this is good, because you work outside the home Lesley, see this is good for you. That was a good question.

L Also, when they got here they said they wanted more Lesley on the PODdy,

P Oh, Lesley fans!!!

D Don't you try and take over that microphone ever again!!!

L They said I should make my own group, they said when they leave here they are going to make me my own group.

D Oh, are you writing a book next? Is it going to come out before mine?

P Oh, you know what we forgot to say, that Serene's not even here today, sadly, because we wanted her to be here, but she had to do a family thing and so, you know what, then we wouldn't have even gotten to such meat if Serene were here, because she would have been doing shenanigans along here with Danny.

D The shenannies, her and I would have like empowered each other.

M Lesley, I recently found these little containers that are rectangular size but they all fit just perfectly in my fridge and I can stack them up, those are really good, I do not know what the dimensions are.

P Are they glass or plastic?

M Plastic, but I still have the glass containers, I have both.

L So 7 days, no, so you are working 5 days, so you have a total of 10 containers, 2 containers per day?

M Here is what I do, when I take my breakfast and my snack, normally I will eat my lunch at home because it is about 5 minutes away, but when I stay and work there, I bring my containers, so in my little lunch bag I put my breakfast in one container or I do my jars for oatmeal and they all go in there I have them all in the fridge, so is that what you were asking?

L Yes, totes, so I just wanted to visualize, I have a smaller fridge, I don't have a big American double door fridge.

M I don't have that either.

P You don't? I have two fridges, you don't have two?

L I just can't see how I would have all of my food and then the prepped meals in there but anyways, I don't know, but what about, like does it not get, do you heat it up, or any of it, like your soup, do you heat it up or are you like eating gazpacho?

M No, never cold, soups always have to be hot.

P They have to be hot, but you have a microwave at work right?

M We have a microwave at work, most of the work places have a break room and you can use that, but here is an excellent idea from one of my Admin friends, Tanya Mackey, she recently has a, I actually made up a post for the Admin Spotlight, and she uses those mini crock pots and she takes her leftovers or she will fix a meal and then she put in there and then she just plugs that in, because she is not a fan of the microwave.

P So she sets it to warm, so a purist idea for our Purists.

M So this is an awesome way to get that idea out there for all of the working mama's.

L So on Saturday you are boiling 12 eggs, say, like you are boiling 12 eggs, a couple of eggs in the morning each right?

M I wouldn't say I boil a certain amount of eggs, because sometimes I just want to go with the flow and sometimes I just don't want to eat boiled eggs every single day.

L Right, okay, okay

P And how many hours does this prep take you? Can you take us through a typical prep and when you might start or is it always on Saturday, or maybe a Sunday afternoon?

M It's on Saturday's for me, because it is so practical, it will be like 2 or 3 hours.

P And you are doing other things while you are prepping right, like you can listen to a podcast.

M Yes, I listen to the podcast and then I will do some laundry and then I throw in some stuff while Wesley is playing and he is doing his thing.

P So take us through your little prep here.

M So usually Saturday mornings for me, I will start, okay, when I want to do something quick I will start with baking my blueberry oatmeal muffins, I will do my Glycine Glory Puddings, I will put in my Superfood Chews, those will last me for at least two weeks, yes, so sometimes I make them and sometimes I don't. If I want to have something really sweet then I will go with a cake. I usually make the chocolate, the Trimtastic cake.

P Yes!!! My recipe!!!!

D Finally!! You can stay!!

P I can relax!!! Did you see me....

D There has been a tension hovering over the room, until this moment

M But see my oven will be hot and ready after I get those muffins out so I just go ahead and once that ones get done, then I put the other one in, but I see I enjoy doing this, it is not a chore for me, it is like muscle memory, just go do it and then after I am done with that, I will make my main meat. It could be the picadillo, it could be just chicken and then shred that chicken, but of course it is not plain, I put in tomatoes, onions, peppers, and this ground beef and the chicken are for my quick lunches and..

P You can throw that meat into your soups

M Yes, I put those in but you know if I'm not going to be home and I have plenty of time I will do those quick meals. If you guys look up the Episode 80 that have the 10 easy recipes and everybody can go in there from the Podcast

D Is that from the Podcast?

M Listen to that podcast

D You know the episodes of the podcasts? Get yourself an extra piece of carrot cake!

M Yes, Danny, Episode 80 and Episode 81, I love that one too... Unleash the Power of the Fuel Cycle. I love it!!

D Oh, man, I almost want to say a topic and then see if you know the episode number.

M I might not!!

D Do you know the first, the Grocery Store, the Part 1 Grocery Store, it was one of the newer ones. Do you know the episode number?

M No, I don't know that one

D Gotcha!!

Dana` 114?

D That sounds right to me!! 114 she says!!

M I've got my people here!! Dana and Carrie!!

P So are you listening to our podcast on your Saturday's or do you listen when they come out?

M I listen when I have to do a lot of paperwork where it is just easy, I gotta do this, I listen while I am at work.

P Can I ask you about mindset, when you hear you know obviously this is hard, challenging, I don't want to say hard, because if things in life are challenging we can get through them and then they become muscle memory. I love that you brought that up because that's when you are gonna rock it and you have done it so many times and you have worked out the kinks, that it's muscle memory, like a little baby learning to walk, I mean they don't walk at first, and until it is muscle memory right? So what would you say to someone right now listening in that is struggling, she works out of the home or maybe she is even in the home and she just can't make this work because it feels over whelming.

M Yes, I would tell them to just go easy, don't, you know, I do it because I have done it for so long, and I enjoy it.

P Did you feel overwhelmed at first?

M A little bit, but I mean, sometimes I feel overwhelmed because if I am not prepared, you know and then I know that if I don't prepare then you now.. it is just a little work. I will tell those people to start very slow, don't bake so many recipes at one point, just try one recipe and then try make sure that you have your meat ready, it will be easy, make a soup, it is so easy and convenient, you don't have to take a long time and a lot of people use the IP, or Instant Pot for to make those really quick. Go with the easy stuff and don't overwhelm yourself, use the crock pot, put it in there and if you don't put it in there, then you know, there are so many things to try.

- P These are things that you have already tweaked from stuff you are already doing and making and you just tweaked them to Trim Healthy Mama. I think sometimes people get in a predicament because they suddenly say they are going to do Trim Healthy Mama and they throw out everything that they have ever done on their own and they say I have to completely adopt a new lifestyle but then there are many things that you were probably doing that were almost on plan and with a few tweaks you can keep your identity and just make it Trim Healthy Mama and just changing a few little things.
- M I have heard so many people, say I tried this recipe but it just wasn't me, I was like well you know that you can add a little of this or add a little of that, you can spice it up if you need to, and they worry that some tweaks will change up the fuel, and I say no not always. You have to watch out for the fats if you are being careful with the fuels.
- D Originally, wasn't that kinda the concept when Gentle Sweet first came out, it was just swap your sugar out. The idea was to keep everything very simple and just wean off of the sugar.
- P Well the idea is to keep it simple, that is the way Serene and I do this plan, but I think I can see how people would come here and they see our big giant cookbooks, and they think that I have to use all of those recipes.. and they think but those are just choices, you don't have to make them all, the idea is like what Magaly has done.. she has found her Sweat Pants meals she's found the few that just rock her world, and she just keeps making them because they are easy and you don't have to go through every recipe in the cookbook and you know some are going to be for others and some are going to be for that person and then are going to be for that person.
- M Yes, let me go back to something easy. Hangry Pockets, just make them, have some ready. Put them in the freezer and then thaw them out later and put them in your oven.
- P Yes, Hangry Pockets are, the recipe is in our new Trim Healthy Table Cookbook, and you make your meals and put them in parchment papers, and you just take a day, like obviously you would make these on your prep days.
- M Yes, but you know what I found these parchment envelopes.
- P Oh, yes, I have seen those and guess what we are coming out with our own Trim Healthy Mama ones because those ones are super expensive and they are not quite the right size but with our new cookbook Trim Healthy Quick and Easy we are having a huge Hangry Pocket area and so we are sourcing right now the Hangry Pocket little envelopes, instead of folding them all around, they are going to be so easy.
- D What are these? Edible products, what do you mean by envelopes?

P No, you put the food in parchment paper, because cooking in foil, is not good for the food because you know metals are leeching in.. so parchment paper is actually a much healthier way to cook and you just make up a whole bunch once like a month and then they are there in your freezer and then you just pop them in your oven, and they are just so easy.

D Oh, I see.

M Maybe done cooking in 20 minutes, maybe

D Almost like an Italian restaurant might do, kind of like pre-make things, and keep them in the fridge.

P it is actually a French thing, but yeah and then the steam comes out of the packet.

M Yeah, once I see steam, I open the packet and then put it back under the broiler for just a little bit to finish it and if you want more spices put more spices.

P Do you ever cheat and go off plan?

M I usually don't now, I get sick if I do

P Do you really?

M Yes, I do, my body cannot handle something off plan now.

D Without the deep detail of the sickness, just generalize, gut issues, headaches, what do you mean by sick?

M I guess my sugar goes up, spikes, and it is more like I feel dizzy, some dizzy and then stomach issues come later.

D I ask because when I found when I got real serious about what I was putting in my body, I was confused, I thought I was getting sicker, because I would eat off just a little bit, and it would either be instant or at least severe symptoms like gut symptoms, or brain fog or something.

M Yes, your body knows that you are bringing all these nourishing foods but then you put something really off and it is like uh-huh.. no.. no., I don't want it anymore.

D It's like my body was louder

P But here is something interesting Dan, you are both of Mexican descent, right, Type 2 Diabetes is so huge in the Hispanic culture, now we all have genetic differences, like we have been looking into MTHFR, and some of you will know what that is, but we are going to do a podcast on that soon, how we all have genetic variances, and some of these things can manifest in different ways. Now high blood sugar is rampant in your culture you guys, so I wonder if you are

much more sensitive to these blood sugar spikes than some of us, because I can eat off plan and I don't feel that same way.

M If I have a yeast roll, at a restaurant, I have to have a designated driver. Yes, remember the Poddy about the or was it the Unshow about Anniversaries going wrong??

P Really?

D Unshow

P Yes, Serene's one.

M Well went to anniversary, am I allowed to say the names of restaurants here?

P Yeah, you can.

M I think it was Texas Roadhouse, they have these raised yeast rolls and I think they are made with honey, I love the honey, but I don't know what else they make with

D Drugs

M I had just two and I had a delicious steak, a baked potato and a salad.

D And you bloated didn't you, did your belly swell?

M Yes, it hurt up here, but I remembers, whoa is it the food, I mean I had something healthy, but I was thinking but not those rolls, so uh-oh, I even told my husband we'll go with the Krispy Kreme and he was getting all giddy and stuff, and he was like oh yeah, we are going to Krispy Kreme, we didn't make it there.

P Oh, so you didn't even make it there.

M We didn't even make it there.

P So you really react.

M I was so sick and I had to practically go home

P Wow, that is a very chaste reaction, now I'm starting to believe you more Danny. Because Danny tells me about his reactions to foods and I am like Danny..

D Yeah, she like you are being a baby or that I am dramatic, thank you Magaly Weaver!

M Now if you are saying chips, like corn chips at the restaurant I will go off sometimes

P Yeah, but your body might be more conditioned to that.

M Yeah, because it is corn, maybe, I don't know.

P We could go on and on, but it's like 56 minutes in and it feels like only 6 minutes in right.

D All these great baked goods today!

P It's a party in the house today! Is there anything you want to leave, anything you want to say to Kim who wrote that email?

D Hey lay off, she has heard enough!!

P We love you Kim, or to anyone else that may be listening or just might be starting Trim Healthy Mama or finding it hard?

M Well, I was thinking about how our bodies are the temple of the Holy Spirit and we are to, we want to use our bodies to glorify God, so put in, in your bodies good things, good nourishing things, I recently, one of my friends, Martha Dignazio, one of the Admins, she was telling me

D I love that name Dignazio, it reminds me of one of my favorite films, Nacho Libre

M That is my favorite movie!!! I love that!

P Danny she was getting ready to hit on something really poignant now..

M Yes Danny, you are going onto those rabbit trails now.

D Dignaaaaaaaaazooooooooo!!

P See how they happen so easily it's like you cannot avoid them, right?

M Yeah, now what was I going to say now?

P You were saying about putting really good things into your body because it is our temple and it was really deep and it was going to be so good.

M Yes, yes, well, see, let's go back to Martha, Martha told me, and this is what was easy to me, Martha said, okay you would not put any cheap gasoline in a Lamborghini do you? No, what you are going to do is put high quality gasoline in a car. So YOU are a Lamborghini, is what she said, I was oh, I like that! I only want to put good things in my body to fuel myself and again, you do not have to start big, you can make it as simple as you can. Make it work for you, do whatever you are already eating and just moving around a few things and tweet it.

D Just TWEET it!!

M TWEET IT!!

- P TWEET IT!! What a way to end the show that is so good, oh my goodness, I love you so much! You were so kind to come and we are going to have you back some time and thank you guys Dana and Carrie for coming so much!! I wish we had time for another hour but we don't but we are going to par-tay on here, go ahead Danny and take us out.
- D And that concludes another episode of the Trim Healthy Podcast with Magaly Weaver from Mexico!
- P Magaly, it's Magaly, I got it right and you just botched it
- D Oh, I just blew it, I was just thinking about the voice, I was thinking about the announcer voice. So we are going to eat our baked goods, we hope that you go bake some goods and take some of these killer ideas straight from South of the Border.
- M Yes, and I love to Par-Tay so if anybody loves to party just look me up and we will party.
- D You know who to call, heck yeah, see you next time peeps, adios!
- M Bye!