



## Trim Healthy Podcast with Serene and Pearl Episode #7 - Lunch Talk

*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.

P Hey, you want to hear from us? Do you have something specific you want to hear from Serene or yours truly, The Pearleth. Just write in your questions and send them in to [support@trimhealthymama.com](mailto:support@trimhealthymama.com) and we will get them.

P So we are here, having lunch...

S ... for this podcast.

P We don't really have a topic. But, the topic is actually How To... for me, the topic is: You Can Stay On-Plan Anywhere, Baby. You really can... I can eat at any single restaurant. I don't care what it is. And I can find something to eat. Now,

Serene maybe ... Maybe she thinks... [overtalking] it's below her.

S [Overtalking]. Okay, so there's no white food in there, but there's a polystyrene white box.

P Even that's putting you off?

S It's putting me off.

[00:00:58]

P Okay. We're here. We had to do some work today. And so Serene, of course, bought her lunch.

S Danny, put that microphone back in front of your spring roll. So, we can hear the munch-munch.

P Okay! This is what we're going to do today. What Serene eats, what Pearl eats, and what Danny eats. Danny is the what-not-to-do.

P Pearl is the what you...

D [Inaudible]

S He was trying to move his microphone away. He was like three feet away while he was chewing on his spring roll.

P So actually this could be a lot of secret sauce in this podcast. How you can make right decisions or how you make wrong decisions like Danny. Serene's decisions will always be what you take from home. So, let's start with Serene.

S What did I take from home from you?

P There's going to be a lot of munching and stuff in the background [inaudible].

D We're going to make people hungry.

[00:01:41]

P Yes. What did you bring, Serene? What do you have for lunch?

S I had one of my favorite... I call them "Bitties". They're a smoothie that's a bit bitter. So, I call them "Bitties". They got a bit of yuck to them.

P They are good.

S I like food with a bit of earthy yuck to it. It's Y-U-K, in case you think it's an accent thing. It's actually a bit of yuck.

P But it's actually yummy at the same time.

S It's so delicious.

P It just means it's not conventionally American-sweet.

S No, but, I... My favorite food has a bit of yuck in it. Now, I don't publish those ones in the book.

D What do you mean, a bit of yuck? Like with an earthy taste or what?

S Yes. Well, just an earthy twang. It's got to have a bit of a twang, little bit of a rank for me to like it.

P And at first, when Serene gave me her Bitties, I hated them. I'm like: Why are you eating that, it's nasty! Ooh, but it's good.

[00:02:29]

S So, I've actually probably mentioned this particular smoothie before on one of our shows. But, let me just repeat it, just for posterity's sake. It's a double-fermented kefir. The milk is from my sheep or my goat. I don't know which one it was. I have sheep and goats.

P You're milking your sheep lately?

S Yes. They've been having babies and some of the babies have just moved on. And so, my boys are still milking. And, ummm... and, so... I double-fermented that kefir. And it's so delicious and creamy. And full of fat. And then I added matcha, ashwagandha, maca, frozen raspberries, baobab powder. I added...ummm...

P There's a little cocoa in there, right?

S Yes. Cocoa, hemp seeds, and flaxseed oil. And then I just blend it up to a creamy, delicious, sour, twangy thing with berries, with the raspberries. But then it has, kind of, that good herbal feel from all the ashwagandha and maca and everything. And then I add some ancient bone broth protein powder.

[00:03:40]

P Oh, did you?

S A scoop of that.

P Chia, right? Because I tasted chia.

S And then... But when it's all blended up, then I add the chia. So, there's little glob-lets of yumminess.

P Oh, okay. That was it. And Serene bought how much? You bought a full quart of it?

S A full quart of that. [Overtalking].

P It was so good. It took me a while to come around to your way of yuck-yum.

S Well, so right now, we're writing the book, right? And so, we have no time.

P No time at all.

S So that's my daily lunch. I just make one of those up and I sip as I go around [overtalking].

P And if Serene goes anywhere, or if we go out for business anywhere, that's what you take. You always take it. It's so good though. IT is good.

[00:04:16]

S I don't feel like life's so busy right now, I'm happy to take it. No, I feel like I get to drink this again today. I'm so excited. Like, I dream about it at night.

P IT is that good.

S Yes. And now my daughter's here. Because she's come... Chalice, would you just yell from the background and say hi?

P She's 16, right?

S Yes. She like to write books. So, she's writing a book on the side and she's there to take the baby if he screams. Because the baby's sitting on my lap, eating milk from home.

D So from the goat or from...?

P No, milk from the body.

S Yes, if you're hearing it, [inaudible]. He's eating his packed-from-home diet. And then Chalice has brought our sourdough bread sandwiches with some cheese on, right? Chalise, that's what she's having for lunch? Homemade double-fermented artisan [overtalking].

[00:05:05]

P So, you're just like... You're the purist fantasy.

S But then I have some food for my baby here too. In here, I have avocado. Now, babies we do opposites from our weight loss plan. No SNE [?], right? This is pure crossover to the max. He's got an avocado in here. He's got grass-fed butter in here. He's got flaxseed oil in here. He's got organic wholemilk yogurt, organic banana. Did I say whole avocado? Yes, I did. Bone broth protein powder. Raw honey.

P So, after he's nursed off you, he's going to have some of that?

S It's whipped up to the fattiest richest thing, yes. He's going to have that.

P So before I get onto my excellent meal that I'm eating, which most people will figure out they can do rather than yours. Because who milks their sheep?

S A fair point.

P I don't. I have little slaves that do it. I'm just joking. But my little boys, they love it!

P Okay. But if someone wanted to make a smoothie like yours which, I have to say is so delicious in a weird, sort of way. Could they do store-bought kefir?

S Yes. Or just go the jolly Amish or some kind of Amish.

P The jolly Amish? The poor Amish don't prefer to be called the jolly Amish.

[00:06:11]

S You're my jolly Pearl. Jolly's good. Jolly means friendly. Jolly is a good term. Jolly is like a compliment. I mean, go to the friendly Amish, your local, friendly

Amish farm. Or go to a CSA that has... Or go to jolly Aldi .

P So we are here in town. And though it's not much available. But the local, what you'd call, an Asian restaurant?

S Can you describe the fact that we're not in cool Townville?

P No, we live in a dinky small town here in the Tennessee woods. There's nothing cool out here.

D We're way out West.

S We live out. It's not even a pretend healthy [?], like Provence or something.

P No there's nothing pretend here.

D But I'm proud of our sushi.

P So we went... So, Danny picked food up for us from the local Asian restaurant where they do an assortment of Asian dishes. And the guys love it.

[00:06:58]

P So, I have find something that works there on-plan. As I told you before, you can eat anywhere on-plan. So, if you think to yourself: I can't eat there. They have just spring rolls and fried sesame chicken and everything's deep-friend and battered. And I'm not much of a sushi person so what can I get?

P Well, I'm eating the most delicious meal. Hibachi salmon. Now, guys, maybe there's something in the syrup. Maybe there's a little corn-starch in there.

S Is there MSG, Pearl? Did you find that out?

P Listen. Those things don't matter in the big picture.

S They don't matter in the big picture. But did you find that out?

P I didn't find it out. Because what I don't know doesn't hurt me. He's pulling...

S I actually agree with that.

P All I'm saying is I did the best I could. I got hibachi salmon. It's not fried, it's grilled. With vegetables. And I got chili oil on the side. They sent rice with the

meal. I'm not going to have any. However, if a little bit gets onto my fork, hey that's not ruining anything either. You do the best you can. And I'm having a delicious meal. I'm getting all my goodness out of my salmon. My protein out of my salmon. My veggies, broccoli, zucchini, onions. And, ummm... they gave me a big piece. I'm set.

[00:08:09]

S I don't think they do MSG though, just to clear. You're not worried about it but... [overtalking].

P [Overtalking]. No, I'm not worried about it, Serene.

S But, I do agree with that though, Pearl. I do agree that the little bits of imperfectness... [Overtalking] The little bits of imperfectness... I think a bitter thought during lunch would be worse.

P I do. Bitter thoughts would be worse. And guess what? I'm not eating this everyday for lunch. I'm often at home or I can take a lunch. I didn't have time this morning. And so, I did the best I can. So, you can do that anywhere.

I don't say to myself: Hey! Oh no! Some of that rice got on my fork and it went in the sauce. I'm off-plan! I'm not a Trim Healthy Mama!

P You bet I'm a Trim Healthy Mama, whether I do it imperfectly or not.

S Whether you do it in a white takeaway box or you do it in a glass, quart container from home.

P Yes. And now let's go on to what not to do.

D Oh, yes. Here's where the food freedom ends... on my plate.

[00:09:01]

P Actually, no. You know what your meal is? You need to start again in three hours, Danny. That's what it is.

P Here's how to get an unhealthy meal that explodes your waistline. You would order exactly what Danny ordered. Which is breaded, fried chicken...

S That's just a lot of sweet on there. I'm just seeing shiny sugar glaze.

P Noodles, sugar-glaze chicken fried, white starchy noodles, a spring roll or two. I've seen you do better, Danny. I'm just... What happened?

D I'll be honest.

S Take about a moment of silence for just a few seconds.

D Normally at this restaurant, I get the sushi and the salad and the hot and sour soup. Today...

P What happened? Were we hard on you?

D No. What it was... Yesterday, I had just that. And today I went a little off course.

P It's okay though. You give yourself grace and you forgive yourself, right? You're not going to slam yourself like: I'm a loser, now that I had that.

D Oh, I don't even have to forgive myself, for there is no cause.

[00:10:05]

P You're enjoying it.

P But I think I'm enjoying my healthy meal, that I got from the same place, as much as you're enjoying that.

D [Overtalking] I'll be honest though. I'm not enjoying the way my belly kind of feels right now.

P Exactly. [Overtalking].

S I was hearing of those, like pipe rumbles.

D I mean, if we're keeping it real, yes. You don't notice that unless you start to talk about food. Then you're like: You know, I do feel kind of feel a bit bad every time I have that kind of meal.

P Yes. And in a couple hours, you're going to have a sugar low. Because even though you don't see piles of sugar in your meal, it's in your breading and the white starch around your food and then all those white noodles, that's sugar in your bloodstream.

[00:10:43]

- S But hey, unless it's like a fun hobby like mine, to just enjoy purist-ing up all your food, it's going to happen in life. That you're not going to eat perfectly every time. And that's what we want to say today. Hey, don't beat yourself up, get stuck in Shameville and then eat badly for the next few days because of one mess-up.
- P No, no shame.
- P Exactly. Because there's so many ways to do it. Like, yes, I stay on-plan, No, Danny did not stay on-plan. But however, if in Danny's place... And we all do it. We all completely choose the wrong thing now and then. It doesn't mean that that's over. I've ruined it. Ah forget it, I'm a loser. I can never get this right.
- P Yes, of course you can do right next meal. If it's not next meal, maybe it's the next meal after. And because you learn that you feel shoddy in a couple hours.
- D Straight shoddy.
- S And that you learn if you live in Shameville and keep there. You're going to gain five or 10 and then be really upset. Why don't you just not waste the emotional energy about being shamed. Just say: Hey, that was, kind of, an enjoyable meal. I don't feel that great inside myself. But, boy, it was yummy to the taste buds and I did it. And that's done. So, I'm not going to waste any more time and I'm just going to be healthy next meal.

[00:12:08]

#### Honest Tea Advertisement

- S I have great news! The Honest Tea Company... have you heard of that before??... They have come out with these zero calorie teas and Honest Fizz Sodas. That is what they are called - Honest Fizz. They have Trim Healthy Mama approved sweeteners.
- P So, they use stevia and erythritol, which we are cool with.
- S You can check out the ingredient list and they even pass my approval, Mrs. Purist...
- P They are all USDA Organic and Fair Trade certified... And the best of all, Serene, they actually taste fantastic.

S And the cool thing is for people like me, if sweet is not your thing, they also have unsweetened tea flavors with like a little bit of lemon...

P Ooo... I love it!

S But it is great... because now you have the option when you are out and about of chugging something healthy instead of going thirsty or giving in to junk.

P No, exactly... And they are growing, they are like every where. Now they are in most grocery stores, and of course on Amazon, you can go to [Amazon.com/honesttea](https://www.amazon.com/honesttea)...

S We are joining Honest Tea and celebrating being refreshingly honest.

P Yeah. And in the ways that we are less than perfect. Because... look, we might be authors and you know we got the picture on the back of our book and all that...

S All poised...

P We look like we have it together, but we don't...

S Noooo...

P We don't have it together. So, hey, here we go. We are going to be honest. When I see mothers with children that have matching socks, Serene, I mean... I have to stop. Honestly, I have to wonder where she is getting her super powers from. [Serene laughs.] I have never been able to manage to put my children in matching socks!

S They're not my super power, no...

P Are you refreshingly honest? Share the fun and funny ways that you are also less than perfect. On social media, use the hashtag #refreshinglyhonest, and learn more by visiting [honesttea.com/podcast](https://www.honesttea.com/podcast).

[00:13:48]

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

S Serene. [Laughing}

P Hey, you want to hear from us? Do you have something specific you want to hear from Serene or yours truly, the Pearleth?. Just write in your questions and send them in to [support@trimhealthymama.com](mailto:support@trimhealthymama.com) and we will get them.

P So, here's how you can eat at any restaurant. Doesn't matter. Okay, hit me with one, Serene. And I'm going to tell you how to do it.

S Italian.

P Absolutely. Steak or salmon. Side of broccoli with butter. Or you know what you can even do? You can do the chicken alfredo. Who cares if there might be a little corn-starch in the sauce? Don't put it over the noodles. Put it over fresh broccolini or green beans, zucchini, any veggie. Any sauce and meat over a veggie is perfect.

S I got a hard one for you.

P Okay, what?

S The Hut.

[00:14:41]

P Pizza Hut.

S [Inaudible]. Did I get you?

P No, I can do it. A lot of Pizza Hut places now have pizza in a bowl. I mean, pizza buffet. They put a bunch of veggies and then all the toppings, the cheese. But you can have the salad. And then you can go get your pizza and take off the toppings. But, listen. Sometimes, every now and then, I'm just going to go have me a piece of pizza, Serene. Even if it's got a white crust.

S And you are doing Trim Healthy Mama your way. And you're on-plan. And we are friends.

P Even though you won't do that. But sometimes... Like if I was going to pizza frequently, I would be taking the toppings off. But if it's infrequently, I'm enjoying the pizza, you know? It depends how often this is happening.

S That's true.

P Okay, I'll hit you with one.

S Remember, this is going to be harder for me because I'm always a take-along-er.

P No, you can do Mexican.

[00:15:27]

S Mexican. I do fajitas. I do the chicken and beef mix fajitas. And I love all the succulent caramelized onions with tomatoes and peppers. It's so delicious. And I have them bring guacamole, salad on the side... [overtalking]

S But then sometimes I feel like fresh avocado. So, I say: Can I have a sliced avocado? It feels a little more fresh and less salty. Because, you know, the fajitas can be a quite salty and sometimes it just adds a fresh touch.

S Other times, I like to do the Tilapia over Veracruz. The Tilapia Veracruz.

P Love the Tilapia Veracruz. Almost every Mexican restaurant has that.

S Yes. And sometimes, I bring along something to dip into the salsa. It's nothing but a little thing in my purse. It might be some... A recipe from the book for crackers from the book. Or sometimes I'll even bring Wonder Wraps just in my purse. Just a couple so I can stuff my fajita stuff inside. Most of the time, I just like the filling by itself without stuffing [overtalking].

P Yes, the hardest thing at a Mexican restaurant is how to avoid the corn chips.

S That's not hard for me.

[00:16:33]

D Uhhh... I beg to differ. The hardest thing in a Mexican restaurant is how to avoid the queso.

S Oh, yeah, the queso. Well, you see, if you're having corn chips, you have the queso.

[Overtalking] [Laughing]

S You just dunk in the spoon, Pearl...

D I beg to differ. I'm just pouring it on my face.

P You know, pouring some queso on your fajitas though would be better than

dunking corn chips into it. Because queso is not perfect but it's not horrible either. It's just middle ground.

D It's just Spanish for cheese.

P Yes. It's just got a little bit of probably milk [overtalking]. He's the matador himself.

D I'm Spanish for cheese.

S Yes. You should be called Christophus or something.

P Christophus! And wear, like, your red cape when you come in. Yeah. Okay, let's think of one more restaurant, one more restaurant. Okay, hit me with a fast food one, Serene.

S A fast food one. Mickey D's? [Overtalking].

D I'd love to hear some magic pulled off at Mickey D's.

P I totally can do Mickey D's. [Overtalking] [Laughing] I like the buns without - burgers without the buns... not the buns without the burgers.

D We're still talking about Mickey D's right now?

P We are. I can just ask for their burgers, bun-less please. And they'll put them in a nice little bowl with lettuce. I eat them with a knife and fork. I think it's delicious. Do you know what I find? No, for real. Buns take away the flavor for me. And they're sort of lifeless. They don't taste good.

D They are some nasty little buns, aren't they?

P They're nasty little buns. You can have a side salad on the side. But you know where I'd rather go for something like a burger? I'd rather go to Hardee's or something. Because they have the grass-fed [overtalking].

S You've actually convinced me before. And I've enjoyed myself. [Overtalking]. Grass-fed burgers. And then you can really tell them to beef up the lettuce on either side of the burger. It's really yum.

[00:18:16]

P You can do that at Five Guys, too. They don't have grass-fed, but it's yummy.

S I just love... a bit of pickle and a bit of mustard.

P Come on. It's so good.

S I mean, that's the life of the burger, not the bun.

P And that's why I love Trim Healthy Mama, even though I love our own plan. I do. Why? Because you can really have some good juicy meat. Sometimes you don't have to stay with lean. Now there's that beautiful balance of sometimes you need lean. You need chicken breast, you need fish. But sometimes, your body is just craving some good fat.

S It's prison if you can't. It's racist. It's too white.

P Yeah, that's right, you need some red.

S You need some red. You need some good old brown. I like it!

D Now speaking of chicken. A lot of... I used to be under the impression, I am now no longer. I used to be under the impression that...

S Don't tell me skinless.

D No, no. I'm going to make a good choice today. I'm going to just eat at Chick-fil-A. I'll eat anything at Chick-fil-A. And it will be not McDonald's and therefore healthier.

[00:19:11]

P No, it can be just as unhealthy as McDonald's. It depends on what you choose. You can... Their grilled chicken's really good. Have you had their grilled chicken pieces? [Overtalking]

S Their white buns are just as bad as Mickey D's!

P They're white buns, but they're Christian folks... So, that makes you feel better, Danny.

D Oh, yeah, we go get that Christian chicken.

P Christian chicken. But, no...

S It's already blessed. Then you bless it. It's double-blessed.

D Pre-blessed. Hey, I don't have to worry about praying over the food. It's such a great deal.

P Yes. But see what I mean? Is there any other restaurant that we haven't covered? Middle-Eastern.

S Yes. But Middle-Eastern's pretty jolly healthy.

P It's good.

[00:19:46]

S Well, you know, if you like that gyros meat, you can just have it in a plate, like, with the cucumber sauce...

P Is it gyros or gyros?

D Could it be argued euro's ?

S Oh, wow.

P It could be. True.

D And no one knows.

S There is somebody who knows. And they're listening right now and they're yelling it to us. We can't hear you.

P I know. But just, sort of, throw it into our minds.

S But you know, you have the hummus and the tabbouleh and the grape leaves on the side. And then you have the gyros meat. You don't need that.

P I love the cucumber yogurt salad. And you know what? You go to the mall. They're always in a mall. They have that sub place, where they're putting the Philly Steak thing in a sub. As bad as you can get for fattening stuff... Because you got the white bread and you got the Philly cheesesteak with all the cheese and... But it's yummy and good, right?

[00:20:31]

P So, I just say: No, give me extra. Put it on the grill, but don't put it in the white bun for me. And so that you get a good amount. Lots of yummy veggies. They

chop it and grill it and put cheese on it. [Overtalking]. They give you more. And then they add this cucumber yogurt salad on the side and I put it on top. It's like... Come on, this is goodness. And I'm actually enjoying it. I'm just keeping my trim. Can do it anywhere.

S You can do it anywhere. You can. I mean, I'm always there with my cumbersome 18 zippies at airports. And you're just, like, standing in line all free-hearted into the fast food joints and you stay so slim!

P I'm excited about the challenge. What can I [overtalking]. I'm just like: How can I do it at the next restaurant? Oh yes, baby, Bring it on. [Overtalking].

S I love my zippies. [Overtalking]

P So we'll agree to disagree. And... Danny, how are you feeling?

D Here's my thoughts as I hear you. I'm just thinking in my head: Of course, I knew I could do that at McDonald's. Of course, I knew. I don't want to. That's my problem. Is, is, is...

[00:21:28]

S Yeah, but you don't have to, Danny. But, you see, because... [Inaudible]. You have to, for your health. [Overtalking]. You have to for your health.

P I don't know. If you felt like someone who was carrying the extra weight... I think you'd feel more of the need. But sometimes skinny people with high metabolisms, they think they can eat what they want... [Overtalking].

S Are you in your younger thirties?

D [Overtalking]. 36.

S Oh, you're like... [Inaudible]. [Overtalking].

S But, I don't mean I don't want to... to the point of death. I just mean, I see now what my true problem is. It's not that I don't have any options. I guess that's what I'm trying to say. It's that I'm really just not wanting to do it. I want that bread on that...

S You're owning up.

S Oh, I'm owning up. I'm hearing that, you mean take two buns off and have a

meat patty and some lettuce and I got to get a fork out [overtalking].

S Well, it's not just like having a meat patty and lettuce. Oh, my goodness...

P No, it's the way you're saying it! [Overtalking] Look at the disdain on your face. I'm sorry, you said it like this...

S We need to fix it for these Mamas. Because, I'll tell you what...

[00:22:17]

P Let's undo all Danny's wrong. You GET to eat succulent, well-seasoned meat, a juicy burger with melted cheese, fresh tomato, delicious crisp lettuce...

D That does sound good.

S The condiments that are just like adding to the burger pot...

P Mayo.

S And then you get to have the crispy crunch of the refreshing lettuce. You don't get to have the devitalised death buns.

P Those yucky, nasty buns. You should feed them to the ducks.

D [Overtalking]. DDB's

S [Overtalking] I don't think ducks would even eat them.

P So, you see? It's all the way you look at it in your brain, Dan. Dan Man. You don't say to yourself: Oh, so I have to eat without a bun. It's a piece of meat on the plate. [Inaudible] I GET to eat that and I don't have to eat those nasty, devitalised... That's a self-talk you do in your head, mate!

D This is good.

P So anyway, let's do another lunch together and we'll do some more therapy.

[00:23:17]