



Trim Healthy Podcast with Serene and Pearl Episode #8 - Help! My Family Only Wants to Eat Junk!

*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, it's 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, just write in your questions and send them in to support@trimhealthymama.com and we will get them.

D Melissa has a question for you. She's been listening to the podcasts and her question is: Help! My whole family loves junkies and yet I'm trying to stay on-plan. What to do?

P So her whole family wants to eat junk. I know about that actually.

S Me, too... a little bit.

P Serene, your family is way more purist than my family.

S If they even eye... They even eye store bought bread that comes into my home, you know because they get it from my dad who picks it up all the time. He picks it up from like the grocery stores when they have... When it's stale and he brings it to hilltop.

[00:00:58]

P He does. Dad tries to load off all that bread on all of us.

S But I'll tell you what, if they even eye it they get in line for a spank because they have to only love sourdough bread.

P You are joking, right?

S Yes.

P Okay, well no but this is actually... This is something I need to say.

S They get a lecture.

P Let's talk... This is a big subject. When women want to become healthy and they realise hey I'm done, it's time. And then they jump right in and then they get resistance from their family. Maybe it's a husband who says hey you're on your own, I don't want to eat any of this healthy psycho food or the children are like where are my fruit loops mum and throw a tantrum.

[00:01:39]

D My wife was... that poor woman.

P Was she?

S She was, yes.

D Absolutely.

S I remember about five years ago.

D Dorito Dan.

S Lisa was sitting next...

P She named you Dorito Dan.

D I'm just kidding about that.

S But she was almost in tears. Your wife, Danny, was almost in tears and she was saying I just... I don't even know what crazy stuff he eats and what... He just wants to devour every crazy bit of chemical in the world.

D Hot pockets with a side of Doritos and finish up with a Coke and that's not an exaggeration.

[00:02:10]

P Okay, well then...

S Well, look at you with your organic poddy T.

P If Danny can come... No, you haven't come full... You're not Serene of course, Danny, you're no purist but you've come a long way. You don't stop off at fast food that much anymore.

D No, it would have to be an emergency situation. I've learnt to go into... And this was really big for me because as a man out there at work and going around, you know, just all you see is a drive through and you're trying to get on with your day. But I've learnt to just kind of pit stop at Kroger. Man, they've got fruit bowls pre-cut and man, yes, it costs a little more but...

P That's amazing. So if there is hope for Danny there is hope for any man.

D I was totally the worst.

P And you know what...

S Because you had a high metabolism too so you just...

D I could get away with...

P Yes, you could get away with it.

[00:02:52]

D Yes, anything.

P And I think ladies this is the big thing, give your family time.

S That's true.

P I mean time is the biggest thing. Yes, it starts with you but you can't force this anyone. We'll talk about smaller children later where there is a little bit of forcing, but let's just embrace this whole husband and older question first. You know, when Serene and I first started Trim Healthy Mama...

S Let's talk about when we first got married. There was some nagging and some really...

P Yes, but we'd been on every sort of diet you can imagine.

S You and I... No, let's clarify that.

P When Serene and I first got married to our respective husbands we then started diet after diet after diet trying to find the ultimate way to eat. So our husbands had been through us doing so many ways of food and some of them were so nasty.

S Oh, my goodness.

P So depriving.

[00:03:42]

S It was like here's mashed potatoes and it was like sprouted sunflower seeds creamed up. The grey mashed potatoes, right.

P Hey, cauliflower mashed potatoes are great compared to what you used to pretend was mashed potatoes.

S I know. He wouldn't even allow me. He said don't even call it pizza. Don't even call it ice cream if it's like frozen like ashwagandha or something.

D Lisa's learnt to really manage what she calls the meal.

P Yes, but you know what... And so when... In my particular case when I first started, you know, I realised hold on this is something I can do for life, this is it. I'm going to be doing this the rest of my life. No more craziness because I can do this. So I said honey, honey, you've got to join me. It feels so good. I'm eating carbs. I'm eating fat. I'm eating protein and look at me, I'm slimming

down. He was like, huh-uh, you do it. I'm glad you feel so great, honey, but I am not doing it. And so I was about to get... Ooh, why doesn't he just do it, it would be so much easier. But you know what I thought, fair enough. I've taken him on so many diets. I'm going to give him time. It was a full year, a full year of me doing this on my own before he was open to doing it. At that time he was feeling really bad, he packed on a whole bunch of weight and I said look at me, I'm feeling so good. He's going, okay I'll try it. So I just started, you know, feeding him these meals and he loved them. It was little by little and then he ended up dropping 40/45 pounds in...

[00:05:13]

S He looks great.

P But I have to say something. Don't try make your man, your husband perfect. Like you might care about all the S's and the E's and the Fuel Pulls on our plan and, you know, that help you understand and do it properly. This is a funny story, Serene. How many years have we been doing Trim Healthy Mama now?

S Eight.

P Eight, more probably because we wrote the book, it took five and then another two. Probably 10 years.

S Yes, 10 years.

P And you know our husbands haven't read the book, right.

S No, not to this day.

P Well it was just yesterday I made Charlie a good satisfying meal, you know, with fats and he loved it and he said that was so good, honey, and then he grabbed a banana, ate it straight afterwards. Then I thought well I'll say something because I'm like honey, that banana, that's carbs and so you just had a cross over and I guess a cross over is fine, you know, I just want you to know it's a cross over. And he's like he looked at the banana, the peel he was holding, he's like carbs. Bananas don't have carbs. And I said all fruits have carbs, honey. He's like fruits don't have carbs.

[00:06:17]

S That's funny.

P The husband of the lady who wrote the book Trim Healthy Mama 10 years later he doesn't understand fruit has carbs. So give your husband some slack.

S Can I just be vulnerable in front of everybody right now?

P Yes.

S Let me just be vulnerable. I actually had a moment at the kitchen sink this morning, very humbling moment and I thought well my husband waltzes in because he bought some pants off the internet and he got...

P Bought some khakis?

S Khakis. He bought some khakis off the internet because he couldn't find his size, because he's like six foot six, he's just this huge man. And they kind of were a bit tight, okay. So he's like... Waltzes in, he's like right, I'm going to lose 20 pounds. And I thought to myself, do you know I could've had you lose those 20 pounds like 10 years ago. I thought this, I never said it. But it came to my mind, I wonder if anyone walked into my house what would they think because I don't even have my husband on the plan. He's not a Trim Healthy Papa. He's not on the diet. Now listen, I've never been able to put him on the diet because whenever I say I can help you lose those 20 pounds, straight away there's a wall up because it's not his inspiration, it's not his idea.

[00:07:22]

P He does love your meals though.

S No, but that's what I'm saying. I feed him a great breakfast. He doesn't even know it's Trim Healthy Mama Papa. I feed him an awesome dinner and if he's home on the weekends he gets all perfect. I don't know what crazy psychopathic junk he eats when he's away and he thinks he's choosing good stuff, but he's just out of his head when he's...

P He's Subway-ing.

S You know, yes.

P He might have a little Dorito binge here and there.

S Yes, but anyway he's grand and if you're listening, Sam, you're amazing. Love you baby.

S No but the fact is he would... If you didn't do all that he would've been 50 pounds heavier. He's just at a good healthy man weight.

S No, he's good. He's king.

P He's king Sam.

[00:07:58]

S And I just love him the way he is, but the point... He's so good looking, but my point is this, is that our own husbands and my husband this morning he's saying he needs 20 pounds to lose. We have this book out, New York Times best seller how to lose weight and he won't do my plan to lose weight. He's like don't put me on your exercise program either. I have to do my own thing and we're just going to go running. I just need to do what I need to do. I'm like that's good darling, you just do what you need to do.

P So listen, if we can give our husbands slack you guys have got to give your husbands some slack but encouragement at the same time. Like make the meals that you know he's going to love. The worst thing that you can do I think is deprive a husband of good fats and give them the bird foods like really be stringent, like here's what you're going to have for lunch, I'm going to give you a cut lunch and there's a few baby carrots, a very lean sandwich and then there's, you know, a little side salad. That won't do for a man.

[00:08:51]

S You know what I think about men? I reckon better to start them off on all cross overs. They're coming from a Western diet of just like fast food. Start them off where they don't feel like too many things are taken away first, don't you think.

P Or a lot of S meals. I find my husband was very satisfied with the S meals, really S them up good so they feel satisfied. And some men lose just with cross overs alone, you know, cross overs when you put carbs with fat. We teach that in our book but that's basically the plan.

S Danny, what do you have to say? What's your pearls of wisdom?

D Yes, well here's... As you're talking what's in my head is actually the secret to converting every man over to your ways.

S Now look Danny...

P He's a man.

D Just from a male perspective, I would say if the one thing my wife did was in the early days she was a little preachy and, you know, we can talk all we want to but when you start throwing down some amazing dinners you don't have to talk about anything.

P So true.

D What is this from? Where did you get this? Man, I'd order this at a restaurant. That's one of my biggest compliments I'd give Lisa is I'll say I'd order... And she'll ask now, so would you order that at a restaurant?. Because that's kind of a little bit of a litmus test for me, you know. It's not like well this is good if I have to survive. It's no I would go out of my way to get that. You make those kind of meals and then in time, you know, he finds out... As I did, I started finding out these are THM friendly meals, I'm converted.

[00:10:28]

P And I think a lot of things like that you ordinarily would make, like my husband loves pot roast. Hey, that's on Trim Healthy Mama plan. Maybe, yes, you could still give him the potato but if he needs to lose weight maybe give him some really, really, really good buttery broccoli and some things that are really tasty. Like Cheeseburger Pie, it gets a man wrapped around your little finger I think.

D No doubt.

S And I tell you what, there's a new pizza coming out in the new book that we're doing right now. I tell you what, it tastes so deep-dish white nasty bad for you.

P That means it's good.

S So taste like the worst sinful pizza.

[00:11:04]

P Is that a shameless plug for our new book that's not even written yet?

S So a shameless plug.

D Oh, speaking of shameless plug, hopefully these aren't too many back to back, but in context of, you know, it sounds like, you know, we're talking about converting a man, right. You make me a glass of coconut milk with our

chocolate protein powder in it, it's straight Nestle quick and I know you all aren't... You know, you don't like to talk about your own products, but I like to talk about...

S Hey Danny, you can do it.

D Yes, because it took me back to my childhood and this is a brand new product and everyone in our office is making chocolate milk now and of course we've got strawberry too, but I'm a chocolate nut.

P I know Bowen, my son who works with you, you've taken him under your little wing.

D I have, yes.

P He is your apprentice at the office, he... It's so funny because husbands and teenage boys, my teenage boys was like that's Trim Healthy Mama, I'm not going to eat it only because we're the authors, right. But that chocolate whey protein powder, he is addicted to it.

[00:12:04]

D You're powerless.

P He's eating it all day.

S I had to go... When we finish this poddy I'm walking to your house to pick up mine that I left in your car, my chocolate whey because I can't keep it in the house because Arden who's already married and left, he comes over every day, he pops in every two hours for another glass of it.

P It's chocolate milk and this is what you do, this is what I do. One cup of almond or cashew milk.

S My children do the real raw milk because they need it.

P Unsweetened. Yes, raw milk, sure if it's growing children, and then I do half a scoop of the chocolate or the strawberry. You can actually mix, it's super yummy.

D Oh, I've not done that.

P Bowen, my son, does a full scoop but I find that too sweet.

[00:12:38]

S Don't you call that Neapolitan?

P Ooh, Serene, you might.

D Neapolitan Milk Surprise.

P Ooh, Danny, that's good.

D I want some cred in the new cookbook.

P But you know what, Danny, you're so right. Stop preaching and just start giving me good meals, that's what the husband says, right.

D Just bring it.

S And you know what, just so there's nobody like... Because sometimes I'll get like when I feel like I have to do something to like impress to get results, I start getting the nervousness like ooh, I'm going to have to bring the goods, right. But just let me relax you guys. It doesn't have to be long kind of like in depth gourmet to bring happiness to your husband. These recipes we're talking about they can be done in under 20 minutes.

P Simple stuff.

D That's a good word.

[00:13:21]

S Simple stuff we're talking about it. Simple stuff.

P Meatloaf, pot roast...

D That's a deal breaker for me. I lose my mind thinking through everything.

P I tell you what also helped my husband be on plan. In the morning I would do him the big omelette with cream cheese, cheese and onion.

S There you go again with your precious cream cheese.

P My heavy... My precious.

S Your precious pasteurised cream cheese.

P I'll tell you what, my precious pasteurised cream cheese has done.

S You better drink some more of Danny's poddy tea to just cleanse it from your body.

P Would you rather my husband be in the health he is in today or back years ago? And the cream cheese has helped him. I'm sorry, because it replaces all that starchiness, that good fat helps him feel satisfied and he's like I can do this.

[00:14:02]

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.

[00:15:42]

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

S I'm Serene.

S Let's talk about children going to grandparents and children going to relatives. Like we still have to have relationships with our in-laws, you know, because my children...

P You've got a story about that.

S You know, they go to Tootsie Bell. My husband's mother, her name is Tootsie because she really didn't want to be grandma, you know, she just... It felt too old, so she called herself Tootsie. Well she makes the rocking-est burritos but they're with big old white carb things, you know. And for a while there I kind of like was ruining my relationship with my mother-in-law and also kind of, you know...

P Ruining your children's relationship with her.

S Yes, putting a little bit of a stumbling block in the road for them because that's the way she loved them. And they called her Tootsie Bell because their favourite food in the world was Taco Bell, but Tootsie Bell was like Taco Bell on steroids, right. So I had to realize...

P Then you told them they couldn't eat them.

[00:16:43]

S No, for a while it was like you cannot. Like I tell you what, and I was even thinking, staying up late at night thinking oh I'm going to go down and I'm going to buy her some sprouted tortillas and put them in her cupboard for her and she can make special sprouted ones for my children. That would've taken the love out of it for her, right. And they were so delicious, but you know I realised life is more than food and if they don't eat them every day at my house it's okay to have some Tootsie Bell occasionally.

D So you set Tootsie Bell free.

S I did. The other thing is I did stipulate this though, and I was going to have a big conversation with her, I really would not like you give white carbs to my children. Oh forget that, I really felt like God say drop it Serene, right. But I did talk to my children and say don't go and ride your bike over to Tootsie's right before dinner and then say you're too full for my healthy meals.

P No, that's true.

S So that was one. So we've had to compromise.

P And, you know, a lot of people can say well it's hard because my children are always at their grandparents but Tootsie lives right close to you and so your children were doing this every day

S Oh, every day. Actually they had planned, they were organised Mister Tweetie, they'll do it before every meal. They would.

D That just reminded me. That's why my children always want to escape and go to their grandma's house. She's sneaking it in.

S Let's talk about this though. I'm a little bit concerned though, because Tootsie Bell I mean she makes her own beans from scratch that go in, like everything's

super healthy except for the white tortilla, big whoop right. But what about grandmas who's feeding like proper full on hard candy? What are we telling our mums about that?

P Hard and we mean hard candy.

S This is like crack stuff. I mean this is like the real sugar deal.

P I think that like you said there has to be love but there has to be boundaries. You can't take away a grandparent's love, but you can also say hey my children are coming home for dinner at this time, mum could you please not feed them for this hour or that. And I don't mind if they have a little bit of that, you know.

S Because my purist is just jumping out of me and saying I might've had that conversation if my, you know, mother or mother-in-law was giving the hard stuff, like the candy stuff. Like, you know, not just a white piece of bread but I'm talking about the sugar like, you know, what do you think?

[00:18:55]

P I think, Serene, that you can't control people so much that obviously relationships ruin over that fact. However, you can have little conversations that mum, you know, maybe my daughter she's actually struggling with her weight right now and she wants to be healthy and we're all trying to help her be healthy and so could you help us help her be healthy.

S Right, a little behind the scenes that.

D That's really good.

S But if it's not like obeyed 100% you don't go pull the bulldogs out or anything.

P No, you don't pull the bulldogs out for that one. I think a grandparent relationship is so important, so beautiful.

S It is.

P But you're saying there's obviously abuse on either side. I mean if a grandmother's just feeding like Coca-Cola all day and, you know, hard candy...

S And do you know what, I think there's a bit of talk on both sides of the fence. You tell your children too, hey you know if your grandmother says pick any

drink in the store, you know, and you train about just what those drinks do to them and, you know...

[00:19:54]

P Telling my children why pick the good drink, but...

S I know, I've seen it and your husband [overtalking] is the worst influence on my children there is.

P I know, my husband, because Serene has always been such a purist and her children...

S He's out to mar their intestines. He really wants to stick some good chemicals in there. I know it.

P Every time he sees Serene's little girls he's like, do you want to go with Uncle Charlie to the store for some chips.

S Today they were having a big old like head slumped into their hands, like hands squeezing their cheeks together and this big mournful my life is so miserable because I didn't let them go with your husband.

P I know.

D Oh, I'm actually glad to hear you say that because I feel like I'm the worst dad in the world, you know, I'm always saying no, you know. All day they're asking for the things that they've heard me say no about all day yesterday.

[00:20:42]

P But no... And that brings us to the younger children.

S Your children are onto 13. I think a little bit of no is good.

P Okay.

P And let's talk about younger ones right now. Because, Serene, you and I have raised our young ones differently but almost very similarly in the point that hey they're going to go and have ice cream for birthday parties. We allow them to do that.

S But like we try and pick the best of the bad lot.

P My husband took my children to McDonald's here and there. I was okay with that. It was just something that they did. So they got a taste of things like that. He brought cookies into the home. Your husband didn't. I mean you didn't have cookies in your home. I had them sometimes.

S But he'd take them to Taco Bell.

P Yes, that's true. So your McDonalds was Taco Bell. So they sort of had the same thing, but overall they ate our good home cooking and here's the thing, I think getting a taste for those things makes them harder... Children harder to control.

[00:21:41]

S But like my children... But the fact is you're getting a taste but as long as that taste doesn't get to the point where it's like the biggest see-saw, you know.

S No, I know, that's what I'm trying to say.

P Okay, I'll shut up.

P If you start your children on a life of sugar, that sugar perpetuates and they get a taste for it and then there's behavioural problems, educational problems...

D Oh there's a whole other thing right there.

P All sorts of problems, development problems that happen. So you're not being cruel when you say no when your children are young to sugar. I don't believe you're being cruel. Well you may let them have it occasionally, but if your house is filled with sugar that can be cruel.

S And when they have it occasionally they don't really get the taste for it. They kind of like it/feel a little bit sick afterwards. That's what happens to my children.

P Yes, sometimes.

S In fact my children like they can't really even have... I buy them some treats from Whole Foods for Christmas in their stocking and they're all like it's a bit sweet mum, because they don't really have the taste for a lot of it. When they had too much of it it just kind of feels a bit sickly.

[00:22:40]

P Yes, so I think with little children I've done it both ways to tell you the truth, because there's been times when my life's been really busy and I've allowed this sort of cereals in the house that are not really bad but they're sort of bad, like the ones that are not like Fruit Loops but just easy cereal, you know. And so my children love that and they have it...

D I love cereal.

P They have it with milk, but it's not a really good breakfast. I mean where's their protein, it's sort of empty and it's still got a little bit of sugar.

S I do it Christmas Eve.

P Yes and I tell you what, they get a taste for it and then you try to feed them eggs or you try to feed them oatmeal they think it's bleh. They're like yuck, I want my cereal and it creates this dependence upon it. So I had to get ruthless and apart from Christmas, I'm like Serene now, no you're not going to have cereal in the morning, you are going to have your eggs, you are going to have your oatmeal. You're going to have something good like what I have and then they learn to like it again.

[00:23:33]

S Yes, and you know what, I think it's okay. I tell my children what they think. Like my four year old she's like I don't like it. I said yes you do, you love it. You love it because it's delicious and it's juicy and I tell them all the things that they... Because they feel... Their minds are being formed like my little Haven she says some whacked out things like the things she decides to think that she believes in in life, they're like crazy, like cre-cre. And I just say no, sorry you don't believe in that.

D No doubt.

S You know, you just tell them what they believe. You help shape their minds.

P Yes, that's very true.

D Well, Melissa, Melissa, Melissa.

S She's like I want to smoke. She's four.

D Not Melissa.

P He's talking about Melissa and you're like...

S Sorry, but I just was trying to... I wasn't going to say the real bad thing she says because listen, she's four and she's very interesting and I love her to amazingness, but Haven she said I want to smoke. We don't even have TV in the house and like when she picks up sticks she's pretending to smoke, it's like the devil. It's like I rebuke it. But anyway, but no I just tell her, no you don't and I just tell her all the things that make her lungs black. But you know you just have to... You have to tell them what they like and what they don't like.

[00:24:45]

P And I think we shape our children's palates too by introducing them lots of veggies.

S 13 and under my children don't get to choose.

P No from the beginning I've like broccoli every night, like they're little green trees and my children love broccoli to this day because we made a great fun over them and they were served so often and they'll eat their salad. Oh, I'm telling you, I had... This is interesting though, I had three natural salad lovers and two natural salad haters. I gave them all salad all the same way and two hated them, three loved it, but the two now eat it and they actually enjoy it because hey I did the force.

S Like Bowen.

P Not the force till they throw up, but just you will have some salad.

[00:25:27]

S Not like abuse, lock you up, DCS take your children away.

P No but just like of course you'll eat your salad.

S No, you can't have desert until you have had your salad, you know, I'm sorry.

P Absolutely or you know I'm sorry we eat salad in this house. I'm not going to raise children... The faster you eat it.

S There's no physical punishment but I'll do this to my children. Well you know you don't get anything else till that's done and you have it for breakfast, you have it for lunch.

P And you don't have to give them such big helpings where it's ridiculous because that's a little bit abusive.

S No, I don't do that. Just like you have that little bit. You learn to be able to handle, you know, a range of different foods.

P And of course, hey this is a poddy, so this is all stuff coming out of our head right through our mouth, so you might disagree with us on some of that and have your own ways.

S Don't write and tell us.

D Oh, yes.

P Danny's going to get all your email.

D Yes and I'm not going to read them. I'm kidding. I'm totally kidding. We read emails, but I think that was very informative and Melissa, did that answer your question? We hope the girls just rocked your world with that answer and we hope the rest of you have been greatly benefited as well.

P See you next Wednesday guys. We'll be here. See you next week.

S Yes, bye-bye.

[00:26:32]