



Trim Healthy Podcast with Serene and Pearl Episode #18 - The The Top Ten Least Expensive Foods, Part 2

*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. Oh, Danny boy, the pipes are ringing...

P Oh, no... you did it wrong.

D Are they ringing or are they calling?

P The pipes, the pipes...

S Well, listen, I was feeling the National Anthem in that Danny boy.

P I thought it was the wrong tune.

S That's why I said, oh, Danny... I was being like...

P It was the wrong tune.

S Yes.

P Welcome back everyone and welcome back Danny.

D Hey, everybody. Hey and with me coming back I brought an NSV.

[00:00:37]

S Did you?

P You have an NSV... You mean a non-scale victory

S I can't even believe he can say those... an acronym NSV like he's read the book.

P Do you know what NSV stands for?

D Oh, do I sister. It stands for nutri... No, it stands for non-scale victory and I don't mean I brought with me an NSV from somebody somewhere, I brought with me a personal NSV of my own.

P Have you been at home like studying the plan and like getting your blood sugar down or something?

S We should get Danny sick more often.

D Don't get too excited. Still haven't read the book.

[00:01:08]

P For all of you who didn't listen to last podcast, Danny was out sick with a bit of a stomach thing but he's back...

S He was willing to come.

P Yes, we shunned him.

S But Pearl shunned him. I was willing to have him here.

D Yes, for the safety of the group I... Yes.

P So what is your NSV because this is very interesting?

D Okay, so last week I was eating a salad and there was a cucumber in that salad and I just impulsively flicked it away like bleh.

P Are you a cucumber flicker?

D If that's what you could call it.

P You baby.

S You embrace the pickles but flick the freshies.

D The freshies normally are flicked, but this time... So I flicked... No, I flicked it just off of impulse, you know, but I went wait a minute, let's give it a go.

P Oh, what if you could?

D But what if you could? What if cucumbers were delicious, you know, because I was like okay this thing grows out of the ground and if I don't like the way it tastes I've got a problem.

[00:01:58]

S You're offending God.

D Exactly.

S That's what I tell my three year old. They're like I don't like broccoli. I say well God made broccoli, you have to like it.

D This is a spiritual issue now. Yes, so yes I just started to reason and, you know, is, boy if I don't like something that was actually custom designed for me to enjoy and be good for me, I've got the problem, right. So I was like let's give the cucumber a go and just kind of muscle it down. I put that thing in my mouth and it was like sugar sweet delicious.

P Really.

S Yeah.

[00:02:29]

D Yes... and there was no dressing it was a stinking cucumber at the bottom of the salad bowl.

S Did you taste the vitamin water locked in every bit of that little fibrous salad?

D No, it was literally like a zoom out of myself, zoom into like reality kind of thing. And, you know, I started kind of trying it out, you know. So take a bite of a carrot. Let me tell you what food freedom is. Let me tell you what food freedom is. When a man... when a male species, Dan V, can take a bite of a carrot and it tastes like a sugar sweet piece of candy. Now not jacked up chemical style candy, like a Lifesaver or anything like that, but it tasted just sugary sweet. A carrot.

P And it's because you're off sugar.

D Is there sugar in carrots?

P Yes, there's some good sugars.

S He knows a real NSV. We need a ba-dum-pum-pum drum roll.

P Yes, that's because he's reading all of the mail that comes in for this podcast and that is an NSV, so. But you know it's because... This is amazing, it's a what if you could, because you're opening your mind and you're not being closed minded and you're saying I'm willing to grow here and biggy you're off sugar.

[00:03:31]

S And double biggy, not only did he realise that his... See his taste buds were already changed but he was willing to check. You see what I'm trying to say?

D That's right.

S If he hadn't given it a go he would still think he hated cucumbers. It was the fact that he was allowing himself to give it a go. You've got to give yourself those opportunities.

P Don't we box ourselves in though? Like you had thought I hate cucumbers but now your whole rest of your life you don't say that.

D No.

S No, but you'll be like me, Danny and you just get a whole cucumber and that's your apple.

D Well, yes, you take a bite of a cucumber something and water gushes into your

mouth. Now that's been replaced in modern times... You know, I think of the Gushers...

S With Gatorade.

[00:04:11]

D Or, the Gushers candy. I don't know, you probably have no clue what I'm talking about, but it's this gummy candy, you take a bite and all this liquid just gushes out of it and it's so satisfying. But, you know...

S It sounds gross.

D Yes, and what's really interesting now is I'm starting to taste those types of treats and they start to taste like chemicals to me and things like cucumbers are like bursting with water and flavour and sugar and it's... To me that's freedom.

P Yes, it is. Man you've come back just like zesty.

D Oh I'm on fire, yes.

S No wonder it wasn't just a regular Danny boy that I sung, it was the Oh Say Can You See. It was the flag.

D You set me up.

S It was the bursting of the bombs in the air.

P I know.

S Because Danny's a new man.

P But it's so strange to sing the words Danny boy to the tune of Oh Say Can You See.

D Yes, can we revisit that.

[00:05:01]

S It wasn't actually to the tune, it was to the vibe.

P Oh.

S The tune was still Oh, Danny Boy.

P No, it didn't sound so much like it did, but let's...

S It was the vibe.

D No, but that hybrid was compelling.

P It was a hybrid.

S Well that's what we're all about these days, right. And not hybridised wheat but hybridised vibe.

D Yes, NSV vibe.

P Speaking of opening your mind, we were doing... This is going to be a Part Two, Danny. You missed last week which was part one of the ten foods you can use on Trim Healthy Mama to completely revolutionise your life, no special ingredients, inexpensive from your local grocery store, so no excuses.

[00:05:38]

S It would've been really good for Danny. It would've been. That's your homework to go back and listen to that, Danny, but we're glad you're here for Part Two. I think we're up to sweet potatoes. Did we share about sweet potatoes?

P We shared a little about sweet potatoes about how awesome they are, especially in...

S We did, I remember now. We did, so let's move on to the next one.

P Oh really?

S I remember it clearly.

P Okay, the next part is Leafy Greens. Such a huge part of this plan and we can't have them forgotten.

S No leafy greens, they're foundational, they're like pockets with jeans. They're like...

P Oh, jeans with pockets you mean.

S Yes.

D I didn't even catch it either. I was like something's off, something's off, what is it.

P I know. I pictured these big pockets carrying around little denim jeans in them.

[00:06:33]

S Oh, my goodness, I'm laughing so much I need to go to potty. No, but they go together, it's like you cannot have like a balanced THM, you know, diet without leafy greens. You can't even have health without leafy greens.

P No, because they're just so full of vitamin C and their water content because they balance your meal. If you're eating dense foods all the time, yes we embrace the chicken, yes we embrace the meat, yes we embrace the cottage cheese and the yoghurt and all that, but if you're constantly eating these dense foods and forget about the water content food, like you mentioned Danny, your cucumber, what'll do it bursts into your mouth with water that God put in there, our bodies were designed to intake this water in foods.

S Yes, they were.

P And it's the perfect balance. Also it's the perfect caloric balance. We don't count calories on Trim Healthy Mama.

S I'll tell you what, you can eat a huge, giant like Shrek bowl full of greens and hardly consume any calories.

[00:07:32]

P I know.

S So it's funzies because you get to chew and chew and chew and chew and chew and you get to keep doing it.

P And it makes you fullzies and it's funzies. Now obviously people think well I just... I don't like greens, I don't like salad.

S Well, Danny could've still said that, but he gave himself an opportunity. I'm proud of you, Danny.

D No, it's really weird too that even in the lettuce of the salad I taste water and

I never saw it that way, it was just dry. Isn't that weird?

P No, exactly, but obviously we can put lovely dressings on and enhance them. We don't need to eat dry salads. But, yes, as you mature in plan you start to discover these things, these foods that were made for us by God. And, you know, the interesting thing is you wouldn't be saying this two years ago, would you Danny?

D Oh, my gosh.

P I mean there's a time we grow and we have to give... Serene, as you and I are standing here talking to all the people that are listening, we have to give, you know, a lot of patience for people where they are and where they're starting. So maybe you're right there saying I don't like lettuce. Give yourself some time. There's Danny sitting right here...

D Oh that's so good. That's so important to say because the things that were just written off by... I mean now maybe this is where the line is drawn, beets.

[00:08:49]

P Oh, you still...

D Could I change my taste buds on beets?

S We have a Red Russian Borscht that's coming out in our new book, it's so divinely beautiful. What are you talking about, girl?

P Well, Serene's decided to stand up...

S You're doing weird face...

P But you're swaying. When you stand you sway because you've had so many babies. When you stand all your life you've just... Or your adult life...

S If I sway then I feel like my whole family is going to be alright. All the crying all the chaos, everything's going to stop.

D Yes, I know what you mean.

[00:09:16]

P Rocking the baby. So now you're swaying, so I was worrying that you're swaying...

S She was doing this weird like hand motions and I'm like you're freaking my brain out, what are you trying...

P I need this side of the microphone.

S What are you trying to tell me? I was like just tell and...

P Stop swaying, so that your voice comes through the microphone little sissy.

S Yes.

P She's swaying again.

D Yes, but it makes me sway.

P I know, we all sway.

S But I'm keeping my face. Look, I'm just swaying and then...

P Now she's doing the sway dance, like she's backing up, you know, for Donna Summer singing... the back up singer.

S Back up singer... on the Tonight Show.

[00:09:48]

P But anyway, leafy greens, let's talk about the expense of them. These are one things that I do do organic, Serene. How about you?

S All garden. I do garden.

P Yes, well I'm not about to garden, but... Even Danny's starting a garden.

S Yes, Pearl, you're the only out person.

D I'm starting a garden. I've got three tomato plants out back.

P That's amazing. Gardening does make things less expensive I guess.

S But it's not that expensive for organic greens these days. Walmart, mate.

P I buy mine at Wal-Mart. I buy, you know, the romaine. Now if you simply cannot afford organic greens and we don't say do organic everything. We do say

do organic greens because they're such a big part of our lifestyle and really they're not that much more expensive. If you can only afford that head lettuce for 69 cents, right.

[00:10:33]

S Do it.

P Do it.

S Yes.

P It's still got chlorophyll. It still has water content. It's still filling you up.

S Still vitamins and minerals and life force.

P It still has a purpose. Even though it is not as chock full with all these things, hey you're still doing better.

S Amen, next point.

P Okay, next point.

S What is it sister?

P Butter and coconut oil.

S Oh yes, oh yes. What would life be without fat. We'd be hungry. We'd be hangry.

P Exactly and butter, it's Biblical.

S It is.

P I always like to think of that scripture, you know, and this revolutionised my life because I was a vegetarian for many years. But I have to admit it, even when I was a vegetarian like some say they stop their taste for meat and dairy and it's like putrid to them. No, to me I still...

[00:11:22]

S No, it's not Pearl.

P I still longed for it.

S Can I just say something? I want to clarify it, because from a staunch vegan, vegetarian freak out, like the staunchest that could ever exist, I was that. You tell yourself that you don't like the smell or the taste, but I'll tell you why you do, because you go and you get soya or almond or anything...

P Meat or cheese.

S Yes, you know what I mean, the meat and the cheese and the dairy and you have the faux-foods that are trying to taste like those foods. So if you really hated it, why have got the something-something bacon made out of like tempeh or blah, blah, blah.

D That's a good point. That's a great point.

[00:11:58]

S Mentally, yes, you can be grossed out at the thought of eating flesh. Mentally, yes, I agree people are... They've told themselves that it's mentally gross to eat flesh. However, their taste buds still like it.

D Yes, I'd call that self-handicap.

S Yes.

P Yes, so true. Okay, so I always liked the butter secretly but I thought it was so bad, until I read that scripture where Abraham decided to make a meal for the... It says the Angel of the Lord came, okay, and he sat under a tree and Abraham said I'm going to go make a meal for him. So I thought this is so interesting because in the Strong's scriptures it says that this Angel of the Lord is...

S It's actually Concordance.

P Strong's Concordance says it was Jehovah, that's another name. So this was God Himself, okay. So what did Abraham feed Him? He said he brought Him milk, butter and I think it was beef and it was a morsel of grain.

S Yes.

P If God... If he fed God Himself butter, why can't I jolly well eat it, right?

D He was on plan?

P Yes, he was on plan.

[00:13:02]

S I can hardly say that. It sounds so like...

D So like yes you're twisting some stuff for your own selfish gain.

P I know, we didn't get S&E from the Bible, but come on, that was just basic foods.

S I feel like what we're trying to say is we are trying to be on His plan and the fact that we don't want to chuck out the food groups unless, because it's a fallen world, there's allergies and stuff.

P Now if God...

S But we want to include everything God gave us as a gift.

P If He said anywhere in the scriptures butter is bad, I think He would've said it if it was. But no and now... and for all those years the low fat movement and butter will clog your arteries and all that, it proved to be unfounded. Now the studies are coming out that it's actually a health food.

S And coconut oil is the most saturated out of all oil and it's come to be the most skinnifying oil there is, raises the thermogenic temperature of your body, you know, it's antifungal, anti-protozoal, anti-everything you've got wrong with yourself, anti-bacterial.

[00:13:50]

P You can rev your thyroid.

S Yes, they're using it to come up with medicines to fight Aids. It's so immune boosting.

P So I remember, you know, when I first started adding butter to my diet I didn't really understand how to do it, that you keep it in an S situation like on our plan, you keep it with foods that don't...

S Hey, what she's saying is that's how it's weight loss friendly.

P Yes.

S But, you know, it can be healthy for growing children. Slab it on...

P So I was having it with rice and, you know, I was growing out of my jeans at that time because I didn't know how to use it. But I remember just thinking, oh life is good, I have butter back in my life, life is good. Life is not as good without butter.

S We had to do butter therapy at first just because we had been so, you know, mentally trained by all the new age health books that butter was, you know, akin to smoking cigars, you know. So we had to... We looked at each other and we were like we're going to say this after... You know.

[00:14:44]

P Yes, say it to ourselves. Oh, I love me some buttah.

S I love me some buttah.

D Yes, I mean what's toast without butter.

P And we had to really say it with the buttah, the emphasis on the tah.

D Good job.

S Exactly, it was healing to do that.

P Now you can do toast with butter because you're... I mean grains like toast because you are a...

S High metabolism.

P High metabolism man.

D Okay, I see.

P However for some of us that can cause it's not weight loss or it can cause weight gain, but however we've got so many breads that we make that are...

[00:15:12]

S S.

P S, so you can have butter on them.

S Except for on Sundays Pearl and I we go crazy with the yummy sourdough bread and yummy grass-fed butter that our sister... Cousin-in-law, our cousin-in-law brings.

P We don't necessarily go crazy, but we do enjoy it because we're at goal weight and so, you know.

S Well it's just Sunday, it's one day a week. That's our splurge.

P It is and so that's yummy. But butter, now of course you can get the grass-fed Kerrygold butter and that is bright yellow and it's full of what Serene you know, all those things.

S The X Factor, right.

P Yes.

S Vitamin K, amazing.

S So, yeah, I mean I...

P And even carotenoids right ?

[00:15:52]

S Oh, yeah... And I have that in my fridge right now, but I also because I've got so many children I have good slabs of Aldi's butter and I'm happy that they're eating it.

P I do too. I mean I don't buy all the organic Kerrygold grass-fed just because I have a big family. I think if I was single, if it was just my husband and I, I might do that.

S I stick it in my toddler's smoothie, the Kerrygold. I do it when it's for medicine, you see.

P Exactly but... And these days, and let's talk about coconut oil, let's just say you have to be completely dairy free.

S Oh my goodness, I love me some coconut oil on toast. Best toast.

P Yes, but the prices have come down for it so much. Do you remember, Serene, when we first started this plan.

S Oh, I remember just only being able to buy it from the internet.

P Yes and coconut oil just seemed such a splurge. It was so expensive and now, you know, there's much more competition because there's so much more coconut oil.

[00:16:39]

S You've got like seven brands at Wal-Mart. Even Aldi's has it.

P And so it's certainly...

D So that's new. I mean stores didn't stock coconut oil, that was a hard to find item?

P No Danny.

S Yes, they did the hydrogenated kind, but not the extra virgin lovely kind.

P I remember it was hard to find and it was expensive and it was a special ingredient.

S It was.

P We had to talk about it in our books like this is where you can find it and it was just like...

D Wow, it was a hard to find item.

P Well coconut oil, that's in my Wal-Mart.

S Oh and it makes us the yummy skinny truffles. If you have not tried the Skinny Truffles from the book...

[00:17:06]

P From the cookbook.

S If you're struggling with enjoying Skinny Chocolate, you have to try the Skinny Truffles. They rock your world.

P Right and so these basic things, I mean look at that, that gives... We've talked about other things that give you carbs like oatmeal and sweet potatoes and

beans, but you know the basics of our S meals which are satisfying gives you your fats and really that starts with butter and coconut oil.

S And that's your deep fats, right, your deep S fats. When you put it in the S meal it gets your body to start burning your own adipose tissue, to start really revving in the burning of the fats.

P Especially when you do it with like two fried eggs and then some sautéed zucchini and things like that, you know, that's that perfect balance right there. And let's talk about that balance just a little bit because we're saying oh I love me some butter and coconut oil and all that. You know, once again I feel like we need to explain ourselves.

[00:17:57]

S We're not saying put half a cup of coconut oil in your spelt wholemeal muffins, because that is great for growing children but if you have... You know, if you're not at goal weight or you're struggling to keep goal weight, I don't think that would be a wise thing.

P No, but even like for me with my eggs in the morning I could put three tablespoons of butter to cook them. Instead I find one is plenty. So all I'm saying is just because we can doesn't mean we throw it on top of other fats and we just keep going and just let's eat half a pound of butter. It's a wonderful thing that we need to respect.

S Yes, exactly. Yes, we love to enjoy it and because we love it so much we respect it so that we can keep on loving it. Yes, but coconut oil is amazing. Eat it because of all the wonderful nutrients and the nourishment it brings to your body, but eat it because it preserves your brain.

P It does.

S It's incredible. If you have Alzheimer's running in the history of your family, coconut oil is a wonderful preventative to Alzheimer's and dementia.

P It's the middle chain triglycerides, right.

S And also it's incredible to provide energy. If you're in a slump of energy, just in the afternoon I find if I mix myself up a little Trimmy with even half a teaspoon of MCT or coconut oil it just kind of revs my brain, it puts me back on focus.

[00:19:09]

D Now this goes back to kind of what I was talking about about kind of, you know, where I said now I'm reclaiming sugar out of a carrot, I can finally taste it. That's interesting that coconut oil, now is that... Will someone who has... Maybe isn't fully weaned from sugar and processed food eating, will they experience energy like you're talking about from coconut oil or is that something like once we get a little more clean?

S No, I think they will experience it...

P It won't be like a sugar high.

S Well if they're giving themselves a sugar low it would be hard to compete with that sugar low, right. If they've just had a Snickers and they've gone to the high and now they're about to crash and then they give themselves a little lift with coconut oil that crash is pretty low. They may not feel as wonderful as they would if they weren't crashing.

D Yes, but it's such a good point to make I think about really keeping going down this journey and down this path is that for me, boy I would love to experience the energy coconut oil brings and I think that's part of really being clean and eating right.

[00:20:12]

P Yes, that's true because so many people are used to the real extreme sensation of what sugar brings.

D I think kids grow up with dopamine rushes.

P They do.

D And so our whole lives we're used to like you're saying that extreme intense chemical kind of feelings of energy and...

P Well, depression often times comes because of too much sugar because it releases as you said dopamine, but it actually releases serotonin from your brain. So when your blood sugar, you know, goes higher we release serotonin which is a really good feeling, but when there's extreme amounts of sugar your body releases so much serotonin which is that sugar high. But as you get older, have you heard of insulin resistance where our cells start resisting insulin, our cells start resisting serotonin too. So we've released so much serotonin that we can't feel it anymore, so we can't feel the happiness.

D So it's like a burn out.

P It's a burn out.

S And when you talked about children and sugar and feeling the sugar rush, I don't know if I can explain it that well anymore but I used to be more versed in it. It was a study that I was actually studying when we were writing the plan book, Pearl, about how children... It's actually not... The sensation they're feeling is not actually a sugar rush as much as it is an adrenaline rush because their body is in flight or fight, it's in freak out mode, it's actually getting the stress hormones to kind of cope with the sugar that's in their body and it's an adrenaline rush.

[00:21:43]

P I've heard of that, especially with children because it's almost like alcohol, you know, children should not drink alcohol obviously because their poor little bodies cannot handle it.

S It's not like, oh lots of energy, they're running around the world. No actually this is a stressful moment and their body is in fight of flight. It has to take care now.

P I've read that too, their little bodies are still growing and then you give them, you know, sodas plus chocolate cake plus chips plus all this... Their sugar levels go so high and we think their manic and crazy from a nice sugar high from the serotonin. But as Serene said, it's adrenaline pumping them with this energy because it's too much.

S And it can't be setting them up for success in their diet and in their health.

P No, but you know we're talking about serotonin which is a natural feel good thing, neurotransmitter and carbs do release that in our body. And as I said we can desensitise ourselves to them over time when we totally have a sugar filled diet. But going back to what you said, you know, you're finally tasting the sugar, the natural sugar in foods like carrots. So when we pull sugar back to the place that it should be, blood sugar, and we're tasting the wonderful carbs and the wonderful natural sweetness in things, then we start to sense the serotonin again. We start to feel, okay that food made me happy. It's not a rush but I'm feeling that energy from that or... And it's a really tuning in and it takes a while. It takes a while to detox. It can take years to detox from a lifestyle of high sugar high carbs.

[00:23:11]

S And it's not a stressful freak out, like oh years to, you know, train back my body. It's exciting because each day you're getting a little more in tune, a little bit more, you know, in touch with the...

D In my case a little less headaches and a little less nausea. You know, I think I shared earlier where I think, you know, I don't get sick so much but I just nurse headaches and nausea throughout the year and I think that's part of maybe detoxing or even maybe a little punishment when I screw up. Now that my body's used to good things, you know, it's like oh yes I'm at a party and well all that's available is this and I'm like I just go for it and I have no restraint. You know, I can't just have a little bit.

P Well currently you don't but you're growing, Danny. And that's the thing.

S What if you could, Danny? What if you could?

D Yes, what if you could.

P But here's the thing, I mean we're talking about that years. I don't think that's a bad thing to think about because when I first started Trim Healthy Mama I didn't really understand the full feeling. I would eat...

S No, I never understood it.

P I ate more than I do now because I didn't really understand, I wasn't satisfied, I need more. I was coming from a lifestyle of sort of a Wholegrain Jane and so I'd eat a lot of carbs and so carbs promote appetite. It was really a couple of years into it when I actually understood I'm satisfied, I'm okay.

[00:24:24]

D You mean feeling full and like you don't need more food.

P Yes.

D Because that's interesting you say that because that has been a huge struggle. I feel like or I have felt like in the past, and this is getting better, but after a meal count to 30 minutes and it's time for like steak again or something.

P You do have high metabolism though and if you...

D 30 minutes though?

P Yes, well that's true. As long as you've got a protein centred meal I think the longer... The more years you're on...

S Those are... Oh, I shouldn't say names, but those bars...

P Those bars.

S Those are spiking your hunger.

P Yes.

D Yes.

[00:24:58]

P High sugar spikes hunger.

D I ditched them for protein based.

P If you have a protein centered meal and it doesn't happen straight away though, Danny, and you're just really you're baby stepping into this journey. You're doing leaps and bounds now though.

S He's an NSV man.

P Oh, yes. NSV man. But, I really I mean... That was loud clapping.

S I did it for the world, okay, I was like doing the one clap on behalf of everybody.

P But it really took me a couple of years, Serene, to know what full is. So I think that when ladies first come to the plan and they think I'm eating too much, that's okay.

S Yes, you're going to get in touch with your hunger and your hormones.

P This is a journey for the rest of your life.

[00:25:36]

Announcer: Hey, Mamas! Do you have a question for Serene and Pearl.
Send your email to Support@TrimHealthyMama.com.

P The next is the last.

S Drum roll for number 10.

P And I hope we didn't do this last podcast, but...

S Hey, you're Spanish, you'll be able to do the rolling of the Rs. Can you do that?

D Arriba.

P Oh, he can do it. I can't.

[00:25:59]

D Oh, wow, you can't roll your tongue.

S My boys can do machine guns all day and I can't do it. But I love... It's fun I'm like doh-doh-doh.

P I can and we're the same genetic pool.

S No, I've never been able to.

D You kind of put it up at the top of your mouth and blow out.

S That's why it's called tortilla, tortilla.

P Tilla. No, you don't roll the Rs in tortilla, do you.

S Well you don't say the Ls.

D Sort of.

S What do you say?

D The Ls aren't rolled.

S Say it in Spanish, Dan.

D So I'm going to slow-mo it. Tortilla.

S Oh, you do.

P Oh, so you do.

[00:26:28]

D So it's the R that's rolled, not the Ls at the end.

S Oh okay, well I'm tortilla. That's nice.

D We can get my Dad in here, he's...

P I know, we should have a party with dad.

D Oh, he's full Spanish.

S What's the name heho, no Jorge?

D No, that's my Uncle, Jorge.

S Oh, Uncle Jorge.

D Oh, we could go there. But, no my dad's Arturo.

P Arturo what a great name. I love it. He's a Spanish matador.

D Hey, secret revealed, I hated this in school but now I think it's cool, that's my middle name, Arturo.

[00:26:55]

P Arturo, that's your new name.

S That's it from now on, Arturo. NSV Arturo.

D Great, glad I released that in the atmosphere.

P But you've got to say it rolling the Rs right, Arturo. How do you do it?

D Arturo.

P Aah, that's great.

S That's a whole other word in itself.

P Okay, Cauliflower, let's do this. It's number 10. It deserves an accolade.

S Do that R thing.

D Arriba.

P Cauliflower, whoo!! It really deserved that because cauliflower is such a versatile vegetable. It can become anything. It can become mash potatoes, it can become potato salad. Do you know what I love doing with cauliflower?

S Tell me Pearl.

P And I put this in the new book. You didn't even read this recipe, Serene of mine.

S Tell me.

P Nachos.

S Oh, cool.

[00:27:37]

P Crisp it, roast it in the oven.

S Oh, yum.

P 425, get your fresh cauliflower.

S First just raw cauliflower.

P Yes, that's what I'm saying.

S Frozen?

P Fresh. Put it on a baking tray.

S Raw?

P Yes, darling, and then you put a little bit of butter, coconut oil, season the heck out of it, right, because you want it to taste like chips, they're salty. Crisp it and you need to do it about 40 minutes.

[00:28:02]

S Is that broiling? Baking?

P No, you want 425.

S Top rack?

P The details are demanding.

D How's your hair when you do this? Glasses or no glasses?

P Exactly, make up or not.

S But it's important, top rack or mid rack. I want to get it crispy.

P You're swaying. Keep your face on the microphone.

S Yes, ma'am.

P Middle rack.

S Is that my husband coming up the drive? I think it was. Bye-bye husband. Okay, keep going.

P 425 middle rack.

S Middle rack.

P Until I'm telling you it's got some good crisp on it. It's roasted, it tastes good, you're going to take it out and you think that's yum. But don't eat...

S Cheese am I imagining cheese, yes?

P I'm getting there, okay, but I'm saying but that's not the end.

S Oh okay, so we don't do the cheese yet.

[00:28:42]

P Now brown your beef and season it up like good tacho stuff, like cumin and paprika and chilli powder and now put it all on... Keep your cauliflower on that same tray, shove your meat over it, put your cheese and now all your fixings like...

S Can I do jalapenos pickled?

P Yes, black olives, onions, jalapenos, green onions. Put it back in, get it bubbly and broiling, take it out and it's nacho night for the whole family.

S Oh.

D Killer.

S Oh.

[00:29:10]

D Killer. Arriba.

P It's actually really yummy. No, you think your kids aren't going to like it. I have teenage boys that wolf that stuff down.

D That's jamming. Yes, that's jamming, you can tell.

S Okay, we're doing that. Okay, what do I like to do with cauliflower? I love to make instead of flour, I like to make flower scones and flower sweetbreads. It's all coming out in the new book.

P Yes, so that was a tease. But other things that you can do with it is just it makes soups creamy and thick that you can even be dairy free, so you just whiz it up with your liquid, your broth in your blender and you get this thick, creamy soup. And cauliflower is just so full of anti-cancer fighting nutrients. Whoa. And it's good for men because it lowers the bad estrogens.

D Bad estrogens?

P That's the way I keep my teenage boys eating broccoli and cauliflower, like because they all want to be testosterone man and they say why should I eat this and I say well...

S Yes, because you're Mrs. Horms, right.

P Yes.

S So her children are just they're not ashamed to talk about hormones from the time they're too onwards.

[00:30:15]

P Well we have discussed hormones, yes.

S And your like 10 year old boys are sniffing under their armpits waiting for their testosterone to like...

P Yes, they are. I think I've got a little testosterone oozing out here. Yes, they wanted the stench under their arms because then they knew the testosterone was coming.

D My boy is identical. Identical, they get their little sprouts coming in. Dad, three sprouts. Like they have climbed Mount Everest.

P Yes, I love it. So...

S You were saying to your boys about eating...

[00:30:41]

P Well when they were little it worked out. I would say hey, they're little baby trees, you know, and then... But when they're older that didn't work anymore. They don't care about the trees.

S They're hacking down trees. They're out there with the chainsaws.

P Right, so I'm saying hey, these help your testosterone because they fight the bad estrogens because estrogens pull down your testosterone. Suddenly they loved cauliflower and broccoli.

S Now just to relax the women on this, it's not going to pull down their estrogen.

P No and it tackles the harmful ones and even we women we don't need harmful estrogens circulating. And so they even make supplements, like you've heard of the supplement DIM, D-I-M.

S Yes, I've heard of it.

P That takes the really good powerful...

S That's the broccoli sprouts powder in.

P Takes these good hormone regulating nutrients inside these plants, inside these vegetables and puts it in a little capsule. But I like eating the whole food.

S Nachos bring it on.

P Oh, I'm telling you. So there we have it. I think that comes to the end.

[00:31:36]

S Danny, can you say our little Mexican closing?

P A Spanish song maybe that you grew up with?

D Let me take you back to the barrios of Mexico with this one. It goes something like this. Hola, amigos.... ya estamos aqui! I don't know the rest...

P It's good though. That's a good way to end a party.

S Yes, that's good. That's good.

P I'm feeling it.

D It means hola. It means hola amigos. That's what it means. That's the actual translation.

S The part that he forgot, Pearl, I feel like you can end it, you can bring it on, Pearl. You can feel that.

P Hola amigos..... tortilla, tortilla with cauliflower. [Pearl singing]

[00:32:18]

D That's not insulting. Hey, actually the translation is hello friends, we're all here, and that's quite fitting for this podcast.

S That is.

P Okay, so we got off on total rants that were politically...

S It was Arturo's fault...

P Politically incorrect.

D Welcome to the PODdy.

P But we did cover the ten foods you can do inexpensively and basically hey, if you don't have... If you're on a real tight budget basically what else do you need apart from that, not much.

S Yes, cabbage and the other white thing. Cauliflower, that's right.

P Yes, cauliflower, tuna, oatmeal. Let's go through these. Salmon.

S Greens.

P Frozen berries.

S Sweet potato.

P Beans.

S Lentils. There you go.

[00:32:56]

P You've got such an assortment. You're rounding out your good diet. You're not buying one special ingredient.

S And you throw on some good spices in that, you've got it made.

P So you can do this, guys.

Announcer: Trim Healthy Mama Product News and Notes...

P Serene, I want to talk about our original pure stevia extract sweetener today.

S You mean our little baby?

P Yes, this is what we started off with and it's original and it's economical.

S Yes, it is. Actually Pearl it's the sweetener that's the one I use. My girls do a little bit of baking.

P Yes, baking. Our family we do bake for our family, but with Gentle Sweet it's easier for baking, but I think people forget about that pure stevia extract that's just it's so inexpensive, it's less expensive...

[00:33:43]

S If I'm making a drink or a smoothie I only use the doonk.

P Yes and that's what I want people to know, if you're making an all day sipper like Good Girl Moonshine or you're making just lemon water or you're making teas...

S Or a smoothie.

P A smoothie, it works so perfectly. It lends itself to drinks and it will save your budget.

S It will.

P Because it's cheaper than honey, it's cheaper than sugar.

S So we're not doing this to try and make a buck ourselves, because we would be saying hey, buy Gentle Sweet.

P We would, because a little goes such a long way, that's why you have that tiny little spoon in there which Serene calls a doonk. It's just one thirty second of a teaspoon and you only need one or two dunks to sweeten...

P Yes, we did an awful YouTube about it. Why did you bring that up? [Serene singing]. Okay, yes, quit it Serene, I want to talk about stevia. I also want to talk about the purity of stevia though, it's so important. You know people think stevia, it's artificial. No, it's not. It's grown as leaves in...

[00:34:40]

S I tell you what, I'm a purist and I sent my husband over to the organic farms where they grow our stevia, he has been over there three times, where Pearl and I are going in about two weeks.

P In two weeks we're going.

S So this is a personal, you know friendship here between the farms and us. It's not like we don't know where our stevia actually comes from. But anyway when he went over the first time I said, check out this process because I'm going to be partaking and I have a high super psycho standard. I'm pleased. I'm pleased. It's a process just like making vanilla extract.

P We know every step in this process, but the fact is we've had multiple opportunities to buy much cheaper stevia, Serene. I don't want to poo hoo other companies. We say all stevias on plan and a lot of people buy it from grocery stores. That's fine. If that's what you do, you can afford it. But I do want you to know that most stevia sweetener on the market has been processed in a way that uses maltodextrin. It doesn't list maltodextrin on the package, but it's called enzyme modified stevia.

S We've had multiple opportunities to purchase that and sell it to you. We could probably live in not a trailer home.

[00:35:39]

P Yes, we could have our dream homes built already. But no, we refuse to do that because it's just it's much more harshly process and so we do a water process. So we just need it in our hearts.

S We don't make much of a..... You know, much of a profit from it.

P We don't.

S But we don't care about that.

P But we needed in our hearts to really be cool with this process.

S Yes and that's why we call it pure stevia extract, because it's the purest on the market.

P So we just don't want you ladies to forget about this, because it's really going to help your budget. And here's a quick tip. I know we've got to go, Mr John, producer. If you want to use Gentle Sweet for your baking that's awesome, but if you want to save your budget use some Gentle Sweet and then get out your dunks of stevia and add a little bit more. It saves how many cups of Gentle Sweet you have to use.

S Right and if you have children that have a little issue, you know, with blood sugar even at a young age, honey and doonk. We say honey and doonk, so our children put half the amount of honey and then a dunk of stevia.

P Yes, because children can handle honey more than adults usually, but then temper it with stevia, yes. So that's all we have to say about that. Don't forget about it.

[00:36:39]