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## **Trim Healthy Podcast with Serene and Pearl** **Episode 42 - “Stalling & Stubborn Weight Loss” Part 4**

*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            Our Trim Healthy Podcast is sponsored by this awesome Life Insurance called Health IQ, this amazing company that actually helps out people who are health conscious, like people who run or go to the gym, or just stay home and exercise in their house, but people who are actually proactive about their health they get discounts.

P            And with your diet too, if you are making smart blood sugar friendly choices, like you are you get a discount. So go to

healthiq.com/trimhealthy to support the show and see if you  
qualify

[00:00:32]

S This is the PODdy with Serene

P And Pearl

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

D It's time to get the PODdy started with Serene and Pearl and Danny.

S Let's get this PODdy started, let's get this poddy ruling, let's get this  
PODdy started.

P Hey, I'm ready to pod.

D Yes

S Let's get this PODdy started!!!!

D Okay, we'll give Serene a moment.....okay and she's done.

P She had the dance moves going, totally.

D She did. Welcome back to the podcast for people who love food as much as  
they love freedom.

S I like that Dan.

D I had that kind of prepared.

P Did you?

S Hey, but you did it well, because it was like it was really well done because  
it didn't sound...

P Like you read it.

S It was really some good, when you said get the PODdy started, sometimes you sound like you rehearsed and read it, but I'm glad you're free of that.

D Yes, I got set free.

P Awesome

D I left it in the past with my sugar.

S Good job, Pearl and I and Danny have been racking our brains, it's been a busy week with a lot of meetings and a lot of stuff, and we've been racking our brains trying to figure out exactly what we said last time and we can't quite remember if we discussed it beforehand or we discussed it with you. And so why today is going to be great is because you'll probably get some really awesome double lectures.

P There'll be new stuff, but if there's a repeat...

S It was meant to be.

[00:01:57]

D You all are incapable of repeats. It's always fresh, even if you do repeats! We could do the same PODdy and it would be like it was from another beautiful angel.

P Awe Dan... Dan's full of encouragement today, I actually like it. What you said made me believe that. So if we're going to, like, rehash some stuff today, it was meant to be, you need to hear it in another way.

D Absolutely

P You need another jolt of encouragement in that area.

D In this PODdy we blow with the spirit.

P We so do

D We don't sit here and write it all down and professionalise, we bring the goods.

P I don't see a note.

D Not a note

P Not a note to be seen

D Nary a note

P That's bad and good.

S A few off notes because of the fact we have no notes.

P Yes, that's so true.

S All right, so Pearl, I know that we discussed, you know, people just dancing it out.

P These are all to do with stubborn weight that doesn't want to leave. Stalls, maybe you're in a stall, but also, these are just habits we can all learn from. They are truths that Serene and I have come to and apply in our lives, even though we're at goal weight.

S Because we see it as freedom, now listen, if you're listening to any of these new things and thinking well, that's a little bit extra to what I read in the book and that sounds a little bit like rules and regulations, just turn off and do not apply them, because food freedom is the ultimate mantra.

P Yes, this is for mature stuff in the plan. This is for if you've tried the plan

and you have... You're enjoying your cheesecakes and all the food freedom and your bacon and eggs and all that stuff, and for some reason you cannot shed the weight.

[00:03:33]

S And you know what? These new rules then will be your freedom because it's not free to be stuck.

P They're not really rules, they're ideas, they're things to play with, that's the way I look at it.

S Yes, they're not rules.

D Health Proverbs

P Yes.

S What a moron I was, they're not rules.

P Yes, that was a major off note, Serene....

S See, if we had had notes Pearl would've, like, gotten her a Sharpie and blacked out that one. No rules!!! I wasn't thinking that from my heart when I said rules, I meant inspiring little tidbits.

D Proverbs

P Yes, I think he wants to go with the proverb things.

D All right I'm done.

P Run by the spirit proverbs, he's really in a...

D Yes, I'm in a...

P But let's talk about some things from previous weeks... The first week we

covered “slow down to speed up your metabolism.”

S And if you haven't listened to it, please go back, because that was spectacular and we can't take all the glory for ourselves, we really talk about a wonderful book that we read that kind of started us on...

P Yes, no but there was some glory of our own too, because we really have cared about that for a while, but we needed science from another book.

S Yes, exactly, but we got science from the book, but for a while we got to the point where we're like, I can't breathe through my meals, what's going on? You know, and a few... Realising that when we were at Christmas functions and we were, like, stressing out and just talking to a billion people and not really looking at that lovely piece of pie on that plate, that we felt like we needed seven pieces, because if you're not present with your food, you really need to go back and have the event.

[00:05:01]

S Yes, but it wasn't...

D Interesting point

P It wasn't really Christmas functions it was daily things, like not being present, like...

S No, but that was where I really noticed it with me and others. I would watch others and they'd just be like wolfing it down and just kind of eating it in the doorway. Like, you know, while they're putting their coat up and still holding their purse.

P Have you ever eaten?

S And then they have... as the night goes on, they didn't remember the event of that, eating the pie, so they had, like, a lot more.

P Yes....have you ever... and we didn't discuss this, have you ever tried to eat your lunch or snack while you're talking to someone on the phone?

D Yes

P It's the worst. You have no memory of what you ate at the end of that phone call.

D That's true.

P Because I've done that to you a lot of times, obviously you don't do this if you don't know the person very well, on the phone, because you can't, like, okay Serene, here's what I want to... You know, because you've sort of got your mouth half full.

D Hey

P But I've done it with Serene a lot and then Serene, I might as well have not eaten that meal, didn't do me any good.

S I know and I'm sure things came out whole.

D She always has to talk about the other end.

D The other end.

S Hey, it's full circle.

D Specific, like, physically..

P Yes, every PODdy there's the other end... She'll get it in somehow.

D It comes out whole, like the whole cob.

S Well, a couple of kernels

D At least, hey, but that's a fantastic point, if you don't remember doing something, did you do it? I mean if you don't remember eating, finally you get to your dessert and if you wolf it down while you're having a conversation, does your body say I had dessert and doesn't want more? It's interesting.

S It's so true Danny, now why are we talking about Christmas? I don't know maybe it's just the crispness in the air and just the fact that we put our fireplace on for the first time last night.

P Did you?

S Yes, my children are already like practicing carols and everything. But just think, when you pour your energy into Christmas and you, you know, you've wrapped the presents and you've tinselled the tree and you've put that atmosphere there. And you really sniff that cider and you really experience Christmas, you don't need it for another year.

P So true

S But if you're, like working, working hard, and you're just like, you know, not even focusing about it and you maybe heard one carol before Christmas day and then you wake up the day after Christmas and you're, like, almost crying because Christmas is over, like where did my Christmas go, like I could do it again. But you know if you really experience Christmas, the

thought of doing it again is, like, awful because you've spent every Christmas emotion.

[00:07:34]

D That's so good. You know what we do at the Valdes house is if it's your birthday this month at all, it's birthday month.

P Well that's nice.

S I love it.

D And we do family-only parties, we do family and friend parties, we do family and extended family parties, we just milk the birthday for each kid. And it's not like presents at everyone necessarily, but it's...umm... and we make sure we do, like, the bestowal of strength on our boys, for example, like I'll give them a gift that is symbolic of his growth this year. This year I got him this cool... It's like a foot tall, it's flat, it is an iron mask or a helmet from... It looks like...

P From Times Gone

D Like a Roman helmet, and it's made... A metal worker in our town made this.

P What does it stand for in your son?

D It stands for his maturity into... You know, and not being a fussy little brother and stepping up to being a young man.

S And being able to hold it in a bit?

D Yes, exactly, and I tied it in with this powerful looking image and, you

know.

P And so he's reminded of who he's becoming, love that Dan.

S You see, that's so good, you see and so when we really milk an event, simplifying it back down to eating, we're satisfied for at least a few hours and we don't feel like we have to constantly snack and go back for seconds and thirds.

P Yes, so that whole PODdy was about, and we're recapping, experience what you're eating. Don't rush through it, savour it, taste it, take some deep breaths.

S Yes, have some pleasure.

P Just enjoy and that's going to actually turn your metabolism on into fire. Last week then was some dumb things you might be doing that are wrecking your progress.

[00:09:26]

S Like over densifying your life, like constantly putting another dense pop of something on your plate instead of something light to balance it out.

P Yes, just like you're cream cheesing it out.

S Almond mealing it out

P You know, you got the cream cheese, and we talked a lot about cream cheese and almond flour, just how...

S Pinterest Trim Healthy Mama, hey, it's a great place to get ideas, I'm all about it.

P It's a great place, but if you Pinterest your whole Trim Healthy Mama plan you're going to be eating a lot of almond flour and cream cheese that Serene and I, we had... They weren't the way we sort of envisioned this plan to be.

S If you Pinterest anything in your life too much, you'll end up like Pearl's new white house.

P It's white, yes, but hey, it looks nice.

S Oh, bless you.

D Are you saying there's white paint everywhere?

P No, my kitchen's very white.

S She came over to my house the other day and she goes, oh, you've got coloured plates, oh, everything in my kitchen's white. I was, like...

P It is every plate is white.

D I kind of like that.

S Go to the Pinterest church.

P No listen okay, I've never had a home of my own in my life, right, we've always rented.

S Hey, she's just graduating from a trailer home.

D It's the truth, nary a home.

P So let me tell you why they're white. I know you're here to hear Trim Healthy Mama stuff, but she brought it up. So Charlie and I have never, you know, owned or built or... we've always rented. and so, you know, we finally got to build this house.

S And they're having their first grandchild and they're getting their first house.

P Yes, so we finally got... And so and I've never gone to the store either to buy plates and mugs and bowls because that's just not what I would do. You know, and so this house, I'm like...

[00:10:52]

S They just appear, that's what happens to my house. It's just a new mug, where did I get it? I don't know.

P I bought them at yard sales and Goodwill or maybe from your house or mum's house.

S But do yours appear sometimes? I have appearing things in my house.

P Yes, you get mine... Yours, the ones that are appearing in your house are the ones I'm missing!!!

S Oh yes, they appear, your children come over and they're drinking something and that's my new present.

P So I thought to myself hey, I'm not taking all of this stuff into the new house, I'm buying new stuff for the first time. So I decided, yes, everything shall be white.

S Trailer homes don't do well with cockroaches, let's just be honest, but that's enough said.

P Hey, anyway, so that's why they're all white and beautiful.

S Yes and there was a chip on one of my plates, she goes, why don't you throw

it away? I said I love that chipped plate, I choose that one particularly for my breakfast.

[00:11:37]

P I said in my new house there'll be no chip plates because every plate I have right now is chipped. Hey, but let's get on with things. Okay, so over-densifying it out last week, now lets go onto some new stuff.

S No, but we also touched on... Go re-listen, we'll get to some new stuff that we'll probably re-say anyway.

P Yes, so this week let's talk about some other things that might be just making you...

S Are you over-exercising?

P A slow loser, yes

S We've talked about this a billion times, but we have seen it and maybe we talked about it last week, I don't know.

P I don't remember, but we need to.

S We talk about it all the time, you see.

P Danny said the power is you have to repeat.

[00:12:13]

S We talk about it all the time, we couldn't remember if we talked about it with you or just a million times by ourselves this week. But we do see it over and over and over with people writing in and just people that we actually, you know, have relationships in our life, over-exercises, they have

the stubborn pounds.

P Yes, I feel like it causes a hormonal situation where weight doesn't want to come off.

D Over-exercising does.

P And it might be different with men to women, but however it does happen, if you go on the Bro Forums, like Serene and I used to spend a lot of time...

S Because they know their stuff, Danny

P Yes, when we were starting...

P Yes.

S They know their stuff.

P When we were really researching this whole plan, this is about ten years ago, maybe 12 years or 13 years ago. You know, because bro lifters, they know their stuff.

S They know their hormones, you see, because they're trying to manipulate their body through their hormones because it's the best way to do it.

P So they would do extreme carb cycling, whereas, you know, Serene and I would be very interested in that because we felt like doing it a way that was kind to women. Which is, you know, changing up your fuels, fuel juggling. But they did extreme carb cycling, but you would go on these forums and the men that were really, really putting too many hours in the gym would deplete their hormones and then...

S And they would say, their blood work would come back with completely

depleted sex hormones.

P They'd be like hey bro, my thyroids tanked, what do I do? I lifted too much.

S Yes, I've got a low T.

D That was a common problem.

S Like they would have... There would be young guys with muscle packed all over them saying I got low T, I got complete low T.

D I can't trade my T.

P Yes, or I've got adrenal fatigue, mate, they'll be like... and they'll put some swear words in there.

S Now if you're listening and you go for a walk to your driveway and back and you're thinking oh, I can't over-exercise so I'll just sit on this couch for a few more hours, we're not talking about that. That's the other end of the spectrum. You've got to get up and get the oxygen pumping through your blood and yes, you've got to move, but we're talking about doing your hours.

P You see, it's stressful to your body if you don't exercise, it really is, because your blood sugar has nowhere to go.

S You see me curling my toes right now.

P If you're sedentary...

S My toes are getting exercise.

P You know, it's not that great for your body. Unless, you know, you just can't, like maybe you're in a wheelchair or you have, you know, something that's keeping you in bed or something, then you just do your best with

your diet and stuff. But if you're able to move, yes, you were designed to move. But if you are getting up at 4:00 am and not having enough sleep that night and putting your hour in and it's a very intense hour and you're doing that six days a week...

[00:14:40]

S And let's change the scenario up, maybe you don't have time until after dinner.

P Yes like 7 or 8 pm

S You go off to the Y and you put your children to bed

P And you're on that treadmill for an hour.

S That's when your body should be... That's the part of the day your body should be winding down so you can get that restorative sleep at night.

P I know. So, you know, if you're overdoing it, I do not like to put stuff on you..

S Or in the middle of the day, doing an hour

P It's just we constantly see it.

S Now an hour walk with friends, that's not what we're talking about, we're talking about the stuff where you're miserable. When you're miserable for that hour, that was too much exercise.

P If you're doing something you love, say some of you like Zumba or something like that, and you're really having a great time, no, that's going to be fun for you.

S Yes, because you can smile through it, that's not stress on your body, that's not cortisol

P Yes, but if you're, like, stopping your sleep for exercise in the morning or if you're trudging to that gym for a full hour, hour and a half at night and, you know, that can be stressful... There's cortisol rising in your body and your other hormone's depleting and that is worse for your weight loss journey than anything.

S If you're nasty during your exercise if somebody asks you a question then you should do that exercise for 15 minutes or 20 minutes.

P Also, what a...

S Like when my... I like to get things done fast, so I do about 15 minutes to 20 minutes max of exercise a day.

P And you make it intense.

S Yes, I make it intense, just get it done, and I kind of agree with the science behind the intense stuff. But the fact is, if my children come and ask me a question, I'm like hold on, hold on, not now, I'll be there soon because I can't talk through it. Now if you can't talk through it and you're trying to make that be an hour that's too much.

P Yes and that's why we design our Workins and it's a not a bgi deal... You know, I mean lots of people love our Workins, but you don't have to do our Workins, our Workins are designed to heal your body and not, you know, deplete your hormones and everything. But there's other things you can do,

getting out in nature and walking is fantastic, dancing is fantastic, hiking is fantastic, these things that you love, we're all about it.

S We're all about it, biking, gardening, all of it, all of it awesome, but when you feel like you're a dying cockroach, you have gone too far.

D Or when you feel like you're competing with Instagram

P It's so true, Danny, or Pinterest, you know, or if you're going for that shred, especially for a woman and...

S Yes, especially for a woman, that's not even... We're messed up with our image about women, women should be a little soft, why are we going... Why do we want to be shredded like men, it's just odd.

P It doesn't mean you shouldn't be strong and have muscles. I mean I look at Serene, she has beautiful muscle tone, but you've been to places in your life where you've been shredded.

S It looked awful.

[00:17:19]

P And it didn't look beautiful on you Serene.

S No, it did not. And I was hormonally tanked during those times.

P Now men, obviously Danny, men have naturally a lot more muscle than women, they're naturally... You know, we're all, we're different but equal, I don't even want to go into it, that's stupid. But men can often take more exercise with the intensity...

S And let's just be honest.

P That women can

S Why did the Olympic Games have men and women competing in different races? Because men are stronger, come on, I'm not going to be all feministic about it.

P No, they are, when you have the muscle...

S I'm going to give that to Danny.

P And that's why men...

S Can I just tell one little story?

D Thank you.

S It's off the topic, but when I was into weightlifting big-time, obviously when I was over shredded and over-hormonally depleted.

P It didn't look that good on you Serene

S And I was just into it, man, it was my hobby, I was into it. So I went to Academy Sports and I saw this big weight machine, it had, you know, the big weights on the end. I'm like, looks good, I'll go over and give it a roll and see if I can just do the weights that are on it, just in the store. But before I could get there, there was this weak little insipid, sagging teenage boy, like, 16. He was, like, a third of my size, didn't even look like he had a muscle..

P When you say sacking, you mean his pants were halfway down?

S Like he was wearing that real, like, image where they just... You're just, like, pull up your pants, man, just be a normal person.

D Sagging

P Oh, sagging, it's not sacking

S It's because my Liberian children call it that...

D I thought this was a workout you were observing him do called sacking.

S Well, I'm about to, right. So he gets on the machine and he's trying to show off to his friends and he pumps out, like, 15 strong ones. He looks like a wuss, right, and I get on there thinking oh, well, I'll at least do 25. I can't even move the bar, like I can't even move it an inch. My point being, men are stronger than women, let's just settle it.

P Yes and you know what? And that's why men lose faster than women, you know, a male... A husband and wife can start the plan and the men just drops 15lbs in the first month and she's, like, I lost my three, you know. And she's, like, seething eyes at her husband.

S Bless the Lord for those three because we're just not as muscular.

P Yes and we have more natural fat in our body and we're supposed to, so.

S God put it there for a good cuddly reason.

P I know, right?

D Stay soft in 2017.

S There we go new mantra.

P I like it.

[00:19:41]

P So yes, move, but don't overdo it.

S Yes, that was good, so are you going to introduce the next topic while I go do the pregnancy little errand.

P Pregnancy errand... Hey, but Danny, had you... because you know how Serene admits she tells stories over and over again, have you heard that one before?

D The one of the little gym, no, I've never heard it.

P Oh, you hadn't?

D No, have you though?

P I've heard it at least seven times.

D No

P Yes.

D Well, it's never been shared on the pod.

P It hasn't, because I was going to say.

D Nary a share

P Nary a share, oh, well she's shared it several times with name. Hey, but the next thing we wanted to talk about, and it might be a little bit of a repeat because we, Serene and I, say this a lot, but it can't be over encouraged. Where are your veggies? Oh my goodness, like think about what you've eaten today. Talk about veggies Serene

D Welcome back, Serene, that was fast.

P Think about what you've eaten today, now maybe...

S What have I eaten? Can I tell you what I've eaten today?

P Okay.

S This is all about veggies, yes?

P Yes, I just said it might be a repeat, but I...

S My son brought in a bouquet of kale from the garden, I said, go back out sweetheart, that's not big enough. He brought two bouquets of kale and I chopped that all up finely and steamed it up in my eggs scramble and it was so delicious, it was a full, huge bowl of non-starches. But I had my protein in there, I had my eggs, a couple of eggs scrambled, but a huge, huge bowl of non-starchy greens and it was delish and that was breakfast, and then for lunch, because I had to rush to the potty.... I mean PODdy.

[00:21:22]

P Really, she has potty on the brain.

D She put a T in there.

P That was off.

S That was a total P O T T Y, get it right.

D Total T

S And then I made a Yuk Yum Bidy, and I put another huge bouquet of kale in there, and just look at that greens and that's just an odd day..

P Do you notice Serene's romanticised life? Okay, let me repeat.

D Yes, please.

P Her son runs, with the little red hair and the straw hat, runs out to the garden and gets her...

S It was Vision too, it was the red head..

P A bouquet

D I was going to ask, I want to revisit the word bouquet.

S Well, I use that term because it's what I use to him because he came back holding it like it was a bouquet. And I said, that's like a small little bouquet, a bunch.

P He brings his mother a bouquet of kale.

D Of course he does.

P She says no son, run out there and get me a bigger bouquet in our beautiful garden, that's all organic.

S Hey, if I was going to get married again to the same man and do my whole wedding again, to the same man of course...

P You'd carry kale.

S I'd carry kale.

D You'd carry the kale.

S I just want a bouquet of kale.

D Oh, is kale like the final frontier? Why does it have to be like...

S I just love kale and it's not high in oxalates and I'd just like a bunch. You see and I love spinach too, but if I ate the amount of cooked spinach that I

do...

P Yes, oxalates can give some people inflammation.

D Let me ask a question about kale, does... Is it as healthy as it is hard to eat?

S Come on Danny.

D Could it at least be as healthy as it is hard to eat?

S What if you could.... did that just run out the window?

D Listen now

S Let's just talk kale chips, kale pesto, kale in my scramble, my big egg scramble, yummy.

P Wilted kale with parmesan cheese and garlic

D So my wife had this bag of kale chips.

P Sounds good.

D Which is hard to believe that that's possible, and they were covered in cool ranch flavour.

S Yes, they're nasty though. You buy those, I don't like them.

D No, she just bought it just to be, like, what's up with this? So once your teeth bit through the cool ranch thickness, you got down to the kale.

P Danny, I'm going to talk to you, have you ever had...

S We don't hire you for this particular talk.

P Yes, you're putting people off kale.

D No, never

P We hire you for what if you could? So you're fired.

S This Danny, that just got fired, he ain't coming back, but hey, that other Danny, can we hire him?

P Yes, he's welcome to come back. Can I just talk to this Danny for a second?

D Hey, listen...

[00:23:44]

P You haven't had kale very well done... You haven't had kale when it's beautiful. Next week I'm bringing you kale chips that will rock your world from our Trim Healthy Mama books.

D Well, then I

P You've never tasted anything like those.

D Then I shall convert.

S So Pearl, I gave my example, you turn..

P So my example, of your romanticised example, my example was I had in my fridge leftover steamed cauliflower rice.

S Oh, yum

P Put that in a fry pan, a little bit of coconut oil, season it up, fried my two eggs with it, I had coffee with cream in there, I rocked my breakfast. I just ate my lunch before we started this PODdy, it was a huge salad, it was an E. Do you know what I love to do with E salads?

S Yes, was it tuna, was that your protein for the E?

P No, it was salmon, dude.

S Oh, good on you, skinless, boneless salmon

P I'll tell you what my lunch was, you need to try it, guys, because it's a great E, okay, it was so easy. Just lettuce, I chopped it up, but if you're trying to make an E dressing, just get a capful of MCT or olive oil, I prefer MCT for it because it's so silky. Pour it over your greens before you put anything else and massage them in. It's going to feel like you have so much more oil on that salad than you do, It's going to feel completely saturated. Then I put, you know, vinegar, nutritional yeast, a little parmesan cheese, yummy. I just had some salmon in foil, you know the foil ones Serney?

S Oh yes, I like those.

P Is it okay with your Purism?

S Yes, it is.

P Well, she doesn't look sure, does she, she's like...

D I don't want to be fired either. Keep going.

P And then I... And that's...

S I might fire my own self. Everyone's getting fired today.

D Nary a job in this room

P He loves his nary too.

D Nary day

S I'm bouquet, he's nary, we're just like...

P Yes, there are those garbanzo beans, organic out of a can from good old Wally World, drain them, I shoved about close to three quarters of a cup in

that pan, little coconut oil. I season them with a little Braggs and cayenne pepper, so they were very spicy, shoved them on top of my salad. I ate that with chopsticks.

S Oh, because she's slowed down, people.

D Chopsticks will slow you down.

P So not only did I do the lots of veggies and an E, I ate with chopsticks.

S You rock.

[00:25:57]

S Hey, shout out to you guys! We mentioned this awesome sponsor for our Trim Healthy Podcast, called Health IQ to you guys, and they had such a response they were so thrilled, they were like hey, can you just tell them again about this, because you guys make things happen, you have made things happen for us.

P The Mama's in the Trim Healthy World are world movers!!

S You guys are game changers, we love Healthy IQ because they take into consideration your steps, your hard work that you are already doing.

P You know how some auto insurance companies will reward you if you are a safe driver, well see Health IQ does that in the same way.. if you are a smart eater and you are if you eat Trim Healthy Mama or if you move your body, they reward you...

S It makes sense and I love companies that make sense!!

P So to see if you qualify go get your free quote today at

healthiq.com/trimhealthy or mention the promo code trimhealthy, if you talk to a Health IQ agent You can take your Health IQ quiz there and if you score well, you get lower rates

S Up to 33 percent

[00:27:03]

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

S I'm Serene.

P Danny, what did you have for brekkie

D Oh, you know, I rocked that salad.

P For brekkie

D That was my first meal.

P Oh Danneth, oh my goodness, you're so fired right now.

D No, I had to go late last night, so I...

P Excuse me, hold on, what?

S What, go to the potty late? I've got to...

D Back to the T..

P Okay, where were you last night, Danny?

D I had to work really hard.

S Not for us.

D No, I...

P Who for, I don't know these people

D I saw a late-night movie with my bro.

P Okay, so that's not work.

S Did you have popcorn?

D No

S With artificial butter flavour

D No, I actually smuggled in a coconut water.

P Okay, now Danny, you woke up this morning at what time?

D I mean it was a good 9:00 AM.

P 9:00, okay, which is, you know...

S Odd

P Pretty odd

D That's super late.

P First of all, what are you doing waking up at nine?

S Fired.

P Fired for that, and now you're eating your first meal and you got here at 12:00 and you ate your first meal.

[00:28:12]

S It's just odd, Danny, your metabolism is just, like, freaking out.

P Okay, so all I'm saying is we actually granted you with, Danny, the Man Plan, I'm taking that away.

D Is that revoked?

P So not only...

S To Danny it's the moron plan that was what you did today.

P So not only are you fired today, you are hereby given the moron plan.

D Yes, fair.

P Because how many times have we sat here and talked to you about the importance of protein at your breakfast?

D Breakfast is the most important meal and it has to be protein-centred. And I've lived that.

P Okay, so is this just an off day?

D This was just an off day, not a daily thing, but I will admit it is a very difficult discipline for me to eat breakfast.

P All right, well, what if you could, Danny?

D I have no, I have zero...

[00:28:50]

P All these women... And let me tell you, can I just talk to you about who you are and who you have inspired, Danny?

D Speak to me.

P With who, and with what you have overcome in your life. Yes, you've come a long way with your diet, although today I feel like there's a relapse, but that's okay, it happens to the best of us. But what you've come from, who you are, you know, what you believe, that has inspired so many women.

So it feels almost... I think they're going to give you a break, but to me it

feels a little hypocritical when you say...

S We want the real Danny back.

P When you say, you know, it's such a discipline of me to eat breakfast. I want you to say no, I am a breakfast eater. When I wake up, it's who I am, I need to get my protein, what if I stinking could.

S But Danny, we're calling you back to who you are, we're just calling you back. You're the man who... You're Danneth the Pedro in the cape.

D No, don't get me wrong, I'm still there, but I also...

S Now this realist Danny it just didn't fly.

[00:29:47]

D No, I have to be honest in saying that, you know, the..

S Do you have a little bit of a cold, is that what's downing?

D It's a little something.

P No, I'd rather him be honest than lie, though.

D Yes, and that's what I'm saying, is in... The reality is, is there are things that, it's not that I don't overcome them, but they are a bigger challenge for me. Just like we said some people... Or like women have a bigger challenge in losing weight than men, generally speaking, I have to admit that I have a bigger challenge with centering that protein morning breakfast.

S But you do one if you could most of the mornings.

D I do. I would say six out of seven mornings a week I'm whopping down that fried egg and toast.

P So Dan-Dan, okay, you're back on the... You're back, hired, we ran out of time. All I was going to say for those of you that didn't have veggies in your breakfast, it's okay, okay. Let's just say you had an oatmeal or you had toast with egg whites, you're okay.

S I'm not going to have kale with my oatmeal.

[00:30:45]

P Well you don't have to breakfast every... Veggies with breakfast every morning, all we are saying to you is if you want to, you know, really get past a stall, shed those pounds or raise your metabolism, have lots and lots of leafy greens.

S Right, so we have a new thing for you. The normal Trim Healthy Mama plan has a little question you ask yourself, where is my protein? Every time you have a meal or a snack. But now we're saying to you, if you're stuck, you ask yourself hey, "where's my non-starchy veggies?" at every meal or snack.

P Yes, especially my leafy greens, and I love to tell people this, put your meal over a plate of salad, just shove it on top.

D Where is my non-starchy veggies? Is that in addition to where is my protein?

P Absolutely, Danny

S Yes, for the ones in a stall. I mean for anybody, because Pearl and I aren't in a stall, but that's the way we live too. But I mean hey, not at every meal.

At Christmas day I'm not going to ask myself, where is my non-starchy veggie? Like bore-o!!!!

P Hey, we sort of ran out of time, did we cover everything, did we talk about E Meals?

S We covered hardly anything.

P I know, it was

S We just fired Danny.

P Fired him several times.

[00:31:50]

Hey Mamas, do you have a question for Serene and Pearl? Send your email to [support@trimhealthymama.com](mailto:support@trimhealthymama.com).

[00:31:59]

D Listener Kim has a question for you, if you would be obliged to take it?

P I will take that from Listener Kim.

D All right. Listener Kim says, I love the show, it's my favourite, I laugh out loud and nod my head in agreement and listen with rapt attention. Thank you, Kim.

P He just wants to pause right there.

D Can we just have a moment?

S Yes

D All right. You all are so engaging, refreshing and real.

S Another moment

D She's not done, let's just pause another moment. Here's my question, if you already had all the pantry staples and special ingredients sitting in your pantry, what would your ideal one-day menu look like?

P Oh man, my... Every day is ideal for me, I believe.

S Me too

P Even when I, like, maybe I choose to eat something off plan, it's still ideal because I'm a Trim Healthy Mama.

S That's so true. And you're all about enjoying it.

P I don't know, man, my ideal day is when I always have my protein and when I pack in lots of veggies.

S Yes me too

P I say the more veggies, the more ideal for me.

S The more fresh food the better yes, so ideal for me is for my breakfast, I suppose there's never really one, true ideal breakfast, but I love to make sure I load, like, a couple of eggs with a bunch of non-starchies and I sauté them up.

P All right, so then the Trim Healthy Table in your book, the Big Bowl Egg Scram.

S Big Bowl Egg Scram would be...

P That's your go-to.

S That's how I like to start my day because I just get really satisfied on that for a long, long time and, Pearl, should we do breakfast, breakfast, lunch,

like switch back and forth?

P Yes, well that would be an S. I'm just such a fried egg girl too. And you know what I've been doing lately Serene, your trick, I've been making up... Like you know how I get the cauliflower rice frozen, I just quickly do a quick steam of it at the beginning of the week and I do a bunch. Then it's in my fridge, so I've just been putting cauli rice in the pan and at the same time as two fried eggs.

S And making breakfast super fast..

P Oh, it's like eggs over hash, it rocks and nutritionally, salt and pepper. And it makes a bunch, so I'm eating breakfast for a good while and I feel like I'm really filling up.

S And any of you listeners who have the membership as well, check out the new video I made, Breezy Breakfast Rice with kind of similar ingredients.

[00:34:12]

P Yes, yours is a bit different to mine, you do a...

S Right, because you fry the eggs separately, but I'm just saying, it's similar ingredients.

P Absolutely, so there you go, veggies and egg. Now you don't always have to have veggies with breakfast, don't make a religion out of it, but she asked for an ideal day, so.

S Yes and then for lunch for me, lately I just really love to have one of my Yuck Yum Bitty's, like filled with my good, home-made double fermented

kefir and I put baobab powder in it.

P I know the recipe from the Trim Healthy Table, but we won't hit it, we weren't sitting here trying to promote the book, but...

S No, but it's so delicious. And then I'd need a carb for my next meal, definitely, so I'd probably have an apple and some walnuts for a snack, like just a few, just to...

P For crossing over

S Yes, and then...

P Because you're pregnant

S For dinner I'd probably end up with like a... maybe I'd do an E Meal of tilapia and sweet potato and salad or I'd do an S and have a good Trimmy Bisque, I love my Trimmy Bisques.

P Really basic foods, and I mean she asked us, you have all the products, but we're just talking basic foods.

S The only product I used that day was baobab really.

P Yes, I make desserts more for my husband. Sometimes I love to have, like, cake in the morning for breakfast, but it's sort of more rare. I do it, but... and my lunches are just so simple. Sorry, we're going on forever.

D Hey new listeners, did you hear? Cake for breakfast, all right, I'm out.

P I'm just, like, I'm either like a Yuk Yum Biddy like Serene or a salad for lunch. And salad always anchored with protein, I don't know what special ingredients there is there. I mean definitely a Trimmy afterwards, like a

Hot Chocolate Trimmy, and there you've got some collagen and, you know, maybe a little whey protein. So there's a little bit in there and then I'll often have a dessert made for my husband, which uses Baking Blend and things, but suppers are just like...

S Oh sorry, I'm telling you what.

[00:35:56]

P What, mate?

S Pearl's a genius, I have to just do a shout-out to her.

P What? I know, but in what way today?

D And that's all, thank you.

S But my husband's ideal day involves Pearl's Wonderful White Blender Bread. I just made him a cheese melt with, like, all natural deli meat the other day, oh my goodness, he's like I'm in heaven, and I thought this is so nice.

D What, you said White Blender Bread?

S Oh my goodness, it's all Pl.

D Is that where you throw out all the stuff...

S She designed that thing and I tell you what, it's just awesome.

D Chuck it all in a blender and heat it up kind of thing.

[00:36:21]

P Thanks for the praise, Serene.

S It's awesome. And then I do...

P It's white bread, Danny, healthy.

S And then one night a week I do my Scones, Jam and Cream night.

D That's why I'm tuned in.

S That's in the book too, Scones Jam and Cream night, one night a week. But for my husband and I, I do it over Pearl's Wonderful White Blender Bread. I use that as the scone.

P Because it's quicker than your scone, flour scone thing

S Yes, the flour scone's are for my big tribe of children, I still make those.

D Is the white blender bread in the new recipe or the old?

P In the new Trim Healthy Table book

S It's rock star stuff, man

P Hey, but anyway, we got off-track, didn't we?

D Sorry, I was just really interested in that...

[00:36:54]

P All the meals are so simple, Kim, I don't know. I mean these are the basic things we eat. Then for dinner, for me, it will be either, like, chicken, you know, and a vegetable and a salad or one of the skillet recipes in the book. Or I wish I could do soup, but I do my soup at lunch sometimes because my husband doesn't like soup. Serene will do a soup, her Trimmy Bisques.

S Yes another shout-out to the book, just because I've been recently doing a menu because my life is so busy. Before I'd just live on Trimmy Bisques every night, because that's what I love, but I'm doing a menu now to more

please my husband because he loves casseroles. And every week I make Pearl's Pizza Casserole and just to make it a little bit more superfoody, because this is Serene here talking, I throw a couple of tablespoons of baobab into the pizza sauce. It makes a great tang and extra nutrition boost for my family.

P Did you have that last night?

S I love it.

P Really

S And I don't use sausage, I just use grass-fed beef and I do it with sausage seasonings.

P That's very nice.

[00:37:46]

D That's nice, that's smart.

S So it's all superfoody and if anyone hasn't made that casserole of Pearl's, the Pizza Casserole it's going to rock your world.

P I love that there's shout-outs.

D It sounds epic.

S It's a staple now for me.

P Thank you, Serene

S Yes, it's a staple.

P All right, so I don't know if we answered that well, but that's basically it.

D I think you did.

[00:38:03]

Trim Healthy Mama Product News and Notes.

S So why whey protein and why Trim Healthy Whey Protein? Well, first of all, just whey protein in general, the good stuff, is incredible. It fights depression, it helps you lose weight, it supports your immune system.

P And you know how it fight depression, Serene?

S Tell me, Pearl.

P It raises serotonin. And that's your happy neurotransmitter.

S Yes, it does, like I said too, it helps with the immune system, it's so incredibly absorbed by the body, so quickly, so it's wonderful to just, you know, feed the muscles after working out.

P Quick energy and people think of bodybuilders taking whey to get big, we take whey to trim down.

S Because they add a bunch of sucrose and dextrose and sugars, purposefully to get that anabolic, like, kind of like...

P Pump.

S Pump, but we don't do that.

P And no, so our whey is very trimming

S And it is CFM, cross flow microfiltration. That just means that all denatured particles have been removed, it's gone through these micro little filters and it just keeps the good stuff in. Now a lot of people say well, I want to do the goody-goody-two-shoes concentrate kind because it's, like,

50 bucks a tub so it must be really good. Well, the fact is, is that concentrate still has the lactose, the milk sugar, still has the milk fat and now we don't want those things. When you make a powder, when you dry something out, you make these little, tiny particles, you're making a lot of surface area able to be affected by the air and by light. Now you do not want oxidation to the fat, oxidised fat is dangerous for us. So that's why we remove the fat, we remove the sugar. It's better for our plan anyway.

P And we remove the lactose, so many people that, you know, have problems with dairy products can do our cross flow micro filtered whey, and what do we use it for, it creams up smoothies.

S Oh, yes

P And shakes, it makes them... You don't have to add a bunch of fat and yet you will get these creamy results.

S Poofy and creamy and bubbly and latte-ish and awesome

P And then don't forget we've got a new chocolate and strawberry whey, so it just rocks.

S Almost crack.

P Blend them with almond milk and you got an immediate chocolate or strawberry milk.

S Your children could do whole milk, it's crack.

[00:40:20]