



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 50 - You Guys Rule This Podcast! We Take Your Questions.**

*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 · L = Lesley

[00:00:00]

S This is the PODdy with Serene

P and Pearl

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

D Hey, everybody, welcome back to the Trim Healthy Podcast with Serene and Pearl and the guy eternally condemned to parentheses, that's me, Danny. How's everyone?

P Oh, good. Well, you know, I could say good, and I am good.

S Don't fake it, Pearl.

P But I'm not, no, I mean, you know, you guys follow along here with us and you follow our lives and you knew I was so thrilled about my daughter Meadow having a baby real soon, Serene's one week behind her, so they're in their final few weeks here, and then my daughter-in-law Kahoru and my son Bowen, we were so excited they were pregnant, but they just lost their baby two days again and she was about 12 weeks. And so, you know, we celebrate life here and we celebrated that pregnancy but we mourn that life here, too, so...

S Yes, we do mourn.

[00:00:31]

P You know, so prayers for that, if you could just pray for my daughter-in-law Kahoru because she was just beyond thrilled, and...

S I mean, she was cross-stitching for her baby and she's, like, the most perfect little homemaker mother-to-be.

P She was so thrilled but, you know, we don't know why these happen and God has a plan, but they buried their little baby under the tree, and we mourn that life. But she's just, I mean, she's not in a dark place, she's mourning but she's not in a dark place, she's just so grateful that she got to carry that life

and she's thanking God that she did.

S And it's beautiful, you know, thinking about this side of it, you know, I've had miscarriages before, Pearl, you have, too, and most people who have gone through childbearing years have had some miscarriages, but it's beautiful to think that this world is not really where it's all at, these are eternal souls.

[00:01:29]

S And it's an honour to conceive them because you can think, oh, well, I wish I didn't have to go through the pain, you know, the pain of the loss so, you know, if I hadn't even got pregnant with that child then I wouldn't have had to lose, right? But, no, we didn't lose, and it's the honour of conceiving eternal souls, and that's what it's all about.

P I know, and, you know, we called it the Baby B, because Barrett, and so, you know, she just keeps saying Baby B brought us such joy, you know, for just a short time, but she believes it was a baby boy, he brought us all joy, such joy.

S I believe some babies are born for heaven.

P Yes.

S You know, and I had a miscarriage once and then conceived within that ten months that I would've carried the baby, so I feel like sometimes God, and that baby that was for earth was

my Cedar... I can't imagine our life without him, so I just know that God had one for heaven and one for earth and it's just that's He's sovereign, so that doesn't mean we don't celebrate and mourn the one that we couldn't hold, you know?

P Yes, exactly. So I wasn't really going to say anything about that all today, but then I thought, well, that's weird because we announced it here, so happy, and then not saying anything is also strange.

S Well, it's weird, because, Pearl, I'm into you being, and you us being, and Danny and all of us being just transparent here on the poddy's, that's what it's all about, right?

P Yes, and life is definitely not this perfect little ride where every day is easy.

S Yes.

P As we know with what you went through, Serene, with Arden, your son, and we all go through stuff so, you know, thank you all for your prayers for them. But let's get onto, we had something in mind today, Meadow, my daughter, who's about to have a baby, is our social media manager, so she does all

the fan page posts, I hope you guys have liked our fan page, I know a lot of you are on the groups.

S I haven't.

P Of course, Serene.

D I'm not very interested either, sorry.

S That means you haven't liked our... You have liked our fan page.

D I've clicked the like button...

[00:03:40]

S Yes, right.

D In my heart I, you know...

S Would you like to be fired again today?

D I don't get a lot out of the fan page personally.

S I just want people to understand, too, if we start laughing right after that introduction, we're not schizophrenic, because even when you were at the hospital with them that night you were laughing with them and then crying and then laughing.

P Yes, we did.

S Because in Jesus there's no depression in our sorrow, right, there's a tenderness and there's that, but because we have...

P There's still joy with the pain.

S Right, there's still, because we know He's in control and we

can trust Him and He's a good Father, so there's no depression, we can still laugh and then cry.

S And then laugh again, so, yes.

P But can I go back to Danny here because here he totally...

D Oh, I knew you weren't done.

P He is totally getting refired today because it's, like, you don't get a lot out the fan page and I just said my precious daughter who's about to give birth hosts on the fan page, there's testimonies there every day of lives changed, we post up really great recipes, and here you are...

D Charlie, help, Charlie help!

P Here you are just saying I don't get much out of the fan page?

S And number two, Danny, just so I can jump on this bandwagon, don't mess with a woman who's going through stuff, you know, Pearl's in her time of sadness here.

D That's not the right time to talk about anything negative.

S Not depression, sadness, but, yes, you just piled on misery.

P You did two things really wrong, today, Danny, first of all you dissed a pregnant woman about to have a baby, I hope Meadow never hears this, secondly...

D Wait, who dissed a pregnant woman about to have a baby?

[00:05:16]

P You did, and you dissed me, so...

D Who dissed you, no one... ?

P You did.

D Never!

P Because you said you get nothing out of the fan page right after I'd shared this hardship.

D Okay, can I clarify?

S He's probably just come from his wife, you know, who basically, you know, I don't know, you know?

P What, what, what, what?

S Well, I'm just trying to say, you're being like a double bubble whammy on him. Oh, a husband has to deal with his wife's emotions.

P Oh, he won't have had a triple whammy, okay.

S You know what I mean, and now he's having to deal with yours.

P Explain yourself, Danny, before...

D I would love to explain myself. What I'm saying is I get so much out of the fan page, but, you know, some of the...

S You're going downhill now.

D No, just to clarify, some...

P You be honest, you tell us how you really feel, don't try and

keep your job.

D It is a lady place.

P Oh, yes, okay, is that what you're saying?

D That's kind of what I'm saying.

P Oh.

D I don't mean I don't get anything, I mean as a male...

P As a male you, yes...

D I'm on a woodworking website, do you see I'm saying?

P I've got you, yes.

D No, it's not personal.

S It's what you think, and you are wearing pink...

P You're partially rehired.

D Yay!

S I know, but, look, there's a mauveness or a pinkness to that paisley shirt.

P Do you notice that Serene's the one that comments on your outfit every poddy, not me?

D Well, because she's a fashionista.

S Yes, right.

D Whether she'll admit it or not.

S With my crazy compression stockings.

P You know what, she's a fashion rebel, I wouldn't call her a

fashionista, she's a fashion rebel.

S Franklin wouldn't own me, Franklin, Tennessee would not own me.

D Well, they wouldn't, but you know what, you're a trendsetter and Franklin isn't filled with trends, it's filled with copies.

P Ah ha.

S Hey, there's a lot of Franklin people listening now, they want you to get fired now, too.

P Oh, Danny, you cannot do it right today.

D Hey, Franklin people, Hans Solo season is upon us, I'm sure. Have you seen the meme?

P No? I'm not a Star Wars fan and all that.

D No, that's not... Well, there's a picture of, like, 12 ladies with, like, jeans and tall brown leather boots, which is how Hans Solo dresses.

P Oh, that's funny, and, look, I'm wearing jeans in the dark

S See, I don't even know who Hans Solo is.

P I'm wearing jeans and black boots

D But that's not, you don't look Solo.

P Lesley, what are you wearing? Are you wearing brown leather boots?

S Who is Hans Solo anyway?

D He's a hero in the first Star Wars films.

P Oh, Serene, don't tell me you don't know, I've never watched Star Wars but I know who Hans Solo is.

D Now I'm offended.

P You're offended, Danny?

S Listen, 20 years ago when I was pregnant with Arden, Sam took me to a Star Wars...

P So you know who Hans Solo is?

S No, I fell asleep within ten seconds.

D Oh, my gosh.

S It was the most boring, I don't do sci-fi, it just doesn't, it's not reality and I just...

P Okay, but Danny might have offended a few thousand but you probably offended a couple of hundred thousand right then when you said who's Hans Solo?

S You know Star Wars is from the devil.

P Oh, great.

S I don't really believe it, that's a joke.

P Lots of things are from the devil.

D Do we really care if...

S No, that's not true, I don't have anything against it personally like that, I just think it's boring.

P Hey, so shall we get back to the topic? I was saying that Meadow put this poster on the fan page saying hey, give us questions for the PODdy, and we got literally hundreds and hundreds and we'll pick the top three. So now that was a couple of months ago because we've had so many things, you know, ideas for the PODdy since then, so now we're getting to these, and I was just looking through them today, Serene, these questions are so good, I don't know how we're going to stick to three.

S I hope they're good.

[00:08:30]

P We're not on a timer today, so let's answer them as best we can, and then if we have time, the questions were so good I'd like to do more, or save them more for another PODdy.

D Yes, there's literally hundreds, and you're right, they're great questions.

P Fire away, Dan Dan.

D All right. So this one comes from Chrissie; how often should we really be eating desserts such as cakes, pies, ice creams, all the goodies?

P Good question.

D I want desserts after each meal, LOL!

P Ouch. LOL.

D I know fruit can also be used can also be used as a dessert, so I could probably live with one a day, but I wanted to hear your thoughts?

P It's a good question.

S Yes, such a good question. Just right off the bat, Pearl, I think you're going to be so, like, big, big Pearly, big sister wise and answering it the best.

P I will be.

S Just right off the bat I feel like it's almost a mindset there because it's almost like she has to have it as a cap-off to every meal because of the mindset.

P Well, that's part of food freedom for many of us, Serene.

S No, I know that, but it's almost...

P Chrissie, talk to Chrissie.

S Chrissie, I feel like it's almost like your meal isn't complete in your mind unless you've had that little sweet touch at the end.

P Yes, many of us are like that, Sereney.

S Okay, that's good.

P Yes.

S But maybe you could tell yourself it's okay to finish savoury sometimes?

P You could.

S Yes?

P Yes. But don't you have dessert, Serene?

S I do, but, you see, not all the time, but that's just my, actually, very rarely, but that's just my personality because once I'm satisfied and full then, for me to have a dessert I usually like to have it for my whole dinner.

P Yes, I see what you're saying, like, dessert would be your breakfast, like, let's say you make a super wonderful Trim Healthy cake...

S Yes, I'd have a slice for breakfast.

P With all your puristy stuff in it and that is your meal.

S That's my meal.

P And then sometimes you'll have it for an afternoon snack, so you're eating dessert but you're having it as one of your protein fixes.

S I treat myself, it's food freedom, like, I have no boundaries.

P Or you're having it as a...

S But I don't want to, my meal, to me, once I'm satisfied why do I want, unless you want to do a halfie meal and then do a,

save that fuel for dessert, but that's kind of...

P Yes. Well, I have a little different take on it, and I love your take, because I feel like, hey, maybe you can say to yourself I don't need sweet after every meal every single day, however, I do believe that desserts are a part of the food freedom of Trim Healthy Mama. I feel, though, that people can really get in trouble when they do a full meal like you're saying and then a heavy dessert afterwards all the time. Like, let's just say you have, you know, chicken, a rotisserie chicken at night and you've got mashed cauliflower and you've got a salad with creamy dressing, okay, you...

S And we've got cheese on the mashed cauli.

P Yes, you've got a good S Meal, and then you go, have a big piece of cheesecake because this is food freedom and it's on plan and it's an S cheesecake and you have a good slice and you maybe put some whipped cream on top of it, fantastic, if you want to do that occasionally.

S Christmas, go for it, birthday, go for it.

P That's not just Christmas, Serene, I mean, sometimes you can do that.

S Oh, yes, I agree, I'm just, you know... ?

P But I think if you're doing that every night it's going to be

problematic because you already had your meal and now you're piling more heavy fats on there, so I would say if you're a person that has to have that sweet afterwards I think there's wonderful sweet things like the Fat Stripping Frappa or the Frisky, which is similar, and the Frisky you can do the smaller size, or the half size of a Fat Stripping Frappa.

S Or the Baby Frap....yes.

P It's just so light and yet it's sweet and chocolatey, so any of the Baby Shakes in our new Trim Healthy Table Book which is a half size, fantastic. What about, like, a Cottage Berry Whip?

S Do you remember one of our first Trim Healthy Mama people, and she lost, the only thing she changed, her weight was just doing Fuel Pull desserts instead of heavy desserts?

[00:12:09]

P Oh, say that the from the beginning, who was that?

S There was a wonderful lady who sent us out the Blendtec's years and years and years ago?

P Oh, yes!

S The way she lost her weight because she didn't have a lot of weight to lose, but the only thing she changed was instead of having heavy desserts after her meals she just changed to

having light desserts, and that's where it was for her, that was her answer.

P Yes, so if you're stalled out, heavy desserts after every dinner, you know, are going to be problematic.

S Do you know what I like to do? Unless I'm really, really hungry, unless I've saved room for that dessert, I think it's different if you save room, I just like a nice chai tea sweetened with stevia and just, like, a little tablespoon of cream, so it's not even really like anything, it's just like that sweet...

P What about a Hot Chocolate Trimmy, things like that?

S Yes, some sweet, warm finish but without it being overly abusive.

P Yes, because I think there's Food Freedom and then there's abuse, I think that's what you're trying to say, Serene?

S Yes, that's what I'm trying to say.

P I don't want to say dessert's not a part of Trim Healthy Mama, Chrissie, because it certainly is, but I feel like these are the tips we're giving you.

P Sometimes your dessert is an afternoon snack or a breakfast rather than after a meal, or if you're going to do them after a meal frequently, sure, sometimes they can be heavy, they can

be cake or cheesecake, but lighten them up frequently, so...

S And lighten your portions up of your first meal, like, go for the one bowl of chili instead of two, because you know you're saving room for dessert.

P Yes. I hope that helped you and I hope that didn't feel like chains...

S We've got to talk about that because fruit doesn't always work, as you know, with the plan. Yes, but berries, certain berries do, they're kind of a neutral Fuel Pull.

P If you're going to have an E fruit after an E dinner, is that what you're saying, Chrissie, like, okay, I just had an E dinner, let's just say I had Cowboy Grub, most of you know what that is from the cookbook, it's very popular, and then I'm going to have, you know, an orange, but you already had a lot of E fuel in that, unless you had, like, 20, 30 grams of E fuel rather than 45 don't put that piece of fruit at the end, it might be a bit hard on your blood sugar, save that piece of fruit for your afternoon snack or as part of your E fuel for the meal, if you've already had enough E fuel don't tack it on at the end on top.

[00:14:16]

S Right, yes. Amen. Let's go to number two.

P Okay, Dan Dan...

D Chrissie, hope that was rocking your world.

S We love you, by the way, Chrissie, don't feel any kind of, like,...

P Don't feel any dessert hatred on our part.

S No.

P No dessert hatred.

D There's no dessert hatred in this group, I can sense it. All right, Rachel wants to talk to you. She says can you clarify what, quote "ingredients trump numbers" end quote, means? There are a lot of debates about this on the Facebook group and I'd like to hear Serene and Pearl's thoughts on it, I always assumed that it applied to off-plan ingredients. Like, if I'm eating a bar that has off-plan ingredients like dates but it's still under ten grams of carbs, so I'm calling it on-plan, in that case it wouldn't be because ingredients trump numbers?

S I know what she's talking about.

P I do, too.

D People in the group are nit-picking over egg yolks in an E recipe, like, one or two yolks in a multi-serve recipe, would that make it a Crossover or is it acceptable because it's a

miniscule amount of fat per serving?

P We've got it, we've got it. Yes, we've got it, Danny. Yes, we've got it.

D That's so great because you're, like, we've got it, and I'm sitting here, like, none of this, this is, like, pure Japanese.

P And if you're a newbie this is freaking you out. If you're a newbie, like, I'm never going to start this plan because this is too complicated, but this is what I want to say and that's why I picked this question.

S I love this question, Pearl, so after you I'm diving.

P It's not complicated.

D It's so incredible.

P This is all unique to you. Do you know that with Trim Healthy Mama you're the boss, meaning that we wrote some guidelines, Serene and I, but even Serene and I do this plan differently, some things that I say I do for myself and this is the where I'm at, Serene's, like, no, Pearl, that's not how I do it.

S Yes.

P So when we wrote ingredients trump numbers we basically meant you can cut a Snickers bar, right, into tiny pieces and then say I'm on plan, look at my tiny piece of Snickers, it's a

Fuel Pull; we're saying, no, that's crazy, they're going to come with a white suit and lock you up soon because a Snickers bar will never be on plan.

S Yes. And the other side of it, ingredients trump ums because we like you to look at your fuel as food, not numbers, too.

P Yes, that's the other side of it.

S That's the other side, you know, because a lot of people are, like, well, they get so confused because they're doing the count, count, count, but really we want you to see it as food, real food and whole foods, and...

P Yes, we're not, like, we didn't even start this plan with numbers.

S No, not at all.

P And so then we reluctantly had to give them, like, people kept saying, but how many carbs in an S meal, and we were, like, we don't know, okay, let's go have a look, I mean, what would be, where would we cut it off, about ten grams?

[00:16:44]

P Okay, well, we did that, our plan was started just on looking at what fuels match each other, what foods match each other.

S What harmonises together.

P And that's why we said ingredients trump numbers.

S Yes. But then it gets to the point with Food Freedom, like, when you're not dealing with something as powerfully bad as a Snickers bar maybe it's like an 85% dark chocolate, okay, so you've got an ingredient, sugar, they're in there.

P A small amount, but yes.

S But it's a very, very small amount. Or you've got, like, a smoked salmon and there's brown sugar in the smoking glaze or whatever, but it's such a small amount that it's not even registering or, like, two, three grams per serving, so it's not, like,... So there are times when you can look at the numbers just for sanity, I'm not going to not eat 85% chocolate just because of the very small, small, miniscule amount.

P Exactly. And it's liveability, too, this plan is not stringent and it's not chains, so it's...

S So let's talk about the egg yolk in the meal, okay, so we usually just say keep whole eggs for S meals, keep whites for E's, however, if you know that you've made a particular dish and you haven't added any extra coconut oil or any extra fat and you know that you've got three egg yolks in there for so many people, hey, more power to you, I do that all the time.

P And if you know that you're mature in the plan so you

understand that. For us to go to a newbie right now, if you're a newbie, and we say, you know, egg yolks are for S, egg whites are for E, right, so then when we say but sometimes you can use egg whites if it's under this amount and it's numbers, numbers, that's going to confuse them.

S It's like teaching a child phonics and saying, you know, OW says ow...

P And then it says o, tomorrow, but sometimes it says ow like in cow. That's just...

S Yes, it's just...

P Yes, you just give them one, you just give them one rule.

P Yes, we give them one rule.

S And then you disobey the rules later.

P So what we're saying is when you start don't even worry about it all. When you're mature in the plan and you figure out, well, this can actually work like that, go, you, that's your power.

S Oh, yes!

P Like, that's you being unique to the plan.

S You know, we know that honey is a biblical sweetener and we know it's so fantastic, the raw honey, you know, so full of enzymes and therapeutic, medicinal value and it's so great for

just allergies and everything, but we know it's not great for on-plan for those who when to lose weight, right? But I got given the most, best raw Manuka honey from my children for Christmas, it was in my stocking, and it has, like, incredible amounts of pollen in every serving, so I'm, like, hey, I'm using this up, normally I'm just a stevia gal just because it's simple and easy to do...

[00:19:23]

P Yes, and you don't need to lose weight but you're a stevia gal, yes.

S No, but I don't want to spike my blood sugar either, so, but, no, I just tweaked my E Meals, keep a little bit of carb back, one and a half pieces of sprouted toast instead of two and then I take that teaspoon of honey and spread it over both pieces and I'm on plan with E, you know, I have my cottage cheese on top, too, and it's so delicious with my protein. So it's, like, you can tweak it for yourself.

P Absolutely, so all this nitpicking, it's all personal opinion, and it's no, actually, there's not a lot of black and white hard and fast rules, there's guidelines and then you make it work for yourself.

S Yes. So let's talk about the date thing.

P Okay.

S Yes, on a whole we did the simple newbie beginner phonics rule, let's stay away from dried fruit because, you know, if people are just snacking on trail mix all day long...

P Spiking your blood sugar.

S It's tough, all the water has been dehydrated out of the fruit, it's just concentrated fruit, right? But, hey, sometimes I love those Epic Bars, they're, like, Pearl hates them.

P I don't like them.

S They're like a jerky meat, like, protein...

P Sorry to the Epic Bar people, you're awesome, Epic Bar people.

S I love them.

P It's just my mindset. Because I am a jerky person.

S They have, like, currants and raisins and things like that to make, not that I like sweetmeat, but in the bars it's just delicious to me.

P Did you have something to say, Danny?

D No, I was just...

P We forgot about you because you're so fired.

S But the point being is there's dried fruit in those bars, but the

numbers are still cool.

P Yes, so you're okay with that. So sometimes I use the numbers to fudge. And the fact is I'll sometimes have, like, raisins occasionally, and I'm not going to die, I'm not going to get off-plan.

S No.

P I just, I choose to have that as my E Meal.

S You're mature in the plan and you know...

P Yes, and I'm not going to pile lots and lots of other carbs in there because I've got some raisins.

S You know why you're fudging with the rules and you know how to do it intelligently.

D Did you say meat bar?

S Oh, yes.

P Danny, you haven't, you don't know about these, you would love them and they would rock your world

D But it comes out of a package but it's meat?

S It's like jerky.

D Oh, like a dried meat thing?

S Yes, it's dried.

P Isn't it more moist, though, Serene?

S But this is kind of moist, it's almost, like, I don't know, if

you're from English descent, Lesley, it's kind of like those currant pies, you know, sweet... ?

L Like a mince pie?

S Yes, like a mince pie, but not the Australian version of mince pie but it's got just natural little, like, currants and spice.

D I'm picturing a Fig Newton.

P Oh, no, no, no.

S No, you don't picture that, that was just...

P Wrong.

S A wrong thought, Danny.

D The wrong picture to have.

S Wrong thought.

[00:21:50]

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

S Serene.

D All right, next question. What relationship does sugar, and conversely, the THM lifestyle have with PCOS and fertility? Julie wants to know.

S Huge, but I'll let Pearl go first because she had a daughter who actually had personal issue with PCOS, so you're more informed on PCOS.

P Well, yes, those were PCOS, and PCOS can be a genetic trait but it can be brought on, too, by sort of a lifestyle of high sugar. So when you have PCOS and consequently fertility issues, because it suppresses your normal ovarian function, you can get cysts on your ovaries and then your hormones start, you know, playing up.

P Sugar raises your insulin and consequently when your insulin is raised it has a massive impact on your sex hormones, and so eating a lifestyle of high carbs and high sugars, just greatly affects your insulin, and insulin also packs weight on you, so it's like the worst, what's the top number one thing you could possibly do wrong if you have PCOS? Eat sugar.

S Yes, so even if you don't have PCOS, we always tell, you know, young teens that come to you and say, you know, I'm just starting to be kind of irregular in my cycle and blah blah blah, we're, like, first thing, control your blood sugar. Sugar, sugar, sugar, sugar, sugar, sugar, sugar, that's the biggest thing to control your sex hormones, is getting that blood sugar in check

P Absolutely. Blood sugar in line has the hugest impact on your

whole hormonal interplay. I mean, it is the number one hugest impact, so if you want to go and get your hormones tested and all that, maybe you're having issues, first of all balance your blood sugar with protein, get rid of the sugar and all that, infertility, hugely affected by a high sugar lifestyle, and then even pregnancy is massively impacted by a high sugar lifestyle with study after study showing high sugar can cause oftentimes miscarriage. We know there's many reasons for miscarriage, but high sugar is a reason for it, and...

S It also affects the brain cells of the baby.

P It does, and, you know, there's a much higher risk of deformities and things like that, so, yes, that's way. I guess we can take another question, Danny, where are we at, 25 minutes?

D Yes.

S That ain't 25 minutes of questions and answering, that's, like, 15 minutes of junk to begin with.

P That's true.

D Well, we had some good stuff at first and then I derailed us with male negativity.

P That's true. Again.

D Again. Again, yes.

S He was actually all kind of, like, all a ball of energy at the beginning, but he, you're a feeler, you're sensitive, Danny, I feel like he became sensitive to your tale of mourning, you know, Pearl?

D You know what it was? Yes, but then behaved like a male and instead of being emotional became angry.

P Maybe that, I think that was probably it.

D That's what it was.

P Men, and this is not true for all men, but I know my husband, and I see my sons, you know, I'm a cryer, I feel sadness a lot.

S Oh, yes.

P Like, as my first instinct, like, cry, cry, but I notice with my husband and sons, that their first instinct if something goes wrong, even if it's sad or whatever, it's mad, the mad comes on.

D No, it's mad. No, my wife will say why are you mad, and I'm, like, I'm not mad, and she's, like, you're clearly mad, and then I'm, like, well, I guess I'm frustrated that, and then I'll say some sad thing, she's, like, that's called sad, and I'm, like, I'm not sad, I've no recollection of ever being sad, in fact.

S Yes.

P Yes, so sometimes the male sad comes out with a male mad...

S Well, it's putting the male m in front of the ad and making it mad.

P It's true.

D Male mad. All right, Natasha. Natasha, Natasha.

S Are you sure it's not Natasha, how do you know?

D It could, you know what... ?

P How do you say Natasha here in America?

D It could be Natashe.

P Natasha, you don't say Natasha?

D No.

P Because in Australia where we grew up there were a lot of Natashas at our school.

S Yes, Natasha.

D We have nary one Natasha. So Natasha says what does a typical day of eating look like for you both, what's on your menu?

P We've answered this before, Natasha, Natasha, sorry.

S I know, but it's a fresh PODdy and lots of new listeners, so...

[00:26:05]

D Natashe.

S You really want to hear it?

D Yes.

S Because we're, like, I'm an oddball, you know?

P Serene's odd.

S Pearl, you go first so you just put a bit a normality into the PODdy here.

P Okay. Well, I'm pretty simple, usually. I will start out, if it's not an E breakfast of, like, my big bowl of oatmeal out of the New Trim Healthy Table Book or a Trim Healthy Pancakes, those are my two staple E's. If it's not those I'm an egg girl, I'm a serious egg girl in the morning, I love my eggs, I love them fried.

D Bless the chickens.

P Yes. I love them fried, I love omelettes This morning, though, Serene...

S What did you do?

P I did something that was so amazing, and it's sort of like your OmCake, but it was so easy, I had half a zucchini there grated into a bowl, put one egg and about half a cup of egg whites, salt and pepper, and I, yes, I just put it, you know, in my pan, fried it up, flipped it, nutritional yeast, and it was, like, this big, thick deliciousness, I topped it with some coconut oil and nutritional yeast...

S Oh, yum!

P It took, like, five minutes to make, and it was divine, I had it with coffee and cream.

S Oh, yum!

P I'm going to write that as a recipe, because I said to myself, this is so quick, so easy, it has my veggies in it, it had my protein, and I loved it!

S And it was huge and not too heavy.

P Huge. Not heavy

S It wasn't, like, three eggs plus bacon plus the...

P No, no, no, no, it was a very slimming meal.

S Yes.

P But... Okay, and then for lunch, this is what I do, I'm either a salad girl, salad and salmon, or, and I love my cottage Waldorf salad for lunch, which is a goodie with the apple in there, or I'll have a salad with, like, whatever meat that I've cooked is in the fridge, or a salmon, I'll quickly do that up. Sometimes a sandwich on a sprouted grain bread, or the WWBB bread, and basically that's really my lunch, very easy, three things to choose from.

D Does WWBB stand for something

P Yes, Wonderful White Blender Bread, and if you'd read the latest Trim Healthy Table Book you'd know that.

D Dang it.

S If you went on the fan page and actually super-liked it, you'd probably know too, Danny.

D Actually, I follow the, I just don't get the updates, because Facebook is terrible.

S It's because you don't go on it enough, you know?

D Yes, maybe so.

P But anyway, and that's my lunchies. Afternoon snack I love, if I've got any dessert in the house, I love it for my afternoon snack, I love it was a cup of coffee or decaf or something, or tea, like, a cake, a Trim Healthy cake or a muffin, yes, that rocks my world, or I'll have some fruit and, like, a little bit of protein.

P Dinner, you know, my husband is, like, the type that likes, I would love to do more soups, I'm a soup lover, but when he's away or gone, or takes the kids to basketball, that's when I have my soup at dinner, but he doesn't like soup for dinner, so I'm doing the casseroles from the books or I'm just basically meat and veg, and usually it's an S, sometimes an E, but usually just, like, a meat and a veg, and he likes dessert

afterwards, I don't usually have dessert after supper.  
Sometimes, but that's it., it's very basic.

S That was awesome, Pearl, that was awesome. Mine's basic,  
it's just quirky odd basic, you know?

P Go with your quirkiness!

[00:29:15]

S Well, you know, I try to do Es for breakfast occasionally, but  
normally I might end up...

P I hope I'm about to hear Crossovers right now since you're  
pregnant.

S Yes, but normally I end up having my carbs for lunch because  
I am such a fat girl for morning, I really love...

P Your fats.

S Yes, I love really love my Deep S fats for breakfast.

P And right now you need to have Crossovers because you're  
very pregnant and you don't gain weight in your pregnancy  
easily.

D You are very pregnant.

S But let me just tell you, besides from all the lectures, let me  
just tell you what...

P I can't help my lectures.

S What comes naturally for me to eat in the morning? I love to

get my children to run out into the garden fresh and pick me huge bouquets of, like, kale or spinach.

P Bouquets.

D Bouquets, yes.

P Bouquets.

D Of course.

S I just quickly, like, chop it up and...

P Can you put your face down, you're looking, like, she's, did you see her looking at the roof?

D Yes, and the minute she said run to the garden Pearl and I locked eyes and knew, and we're, like, in unison, bouquets.

S And then I just chop it up and just sauté it in a little bit of water, not even oil, and it just, like, it just gets wilted and lovely, and then I just throw over two eggs with a bunch of, like, miso and flavours and everything and just scramble it up and it's, like, non-starchy protein heaven, and then I pour extra virgin coconut oil on it and then, like, chipotle powder and grated sheep's cheese...

P It's like your Big Bowl Egg Scram in the book, right?

S Yes, it is, and it's so delicious, so I have that, or if I'm in a rush in the morning I have my, you know, double-fermented kefir,

like, my Yuck-Yum, I have a Yuck-Yum.

[00:30:41]

P Yuck-Yum, and I do those when I come to the poddy, everybody, yes.

S Yes. And then if I feel like an E for lunch I'll have my sprouted artisan sour dough toast that we make at home, and it's delicious, and I'll have either, you know, tuna on it or cottage cheese on it or egg whites on it if it's an E or if I'm trying to Crossover because I'm pregnant and needing to I'll do, you know, just more of a yummy, fattier protein option.

S Or I do sweet potatoes, I love sweet potatoes, and don't get freaked out, I love sour cream on my sweet potatoes with red palm oil for a Crossover for African style, it's delicious. But if I'm trying to be light and do an E I'll do tuna, I love that Pearl's way with the apple cider vinegar and, like, a tangy tuna on the sweet potato and it's, like, the tang with the sweet, it's almost sweet and sour and it's amazing.

P I love to cut up cucumbers real small, put them with apple cider vinegar and shove them inside the sweet potato with the tuna.

S Yes, that's what I do.

P And then put lots of seasoning.

S Oh, it's so divine and delicious. Okay, but if I don't do an E for lunch or a Crossover, if I haven't had my Yuck-Yum I will do my, I have a Yuck-Yum every day, so if not from breakfast it'll be for lunch.

P And sometimes twice a day, right?

S Yes, well, when I was writing the book with you, oh my goodness, I just lived on that, and when I was at the hospital with Arden I just lived on that. Anyway, and then in the afternoon, see, I'm not an afternoon snack person, I'm an afternoon meal person because three hours or four hours after my lunch, it's not always three, sometimes it's four, it's not enough to just have a hot drink and a little snack because then it'll be six hours without a proper meal for me to go from lunch until dinner, that's too much for me.

P Hey, and this is a really good way of how Serene and do our THM differently, we have talked about this so often between ourselves, I do snacks, she never does a snack, she does, like, meals.

S Yes, so I have one, two, three, four, definitely four, sometimes a fifth small one, meals every day. These are not snacks, like, so say I had lunch at 12, say at three thirty or four I will have

another meal, yes, like,...

P Yes, that's so odd to me.

[00:32:48]

S Like, I will heat up some leftover Trimmy Bisque...

D And then a night meal after that?

S Yes, but the night meals are not big.

P Her night meals aren't big.

S You see, that's the thing, is...

P I love a big night meal and she doesn't.

S I don't love big, I just love until satisfied, right, and so I'll have, like,... And then always in the evening my family has this huge Trimmy Bisque and they have raw milk and blah blah blah blah blah.

P For those who don't know what a Trimmy Bisque is, these are Serene's big pots of soups that she always has in her fridge, and they're in our Trim Healthy Table Book.

S Yes. And my family just love soups and they have it with artisan toast slathered with butter and raw milk and all the cheese grated on top and I just have it with a little sheep's cheese or whatever, or if I'm trying to do and E, because some of them are FP, then I'll some brown rice to it or some quinoa or whatever, but I really just keep it so simple like that. But

I don't know if anyone else is like me, Danny, I don't know, but if I haven't eaten for three full hours and I just go for, like, one half of a little, you know, like, Skinny Chocolate...

P I'm not saying that.

S No, but, like, you know, like, like a bar skinny chocolate where you can put it in bar form, you know, if you just got for, like,...

P Yes, I could totally do that as a snack.

S No, that's just not enough for me, I'm either nursing or pregnant and I'm just, I'm ready for a meal and I'll just be hangry and won't be able to focus in the afternoon.

P True.

D Where's Sam at on dinners, does he, like, want a big meat and two dinner, or... ?

S No, I tried to be a Pearl after the book came out and I was so, like, in awe and wonder at her, like, casserole queeness, you know, and all her stuff, I'm, like, I'm going to be a Pearl for a while and I wrote this whole new menu on my wall...

P Yes, you did!

S With a blackboard and chalk and everything, it was just...

P You were making my casseroles for Sam.

S Every night, and I kept it up for, like, a month, It just wasn't me. I loved them and it was great but I just...

P Now you're back to your Trimmy Bisques, and you're blessed Sam loves soups.

S He loves soup, my family loves soup.

P Do you like soups, Danny?

D Oh, I love soup.

S Oh!

P The Trimmy Bisque are soups, they're hearty, they're very...

S They are soups but they're very thick and creamy.

D Yes, I love soups.

P I love these soups too.

S But some of them are brothy, they're not always creamy, but they're not...

P Serene, I'm not dissing them, I love your Trimmy Bisques. Danny, are you at the stage on your man plan where you're willing to share what you have on a day, or are you afraid you'll be fired due to it?

D No, no, I'm good, you're going to like it.

S But before Danny goes ahead and slightly gets fired or definitely fired, whatever, I do want to say I do make, every,

like, few weeks, I do make either those Magic Skinny Chocolate Nuts, you know, or I make the, I love the, what did we call it in a book, I wish we called them Yuck-Yum bars, but they're the superfood berry bar...

P They were the Chocolate Berry Super Bars. You're a bar person.

S Yes, I make those all the time and they're in the freezer or the fridge, and I always have some form of superfood snack, too.

P And I will say this, this goes back to our first question, how do you eat dessert, Serene does eat dessert but she'll have it as part of her afternoon snack meal or something.

S Yes. So sometimes it's that Yuck-Yum, like, that afternoon meal that might be more of a, like...

[00:35:37]

P The bar, the homemade bar or the nut with the chocolate.

S Yes, with a heavier Trimmy, the hot chocolate thing.

D I'm detecting a Bohemian style from you.

S Oh, it's very, yes, everything's eaten with chopsticks and, you know?

P Yes, Serene's just odd, but that's okay, she's the rebel.

S Yes.

D But, you know, I detect that because my wife, I feel, has a very

Bohemian style, you know...

S Lisa does, yes.

D She, so it's, like, when the food comes it's what I would I call Bohemian, kind of like what you just described, just this and that, here and there, there are some standards we go to, we're big on assemblies of nuts and raisins and such, you know?

P Yes. Tell us your day, Danny.

D Yes. So breakfast, of course, is either going to be eggs over toast or...

P Good Crossover, Danny.

D Or what's in my hand right now, which is a Trim Healthy Chocolate Kefir Shake.

S Oh, good on you, mate.

P Hired!

S Hired.

D Rehired! I would say chocolate milkshake but it's not milk in there, it's kefir.

S You're hired, mate.

D So I'll either have this in the morning, the chocolate kefir shake with the Trim Healthy Chocolate Pristine Whey...

P We knew we saw something in him, right, some kind of, like, potential.

D Yes, some hope, some glimmer of hope.

P Danny was a diamond in the rough and he's shining now.

D And, of course, it's the chocolate whey protein from Trim Healthy Mama, and...

S You're hired again.

P You did a smoothie that you make and it's a man plan, and you did a video on it that I'm going to share soon.

D Yes.

P It's changed your world, right, because you're finally getting protein in the morning like a good boy.

D Like a good boy, yes. Yes, and that, for me, helps me achieve my goals, which are not having nausea and not having that crashed-out blood sugar drop.

P Yes, because you would go all day not eating properly, not doing your protein in the morning and then, like, make stupid man choices, right, later on?

D Yes, and I think I've actually, hate me later, but one of my goals was to gain weight, and I think I've done that.

S Well, what if you could, Danny..

D Yes.

P Well, what if you could, but you're doing it in a non-flabby way, you're doing it in a muscle man way because of the

protein.

D In a muscle way, yes. And I'm also, of course, doing push-ups and such, you know?

P Yes.

D Yes, so it's either/or, it's either the chocolate shake or the eggs over toast.

P Isn't that great, two choices for a man, you're not overwhelmed by a million things, you've got two good things.

D Keep it simple, yes.

S Because that's quite like me, too, two choices, I don't like a lot of options.

P Yes, that's true.

D And if I have the time I'll throw down on some, there's a local guy that does bacon, and I'll make bacon and then make scrambled eggs, and usually that's for the whole family on a Saturday.

P Nice! Yes, but that's nice, Danny!

S That's nice.

D Yes, I try to...

P And the Papa makes that for the fam?

D Oh, yes. Yes, it's a special thing, you know?

P So hired, you're hired for, like, I don't know, four weeks' work

in a row, I'd say we can't fire you for that...

S Yes, you got special non-firing privileges for four weeks.

D My wife's been in there with the same job day in and day out for 12 years, you know, and so what...

P I'm putting it to eight weeks, it's gone to eight weeks without firing, but that's the limit.

D I just put myself in her shoes because, I mean, when you think about it, like, my personality, too, I need constant change, like, this podcast is perfect for me because we talk about something different every time, you know, so I can appreciate the discipline it takes for someone like my wife to just clock in day in and day out with the same jobs over and over, so any time...

S You never know who you're going to wake up to, though, with being a stay-at-home mum.

P That's true.

D Yes...

S You never know what your children are going to be..astronauts, ballerinas...

[00:39:04]

D Yes.

S Brats or brilliant brains.

D Brats or brilliance. Oh, that's good, that's a podcast right there. Are you raising brats or brilliance?

P Hey, go to lunch because we need to get... Oh, we're at 40 minutes, Dan.

D Yes, we're banging on 40 minutes. All right, so do you want to just... ?

S We need to all be fired.

P No, we can't have any more questions, we'll do this another time, but you can finish your lunch and dinner if you do it in 30 seconds.

D Well, dinner's whatever my wife makes, and I wanted to add that if I'm not having eggs over toast, it's the milkshake and if it's not the milkshake it's eggs over toast in the morning, and then the other one will be lunch, do you see what I mean? So if it's eggs over toast it's chocolate milkshake for lunch.

S Oh, I get it, yes!

P That's like me. That's like me.

D Then if it's chocolate milkshake for lunch it's...

P So that's your lunch.

D It's eggs over toast... I'm sorry, if it's chocolate milkshake for breakfast it's eggs over toast for lunch.

S That's such a good man plan.

D Because I just can't deal with having to figure stuff, I'm always on the go, and...

P Your 17 men are loving you right now for that, I think you just made their world so very simple.

D Yes, they should keep it simple, because if you're trying to think about what to do you're not going to do it and you're going to eat cereal.

P Yes, I mean, I know, over-thinking can be so complicated and I hope if you started here with us today you kept going until the end because Danny just simplified everything.

S You didn't do dinner.

P He said whatever his wife makes.

D It's whatever my wife makes.

S Oh, whatever the wife makes, well, that's [overtalking], right, yes.

P And she at least is a good, healthy person.

D And I never know what it is because she's Bohemian, and so it's an assembly of stuff, and it's always a meal, but it's, like, she just invents it every time.

S I love it.

[00:40:27]

Announcer Trim Healthy Mama Product News and Notes.

P Hey, let's talk about flavoured wheys.

S I can't keep it in my house.

P Yes, because your children eat, use it. My children, too.

S I want to say it's crack to them, but Pearl said that's not holy, that it's just not right.

P No, it's not nice to use the word crack on a...

S It's a modern term for it's addictive and wonderful, you know my children aren't on drugs, Pearl.

P I know, but... Okay, so we've got strawberry, it took us so long to get these out, people were asking can you put some flavour in your whey, like, forever, and we have strawberry and chocolate, they rock, they're so delish!

S Because we would work with the flavour artistry company, and we'd be, like, no, no, and we would send it back

P That tastes like a diet milkshake, no.

S Yes, it always tastes like there's, like, a bitter edge with, like, a synthetic vitamin taste, right? The key was in the end we had to stick a bit of our mineral salt into it, do you know that, to balance out the sweet and give it that full rounded flavour profile.

D I actually never knew why the salt was there.

S Yes, that's right.

P Oh, it changes everything. So which one are you, or you're liking because you said you were, like, downing this flavoured whey?

D Oh, no, the chocolate whey is like childhood chocolate milk.

P Yes.

S And the strawberry whey is amazing, too, and the smell of it, I could just sniff it from the bag, like snuff.

P No, but this is the thing, if you're a chocolate milk lover, and I am, it's so, it just makes your life so easy because you're just, like, one glass of almond milk or, hey, if you're like you and you high metabolism or growing children you could do real milk.

S Whole milk, my children do it with whole milk.

D I do, I personally do coconut milk and chocolate whey.

P Yes, coconut milk is great, and then I do half a scoop and it's about the sweet, the right sweetness for me.

S Do you know why Pearl loves chocolate milk, and she can do it the right way now with our chocolate whey in unsweetened almond milk, because when I was little, I'm taller than her, as you can see, and I have a larger face, and I'm just a little bit Shrekkie around her, right?

D I would never have called that.

P You are not Shrekkie!

S When I was little I had an issue with being younger and bigger so I used to try and feed her up chocolate milk to fatten her up.

P So I would be bigger than her.

S So I used to say, hey, Pearl...

D You were trying to sabotage her face.

S Oh, yes. I can see that you are tired after a hard day of homework, would you like me to make you a chocolate milk? I always offered chocolate milk on tap, and I was really good at chocolate milk.

P I was always craving chocolate milk.

D I'm sorry, I'm too busy distracted, I'm measuring your faces.

S Yes, it's longer and bigger.

P She won't put her face next to mine in the mirror because she's...

S Just look at the book, people, my face looks like it's five of Pearl's.

D I don't see it.

P But anyway, okay, so what were we saying, we were talking about...

S I came to Jesus about it and I feel settled about it though, my face that is.

D Okay.

P Here's what you do, like, any meal like an E Meal, like an energising meal where you're including carbs and not having a bunch of fat, I find that I can still be a tad hungry, like, you don't feel satisfied sometimes, like, you're, like, oh, I still want to eat.

S You want your pacifier.

P Yes, but when I include the chocolate milk I'm just, I'm done, I'm, like, oh, someone just put me to bed and wrap me up in a blankie and I'm good.

D Oh, it's satisfying, yes, for sure.

P Then put the paci in your mouth. You've to say yes to my thought, it's a good thought.

S It's not a good analogy.

D For me it's an easy, like, a man thing, like, I don't want to cook and prepare and do stuff but I want to fly out the door, I just throw down that chocolate whey into some coconut milk and I'm done.

S And do you know what it is...

P That's good, Danny, my teenage boys like it too.

D Yes.

S And that's the reason why I like it, yes, for my children, because sometimes I'm, like, where is your protein in that crazy meal? Okay, quick, have some whey, that's what I do.

P It's the ease.

[00:43:52]