



Trim Healthy Podcast with Serene and Pearl

Episode 87 - Time For Truth...

How Do Serene & Pearl Really Eat?

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 • J = John

[00:00:00]

S This is the PODdy with Serene-
P And Pearl.
S Get it right, P-O-D-D-Y.
D Hey, if you're listening to that, then you know it's time for the Trim Healthy Podcast, and we are so back, and we are so going to be honest with you.
S And I'm so zipping my lips because I realize Pearl pointed out to me that I talk about your costume every time we start the PODdy, and I'm zipping it even though we're coming...
D No, you're doing it now.
S Yes, I know but I'm not going to describe it. I'm not describing the floral prints at all.
P She can't help it.
D She actually liked that today my shirt has a little floral purple in it to match my purple shorts.
S I know, but you got the Runners World sneakers on, you know. It's hilarious.

P And the shorts are a tad short, I'm just saying, and they look like they've been cut by Danny too.

D These haven't actually been cut, no.

P Well, they look cut. Look, oh, John is taking a photo of him. All I'm saying is I never notice what Danny wears until Serene points it out. And then I look over, and it's like yes, it is, it's odd and Danny's style but Danny's his own man.

S I know it's what everybody wears. And I don't notice what I wear?

P Serene wears the same clothes every day. Let's start this topic because, you know what, I thought it would be really fun... No, I didn't think it would be fun, actually. I just thought it might be needful...

S But it's not going to be necessarily like giving you wisdom. This is not a podcast of wisdom.

[00:01:19]

P This is a podcast of truth.

S It's a podcast that we're in the same ocean as you. We're all fishie's swimming around with you, making do. That rhymes.

P So we're going to all say today exactly what we ate yesterday. We're not allowed to pretend. We're not allowed to be like authors of Trim Healthy Mama and pretend we're perfect.

S Pearl did not tell me to eat right because we're going to talk about this. She told me two minutes ago we're going to talk about this.

D Yes

P Yes, and Danny have to say what you had, I'm going to say what I had to show you guys...

S And where you ate it.

P Yes, that our lives are just as crazy as yours, that sometimes we're not perfect and that's okay. But we are all on this health journey and confessing that we're doing this in a fabulous way.

S Yes, and one day, a little odd doesn't wreck the full week, or the month, or the year.

[00:02:08]

P No, odd days happen. Let's just call them odd days. So who wants to start? Can I, since it was my idea?

D Please do.

P Okay. So yesterday, I wouldn't call it odd...

S You're looking a bit like a teenager too. You've got ripped jeans over your knees.

P Ripped jeans are all in fashion but I bought these three years ago before

they were fashionable.

S Are they in fashy, are they?

P Yes, you wouldn't know.

D Is that from all that hardwood floor installation?

S No, I would not know.

P Yes, but okay, so I'm going to tell you my day. It wasn't like terribly odd, but it was not perfect. But I don't like feel shame for it.

[00:02:40]

S And I want you to say every single snack, every single little tiny pick of something too.

P Okay.

S Not like our dad who says this is my first piece bread all day, and it's his 20th. But he's not lying, he's just not aware.

P Yes, but I am aware of what I eat. Okay. So yesterday, I got up and after making my husband's breakfast, and the children, I made myself a breakfast and it was an S, but it was a Light S. I did an omelette. I whisked one egg with some egg whites. I poured a whole bunch of egg whites in because I was sort of hungry by that time, it was almost nine o'clock. And I knew I was going for a coffee-tasting with Serene for a meeting, so I didn't have coffee with it because I didn't want to be too jittery, you know.

P So I put in this omelette, I had a heap of egg whites. I had one egg, I seasoned it up, and then I put some cheese in it, but I thought: That's okay because I'm not doing like three eggs plus cheese. I've got a balanced meal here. It's an S, but it's not too heavy. It was delicious.

S And you don't mind having a heavy, you go to Shoney's on the weekend and have a heavy.

[00:03:43]

P I have me some heavies, of course, but you know, I was just thinking through it. When I think through it, I usually don't do heavy, but heavy's a part of my life, for sure.

S Praise you, Pearl.

P Thank you.

D So what's wrong with that meal?

P Nothing, it's excellent. I started off great, Danny.

D Oh, I see, this is the beginning.

P I'm telling you everything in my day.

D The Genesis, if you will.

P And it wasn't...

S Where did you eat it, and what were you doing? Oh, this is part of the fun.

P Oh no.

S This is part of the big declaration.

[00:04:10]

P Actually, it's not too bad. You know, we've done the whole podcast...

S As long as you weren't on the toilet.

P That's one rule; I don't eat on the toilet.

S Same with me.

P Is that a rule, Danny?

D Yes, just one door is open at a time.

P Yes.

D Yes, not like a revolving door.

P No, you know, one thing comes in, then goes out, that's enough hey. That's enough because they're eating their breakfast right now, so let's... You know, we did that podcast; it was one of the Stall podcasts. Try not to eat as you're on the computer, or doing this. I keep that in the back of my brain but I want to admit that I'm not always perfect at that, but I'm getting better. But yesterday, I went out to my back porch because my house was quiet, and I took my omelette out there, and I actually did some Bible reading while I was reading it, and I felt like: Hey, I'm getting fed by the Word, and fed by the food.

[00:05:01]

S Oh, you know I do Bible reading while eating because I feel like that's just the good outweighs...

P But I read slowly when I read the Bible, and I don't like... I'm not like on the e-mail, answering e-mails and taking short quarters or breaths: Oh, I've got to get this done. I feel like I was just in... So I'm really proud of that morning, it was beautiful, got fed mind, body and soul. Okay. Then I went to our offices and met Serene there, and met other members of the team where we were testing some roasts of our new Guatemala coffee, which absolutely rocks. Oh my goodness. So Serene and I started drinking coffee, and figuring out which roasts we like best. And that meant quite a bit of coffee, did it not, Serene?

S It did, it did.

P We got ripped.

D You had to sip on coffee for like an hour.

P Oh my goodness, it was a really fun time. And then someone came up with this drink, actually one of these guys, Basil, that works for us.

D Sweet home, Guatemala.

[00:05:52]

P He came up with this drink. He presented it to us. It's just the most amazing drink that we're going to bottle. It's our coffee, he creamed it up somehow. It was all on plan, then he put our pecan caramel extract in it, a little bit of Gentle Sweet. I mean we tested it with everyone in the room, it's like the best drink we'd ever had.

S I hate sweet coffee.

P Serene can't do sweet.

S But I was like singing the Hallelujah chorus.

D And you're considering having this as its own... Like a cold brew?

P Sweet Home Guatemama

S Yes.

D What do you think? Cold brew or like something?

D Don't you love my song?

D Oh, you're talking cold brew now. See, that brought me back into the coffee game.

[00:06:24]

P Yes, I'm telling you, but this was so stinking good. So then we got revved up on that. Okay. So then, directly after that, I had to go to another meeting about almost an hour away in town. Serene never goes to these meetings in town, by the way. This meeting with like...

S Just the Sweet Home Guatemama ones

P Yes, and so we met at a restaurant with all these financial peeps, you know, that want to be involved in Trim Healthy Mama, and I don't even like going to those, but my husband dragged me along. And we had our daughter with us Meadow

D Yes I'm upset hearing about it.

S Autumn, sorry, her name is.

P We went to Wild Ginger.

S Her name is Autumn Pearl.

D No, that's not upsetting, that's happy.

P That's good, have you been there?

D Yes

[00:07:00]

P It's a beautiful restaurant. It has a lot of Asian foods, but it's so fresh, really. John, you were the first person that took me to Wild Ginger. I've been about... That was your interview, Leslie, where we first interviewed you for the job. So there, I had what I always get there now, I had grilled blackened salmon.

S Oh yum, that's so amazing. You did great, twice, this is a good...

P Hold on, I know. And I had it with a salad, it was strawberry pecan goat cheese salad, but I go low on the pecans because they do have a little dusting of sweet, but I still want a few because I'm Pearl. And then I go higher on the goat cheese.

D Yes, let's hear the failure.

P No, no, there's no failure.

S That's so fantastic. The people are going to think I'm the bad... People are going to think I'm the Drive Thru Sue!!

D No, I'll win.

P No. Okay. So then now I'm in Franklin, now I have to do some shopping, right. And so hours go past, so we run into Whole Foods. So I buy some whole wheat sourdough bread there. Are our people really wanting to listen to these details? Are you sure?

[00:07:59]

S Yes, reality show on the pods.

P I feel like all of this, my whole speech is one long rabbit trail, but I'm just going to go through it all.

S Yes, you're only eight minutes in.

P So I go there and I think to myself, oh my goodness, I love this bread. I'm going to have some when I get home as a crossover. But then I think: I'm starving now. So I get a Greek yogurt, a full fat one, plain, I get a couple of stevia packets and on the car in the drive on the way home, my husband's driving, I eat it for my protein. Then when I get home, I have a Salted Caramel Oolong plus two pieces of the whole wheat sourdough bread with butter.

S Within three hours, it was a good Crossover?

P It was a really big Crossover because I was hungry.

S Oh, that's good on you, mate. This afternoon's snack, that ain't nothing, keep going.

P Yes, yes, yes, it was a good Crossover. I have Crossovers in my goal weight and I never feel shame for them.

[00:08:47]

S No, neither do I.

P So then supper comes. Now, this is where I do go a bit off the perfection route. On my snack ended sort of late, and so it was a good five o'clock.

S It's not where you usually go off the perfection, it's what, yesterday.

P Yesterday was a... I wouldn't call it a perfect day. It started perfect but...

S No, but what I'm saying is supper is not where you usually go off perfection.

P No, supper's just easy for me.

S It's just yesterday where you went off the route.

P Well, it was just my whole timing thing. I finished my snack at like five.

S Yes, that puts you off.

P And then we had a family event last night, celebrating Arden's finished cancer victory.

S Yes, we do.

[00:09:19]

P And so that was going to be dessert and like get together family, and let's all praise God, right. So I knew that I had to eat... I was going to eat dessert then. I knew I had to have supper before I left. So I finished my snack at five, which was a Crossover, and had my dinner at six.

S Good on you, mate.

P I wasn't even very hungry for it. I had chicken on top of a salad with ranch dressing mixed with hot sauce and some cheese. So that actually was a Crossover too because it was mixing with my Crossover snack.

S Good on you, mate, keep it up.

P Then I go to the gathering, I see Serene, I see all the fam and friends on the hilltop. What time do we eat that dessert, Serene?

S Oh, it was probably a good nine.

P So I got a good three hours in.

S Yes, you did.

P I reckon.

S It was an easy nine.

P So there were a whole bunch of Trim Healthy Mama and Non-Trim Healthy Mama desserts.

S Mainly Trim Healthy Mama, there was probably one that wasn't.

P I went and steered for this cheesecake with cream on top. It was totally Trim Healthy Mama that someone had made and brought.

S Oh, it was amazing.

P It was amazing and I really indulged. I don't usually have a lot of cheesecakey things.

S It was like a pecan salted crust, and then whipped cream all over it.

P I had a lot, people. I don't usually do a lot of Heavy S desserts. They're not part of my mainstay, they are part of my treats.

S But we were celebrating.

P We were celebrating. I went and had a large piece and I went back for another.

S Good for you.

D This is your great sin, is you went back for another.

[00:10:42]

S For another

P It was very heavy, Danny.

S Well, for little precious Pearl, she's petite in the bone structure. And, you know, she eats way less than I do, and so I'm proud of her, going back for another, it's quite amazing.

D I know, but I'm saying, you know, and I probably represent a lot of listeners, I heard, in my head, one perfect meal after another, and then in the end we had a second piece of cheesecake.

S No, Pearl in my head is like you're eating at five, and then you're eating again at six, and then you're going for double pieces. No, that was off the track. I agree. She like...

P Usually, if I'm having a Heavy S, I'll have one piece probably, I'm not doing two. That was two large pieces, and it was because it tasted so good, and it'd been three hours since I ate.

S And she wasn't even hungry for dinner, and she ate it anyway just because.

D You all better put your seatbelt on for my story then.

[00:11:27]

S Well, listen to mine. Mine was just joogaggers

P There you go, but all I want to say about this is I did not wake up with shame this morning that I ate two huge pieces of that. Today, all I did, got back right on. I had a Deep S breakfast, and then for lunch I had my awesome, Incredible 95 Calorie Soup which is a fuel pull, and I'm just back on, that's what I do. Not that I was even off, but I like to balance my meals. If I have heavy, the next day I'm having something light.

S We are bringing wisdom, listen to this.

P There you go, Serene, your turn.

S Okay. Our family on the hilltop, that means all extendeds, and their rats...

D That's like 90 people or something, and 40 animals.

S And their lizards, and everything is packing up and going to Florida, okay.

P We're going to Florida next week.

D You're taking your wool?

P So what does the Allison's do?

S The wool minimalists Totes, I am.

[00:12:10]

D Yes

S What do the Allison's do when we're packing up to go to Florida?

D I know what they do.

S Let me first say that my children have been packing for Florida for a year.

So every time they go to Give Me a Five, which is our like half price cool store, they bring home plastic bags full of trailer trash to take down to Florrie.

P Yes, mine too.

D Headphones, new phone cases...

S So imagine all of that stuff, that's a whole house worth of junk.

P When you've got 14 children and they're bringing home stuff every week, that's junk.

S My husband's nickname is called Push. His nickname is Push because he likes to do... He loves to multitask and he can do a billion big projects at once and thrive.

[00:12:45]

D Yes, that's his happy place.

S So he decides, oh, okay, so we're going to be packing for Florida. That means all of this junk and stuff, and it's like carloads and truckloads and boats he even brought like a...

P He bought a boat?

S A boat that was cheaper than a four-wheeler, so I don't know how floatable it is, okay. And he's like taking us out on the big, wild, stormy waves...

D You're going to try this out?

S Totes.

P He's never sailed before. It's a sailboat, Danny.

S He doesn't know if it's seaworthy. We don't even know if it floats.

D It's a big sailboat. A little sailboat's hard, by the way.

S No, it's a little sailboat.

D No, it's a big sailboat.

P No, it's not, Danny, it's little.

[00:13:15]

S No, it's little. As long as you are Danny.

D As ships go, it's little, but as like little catamaran sailboat, like...

P It's like 12 foot, no, it's probably 18 foot.

D Yes, it's a proper boat.

S Okay, it's a proper boat. Okay, but this is the deal. We're going to be stuffing that with junk. So the Florida pack is normally huge. Everything but the kitchen sink is going because we are half-camping, half-staying in like a Pearl kind of hotel because I've turned to her side now.

D Yes, yes.

P Yes, I convinced her.

D It's nice to have a little toilet paper.

S Yes, it does. So anyway, so my husband says: Right, this is the perfect time. We're going to take everything out of every drawer. We are going to take...
P Spring clean?

[00:13:52]

S A big spring clean because we're going to bomb the cockroaches.

D Oh yes

S We are going to bomb them while we are gone.

P Hey, Trim Healthy World, you're all that Serene, with her perfect life has cockroaches.

S You don't want me to mention Pearl's cockroach issue, right.

P I don't have any.

S That's what the fire purified, okay.

P I don't have no cockroaches.

S Okay, but anyway, so we've already taken to men, you know, those cockroaches and counts... And like we count them gone, they're as good as dead anyway. But I tell you what, we're bombing them too. Go and do it all in the natural as well. So we are bombing them... So, right now, my husband is just throwing things over his head, everything. Everything is just being flung like Frisbees. To come over here, I was like... My heart was pounding I was doing mental gymnastics because of the stress of it all.

[00:14:38]

Like it's going to be okay. This is good. This is really fun. This is the way we're going to get rid of cockroaches. So my food has been interesting because everything is out of drawers. I go to get a knife, it's gone. I go to get the butter, it's gone, everything.

D So you've been rigging your messes.

S We're throwing out our fridges. We have two fridges. They're all going to the trash.

D Why

S Because we think there's cockroach nests.

P That's a spring clean. Yes, there are.

D How do they get in your fridge?

P They get behind the fridges. They love the electrical...

S Yes, electricity, they love it, the warmth or something, I don't know. All of our appliances are being huffed out the backdoor.

P Okay, but I thought I was rabbit trailing and you are majorly...

[00:15:06]

S Okay, well, I had to explain why I ate so bad because normally I'm the one that goes to get the bouquet of kale from the garden, you know.

D But I can also appreciate the man brain when it's like: Okay, we have to pack and be gone by the morning for vacation; it's time to re-roof the house.

S No, no, that's totally true. Before we went to China, last time we went to China, he was conching chocolate for like trying to test out how we were going to do our Trim Healthy Chocolate, and he'd brought a chocolate machine. He never learned how to make chocolate. He doesn't know even how to use the machine, and he's conching three o'clock in the morning. And it was a machine that was kind of broken, so it didn't have the temperature and thermometer properly.

P I remember tasting some of that on the way to the airport, it was awful.

S So it took like 12 hours more than it should have taken him. He was up, he went to bed for five minutes that night before the big China trip, but decided the night before, oh, let me try some chocolate.

P Yes, he always decides the night before. Okay, so say your day.

[00:15:57]

S So yesterday morning I get up, and I have a Matcha Nin while nursing baby, and we're all just having fun talking, a big large family in the living room and babies are screaming, and it's all fun. We like to get up and we all just talk and hang in the lounge. But then I realized, oh, freak out, I've got to meet Pearl at 9:30, and I'm going to have to drive myself there. That means...

P Yes, because usually I drive you everywhere.

S Yes, so that's big time because I don't usually drive, it's either Pearl, or my children, or my husband. So I have to locate the car seat, which car was it in? Was it in Pearl's car? Was it whatever? So I'm starting to freak out. So it's like no time even for breakfast, but I want breakfast. So I tell my Cherish, if you've watched the video, she made me the Huevo's Tribal de Salsa.

P Oh, that's on our membership site. It's a great recipe.

S Oh, it's yummy.

P So explain it because...

S It didn't have kale in it this one, this wasn't the Huevo's Tribal de Salsa.

P Not everyone has seen that video. Not everyone has seen that video so explain it real quick.

S Okay, well, this is just the plain Jane version. It was just three eggs, normally I have two because I have it with kale, but it was three eggs with red African Palm oil, nutritional yeast, a little salsa in it, a little mineral salt, and black pepper.

[00:17:04]

S And she just sautés it up, delicious, amazing. So I eat that while driving in the car, while you're texting me: You're late, you're late. I have to leave by 10:30. Are you going to be here at all? Blah, blah.

P I was.

S My phone's blowing up by Pearl while I'm eating, and driving, and consoling baby.

P Don't do that at home, people.

S Yes, so I take like one breath before I enter into the office, and then Pearl and I are like flying high on Sweet Home Guatemama. And then I get home, and it's about, because you can't get out of that office.

P You can't.

S It's just a whole big family of fun people, right. So there's a lot of talking, a lot of hugs, a lot of fun. I get home and it's kind of like lunch, but I'm still flying high on coffee. I don't know what to do with the energy. Sam hasn't come home yet, and decided to gut the house. So I'm like, what am I going to do with this energy? But I think it's lunchtime too but I can hardly sit, I've got so much energy.

P We did drink a lot of the coffee.

[00:17:59]

S So I'm thinking Florida, so in the food processor, I think, well, I've got to have bars for the way down. So I throw in some whey protein, some collagen, some heaps of cinnamon, heaps of mineral salts and coconut, heaps of coconut, heaps, a little bit of coconut oil, a little bit of unsweetened almond milk, Gentle Sweet, coconut extract, our caramel extract and then I throw in... I don't know.

P You made bars on the fly?

S Fly, and then I don't even... I'm hungry at this point.

P Were they delish?

S So I just throw crumbles of it. I haven't even formed them into my bars. I just stick my fist into the food processor, and then I said I've still got too much energy, so I run upstairs to work out because I usually like to work out before I do anything, but we had to have...

P Hold up, was that your lunch? Fistfuls of crumbled bar?

S Yes, oh, hold on.

D Fistfuls of crumbled bars

[00:18:49]

S And then my daughter is baking. I already made it, I made the mix but my daughter's baking 57 trays of granola. It takes two full days and through the night.

P Hear me, when I went to Serene's house, not yesterday, the day before. Her whole kitchen... I can't believe Sam is choosing this time to spring clean the house and throw everything out because your whole kitchen, every spare room is these huge trays of granola. She had about 12 mega trays of granola, and that was only just starting.

S Yes, it's the trays that you like you go and you do the weddings, you know people that do the catering? They're catering trays.

D Is this commercial size because of the...

S Because we're going to Florida.

D Oh and it's for the whole family?

P Serene makes food. I won't make anything.

S We don't eat out. How can you eat out with a billion children?

P I'm going to be eating out, that's our difference, you see. She has to make all her food.

[00:19:36]

S And to have a holiday for me, I don't want to be making omelettes every morning for everybody. They can just stick their bowl into big huge five gallon tubs of granola.

P Dip the bowl.

S Dip the bowl. Anyway, so then I come home and after the fistfuls, I just start picking all the nuts out of the granola, like all the treasures. So I'm just holding the baby and I'm trying to settle her.

P But you kept it to S, you didn't do like the raisins that you put in there for your kids?

S No, just nuts, nuts, nuts, I kept it so S.

P Oh, that would be hard to stop for me.

S And then I think to myself: I've got to work out now extra because of all these nuts. So I run up and work out. My eldest daughter holds the baby, she's asleep.

D Got to earn it.

[00:20:12]

S And then I come home and then Sam's like, okay, we're gutting the house. So we're gutting the house, I put the baby in the backpack and we're gutting, gutting, gutting, gutting. It gets to dinner time and I had planned to make soup for everybody, but there's nothing in the cupboards anymore. It's all downhill from there. And so children are just grabbing hunks of cheese for dinner, but like grabbing, oh mum, can I have a rip of lettuce? Like it's that bad.

D Can we get a rip of lettuce?

S And so I don't even get a chance to... Oh no, no, no, no. It gets to be about three o'clock, it's been three hours since my chow down all those little bits. What do I do? I'm like, I want a salad, I really do, and I want to put tuna in, and I want to have it. But no, I can't, everything's psycho. So I scrap fistfuls of the dough, the bar dough, again, fistfuls of bar dough, don't even sit down. I actually haven't sat down to eat one meal.

P This is against all our principles.

S Yes, yes, it's all crazy. And then it comes to dinner time, six o'clock, when it's dinner time, children are just grabbing like stuff, like little handfuls of granola they found in the corner of the kitchen. I don't know. Like this is just grab and go.

D Can they go in the fridge and just grab?

S Oh yes

[00:21:20]

P But you've pulled everything out of the fridge.

S But I've pulled everything out, throwing the fridge out. Everything's everywhere. What do I have for dinner? Fistfuls of bar dough.

D Fistfuls of bar dough.

S I've had my year of collagen, right, in all of this.

P That's so funny.

S It was delicious actually, it's salted cinnamon.

P Oh, is that a new recipe? Come on.

S Yes, we need to come out with this, I'm telling you.

P Do you have one for me? Did you bring one?

S It's at home.

D Man, I wish you brought some bar dough right now.

[00:21:43]

S I haven't even formed it into bars yet. It's just like cookie dough, a bag of cookie... I threw it into a Ziploc and that's it. I'm not even going to form it.

D We need to send a runner.

S I know right it was so good.

P I want it right now.

S Then I went to the praise, thank you, God; night for my son's healing. And it was so exciting.

P Oh, you were so perfect there. I was chowing down on the cream cheese and you were being like so perfect..

S And when you're only eating that for dinner, snack and lunch... Oh, I forgot, for afternoon tea... With the afternoon tea, that's Australia for like three o'clock, with that bar dough, I had a bit of Yuck Yum that I found when I

was cleaning out the fridge.

P Your Yuck Yum smoothie, okay

S So I was really full.

P Did you have any dessert at the place where we were?

[00:22:21]

S Yes, I had like a little bite of that cream keto cream cheese, whatever, a little bite but I was too full. And then I had a little bite of something else, but I was too full from that yummy cake but I was too full. And then I got home and I fed her, and I got hungry, but I wasn't with the yummy cakes. So I ate fistfuls of bar dough.

P Oh gosh, oh she ended with more fistfuls.

S At midnight, at midnight, and I felt so guilty that I went and brushed my teeth ten times.

P That's like weird.

D Brushed your teeth?

S Well, it was like getting rid of it.

P No, you didn't really brush your teeth ten times, did you?

S I brushed it with charcoal though, like for 10 times

P Not ten times?

[00:22:58]

S No, but it's for a good... Normally, I'd brush my teeth for a whole one minute. This was a good five minute brush.

D You were obsessive.

P That was a little weird.

S No, it wasn't in a psycho way. It was just like I don't want to go to bed with this kind of like coconut stuck between the teeth, it's that bad.

D Oh, was it like an emotional purge?

S No, it's like you dummy, it's 12 o'clock at night, you should have just like...

P Oh, I don't like the self-talk either.

S I had a bit of it, sorry, I'm human, I'm just saying.

P Yes. So and we've had PODdy after PODdy about this. What do you want to say to yourself about that?

S No, I went to bed saying, oh, no, that's okay. No condemnation to those in Christ especially not over food, thank you. Then I went to bed very relaxed.

P So you took down those high imaginations in your brain.

S I took it, but while I was brushing my teeth, I had some imaginations.

[00:23:39]

P Yes, so it happens to the best of us, even you, Serene, hear who you preach. What's the shame in your head for? Get rid of it. You are more than a

conqueror.

S It came but I didn't feel guilty for the shame because it was there, and then I tore it down, and went to bed in peace.

P There you go.

S And I woke up not to purge, I woke up to eat a big Huevas Salsa because I can't do my garden kale and all that because everything was everywhere, didn't even have a knife to cut everything. So I had to like look through... Oh, I was going to get in a bad mood, and I really didn't. I could have because I had to go through to the bottom of all these Tupperware boxes to find the palm oil, and find the nutritional yeast and find everything. It took two hours to unpack things just to make the Huevo's.

P To make your breakfast.

S And then I had a Matcha Nin that was the morning Matcha Nin and Huevos and then guess what I had.

D What's Huevos? Are you talking about...?

[00:24:27]

S Fistfuls of bar dough because I had already eaten most of it, I had to make another batch for the trip.

P Oh, that's funny.

S So I ate fistfuls of bar dough for lunch, that's all I ate.

P But you know what, there's something to be learnt from your day too. In my day, there was something to be learnt but your day was... We're all going to have the thoughts, the oppressive thoughts. They come less and less, I think, as you train your mind but they're going to come, and then you gird up the loins of your mind and you don't go to bed with it.

S No, I didn't take it to bed.

P You don't let your eyes shut if all the depressive, negative, I can't, I messed up, thoughts are still there. You only go to bed once you have established in your head I am more than a conqueror through Christ Jesus. And I start tomorrow afresh. He has equipped me, I can do this.

S Yes and my one big thing too is like I said, No condemnation. Like in Christ like, sins are passed like things, things. I'm like I'm blowing myself up over food? That's petty; I'm not going to do that, like I'm not going to allow it, not over food. That's the fuel of happy life.

[00:25:28]

Announcer:

It began with one Starbucks store in Seattle, and then a trip to Milano changed everything. There we found inspiration in the romance of an

extraordinary cup, an inspiration that lives today in the Starbucks blonde flat white and cold foam cold brew where smooth shots of espresso harmonise with micro foamed milk. And slow [Inaudible] cold brew gets crowned with velvety cold foam. It's a love for coffee craft found in every masterful creation. It's the art of a Starbucks blond flat white and cold foam cold brew, only at Starbucks.

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

S Serene.

P Okay, Dan-Dan.

D Well, now it's time to scream downhill and see what real failure looks like. No, just kidding. See, I don't connect it that way. Food for me is so fuel only.

P But you see, I don't like what you're saying. I don't like fuel only.

S You enjoy food. I've seen you.

P Food is delish.

[00:26:28]

D No, I do, I do.

P Celebrate food.

D I do, I celebrate it but in terms of...

S You've seen how he eats his gouda here, he celebrates.

D That's true, that's true, yes, but on my daily grind...

S Emotions aren't involved.

D Yes, I'm very emotionally unattached from food and I don't... And I'm just... This is honesty podcast, right?

P Yes.

D I don't enjoy preparing and getting all the little ingredients and, what shall I top my salad with? You know, I don't... It's just like: Oh my gosh, if I could reach into a bag of spinach, put it in my mouth, and then throw like raisins in my mouth on top of it, and then a shot of vinaigrette dressing and head out the door, that would please me deeply. In fact, when Serene was talking about, you know, she made her bars but instead of actually cook the bars, she just starts ripping dough down.

[00:27:19]

D Well, what I've done, and I almost did a video on this, Smoothie in the Mouth, is where I take a swig of Kefir, eat a spoonful of peanut butter. This is the hard one because a big scoop of that protein powder just... But I will say I tried a half, I tried to get half down. So I'll open my mouth, I'll tilt my head back and open my mouth like a bowl, and I'll hold it open while Kefir

goes in, and then I'll take and pour protein powder on top of it.

S And your mouth's the blender.

D Like a psycho, yes.

S And then it sticks all around your teeth, like if you look at it you've got plaque globules.

P That's gross.

D It's bad. I've tried it. I tried it once, and it doesn't work out.

P I'm glad you didn't do the smoothie, I mean the video, I'm glad you didn't.

D No, I do the work to make the smoothie.

S Yes

[00:28:03]

D But to me it's a memorized thing and I can throw it altogether, and it's done every time, but to think about an alternative meal, other than smoothies or eggs over toast, that's just so... For me...

P So what was your day yesterday?

S But Mrs. Valdez has your dins.

D Yes, then there's no issues, but when it's up to me, I... And this is...

P What was yesterday? I don't want to hear about your philosophy on your eating right now.

S He's really covering up.

P I want to hear what you ate yesterday.

D This is what I ate yesterday and it really brings out a question I've been wanting to ask you.

P Okay.

D Because it has to do with using Trim Healthy Mama products to rig meals, and here's what I mean by that. I have been known to pour a bowl of Cornflakes, okay, Kellogg's Cornflakes into a bowl, and then coat it with collagen, and Gentle Sweet.

[00:29:01]

S And then you think you're Trim Health Mama'ing because of the products?

D No, what I'm doing is I'm going: I know what you are, Cornflakes, however...

P I will make you better.

D Where's my protein? No, because you've got something to say. Where's my protein?

S Hey, it was better than doing without it.

P Was that what you ate yesterday for breakfast? I want to know.

D For breakfast I had Cornflakes coated in like lots of collagen.

P And what sort of milk did you use, fair Danny?

D Just whole milk.

P Yes, it really did go downhill for Danny, didn't it?
D So what is that? What does that mean? What did I do?
P It's not on plan.

[00:29:31]

S It's poison coated with...
D Some great collagen.
S Yes, some great collagen.
P Some really awesome collagen. You got some really awesome protein in there, Danny. Let's talk about cereal. You did ask me a question about a week ago, what cereal can I have? And I'm like: If you love cereal, go buy a sprouted wholegrain cereal.
S Ezekiel has a cereal, it's really yummy.
D Is it good?
P Yes, there's some in health and grocery stores.
S Oh, and can I say one thing? Just to interrupt because you introduced this to me, Pearl, just in case you've forgotten about it because it's been years since you've probably had it. It's not like your healthy sprouted, but it can be okay, the Uncle Sam's from Wal-Mart.
P Yes, Uncle Sam's is cheap.
D Uncle Sam's, I've seen it.

[00:30:07]

P You see, and because it doesn't have a whole bunch of... If you look at what Cornflakes are they are devitalized first of all
S Uncle Sam's is like bran and flax.
P It's empty carbs that actually do your body harm.
D They're harmful?
P They're harmful.
D Okay. And most cereals are?
P Most cereals are but you can find some, and so if you want to do a cereal breakfast, at least you're getting your protein, Danny. Find one like an Uncle Sam's or a sprouted, put some Gentle Sweet on if it's not sweet enough, and you collagen and you whey, great.
D Because, for me, the concept of cereal is beautiful. I love to...
P It's easy.
D It's instant, it's, you know, I love milk.

[00:30:45]

P And you can do the whole milk because you actually have an underweight problem rather than overweight.
D Yes, I do.

P But, you know, our ladies, if they're listening, you could do unsweetened almond milk or...

D Yes. I mean nothing hits me like cereal and milk. It is a childhood...

P Or the non-fat Kefir thing

D I say I'm not emotional, but when I'm having my cereal, I'm in a very happy place. So talk to me though about using...

S Are you not going to go through your whole day, Dan?

P Yes, don't do philosophy. I want to know your truth, keep going.

D Okay, well, that's just the thing; I don't remember the rest of the day.

S Oh, come on.

D I probably had a smoothie for lunch, and then whatever my wife made.

P Come on, Danny, stop it.

[00:31:20]

D I'm serious.

S We want to know what that what-if you could thing.

P I want to know what you had.

D I'm going to say it's probably...

S What about all your million, trillion snacks that Danny does?

P You always carry bars; I want to know everything you ate.

D You know what, it's coming to me, okay, fair. Late lunch...

S What about snack? Cornflakes don't last you, Danny.

D No, they don't, well, if you eat them at 10 AM, they last me to my smoothie at lunch.

P Why are you eating at ten? What time did you get up?

D Probably seven.

S Bad

[00:31:48]

P Eight, nine, ten, what are you doing, Danny?

S Then you didn't have breakfast. Ten was when you were having your mid-morning snack.

P Yes, so you didn't have breakfast. You had a mid-morning snack.

D See, because I get up and I just run, I don't mean jog, I mean I take off into the day.

P Oh, I'm sick of telling you about you can take five minutes for breakfast. Now, I'm starting to get a bit feisty because we've had this conversation before.

D It's true.

P Danny, you've come a long way.

S Now is his floral print starting to annoy you?

P Yes.

D This isn't every day; by the way, this was yesterday. It was a bad day.

P Oh, so there are good days in Danny's life?

[00:32:16]

D Yes I'll get up and have an egg over toast with the kids, and it's all legit.

P Oh, thank you, Lord. So I'll stop my yelling. Bad days are allowed, but I don't want these happening every day.

D Yes, that's not the habit. What you said yesterday, I have to be honest.

S I don't have fistfuls of cookie dough every day.

P Alright, keep on going.

D You know, and so, alright, so smoothie at lunch. You know, that lasts a good bit, usually to maybe 3:30, 4 o'clock.

P That's your regular Kefir, peanut butter smoothie, yes?

D Yes, Kefir, peanut butter...

P Chocolate whey.

D Chocolate whey or now strawberry whey or the plain whey with vanilla and Gentle Sweet because you've got to make your own sweet on that one and probably my almond and honey bar around 4'ish.

P And we've totally sanctioned those for Danny because Danny needs that big crossover.

[00:33:03]

S They are a Rise bar and it's a Crossover, but they're very clean.

D Very clean, yes, just two ingredients.

P Yes, Danny needs all the calories... Danny needs every bit of that, yes.

D Almonds, honey, and actually whey protein. Yes, only bar I found like it so far.

S If I saw a whole box, they'd give me five for half price. Anyway, keep going.

D Yes, dinner was delicious hamburger meat because I can just do the hamburger meat, like I would grill a hamburger patty until it's ready.

P But Mrs. V did it though, right.

D No, I grilled it.

P Oh, you grilled? Danny...

D Because my family was over, my Mexican family was over, and we all had cholula's

S It wasn't Danny, it was Arturo....

D Yes, my brother, in fact, is in town from Mexico, my half brother who I've never met.

[00:33:44]

P Oh, that's awesome.

S Oh, that's freaky.
D Yes and he was at my house for dinner.
S That's exciting, you met him for the first time last night?
D Second time because we met for lunch a couple of days ago. So I met him for the first time at lunch at Cracker Barrel.
P That's great.
S That's great.
P Does he have a very Mexican accent?
D Very, yes, he's very well-spoken. You can tell he's...
P Does he look like you?
D No, he looks like his mother is why. See, I look my Mom, and he looks like his mom, so we don't look like brothers. My brother, my full brother looks just like my Dad, so it's funny to see them together. That's a side note. So...

[00:34:17]

P So you grilled the burgers, you had some veggies with them?
D Green beans on the side.
P Awesome.
D Yes, green beans on the side.
P Did Mrs. V throw together a salad?
D No, it was some ricey thing, but it was like some, not Oriental, it's some ethnic kind of rice.
S Couscous
D I don't know. It was big and brown. Big brown rice.
P Yes, she probably put some wholegrain in there. Mrs. V does well.
D Yes.
P So you had a good meal at dinner?
D I had a great dinner which actually, because of the heavy meat, it kept me all the way until my fistfuls of Gentle Sweet.
P You ended the day with fistfuls of Gentle Sweet?

[00:34:52]

D Fistfuls of Gentle Sweet before bed is my little nooky
P Wow, that is so funny. You start off badly but you totally redeemed yourself. Your lunch was great. Your dinner was great.
D But what about my rigged style?
S No, I'm not into the rigged style.
P You mean pouring like whey protein and Kefir down your throat? I hate it.
D No, no, no. I'm saying the Cornflake thing.
S No, he's saying putting the healthy over the unhealthy.
D Yes, and not just Cornflakes but like things that are technically off-plan

because I bet you a lot of people out there are like me, they're hybriders. And do we need to convert? Do we need to come fully over?

P Yes, you can do baby steps.

D Is that what's killing our results?

[00:35:26]

P No, because you're doing something better than you were before, so we have to say, good job on that. But you can do better than that, Danny, just a simple choice buying this box instead of that box.

D But women that do have an overweight problem, is that like a little fox that needs to be caught?

S Thinking that you are doing it because you're doing the products, but you're not necessarily...

D Just because you're using the special powder

P Yes, yes, you're not doing the plan just because you're using the powder.

D It's not magic powder.

P Powders aren't plan, they're just helpers, they're just fun.

D Yes, they make it easy to just...

S They make it easy but they can't put you on plan.

P Okay, so let's do a Super Food Spotlight.

Announcer: Trim Healthy Mama Super Food Spotlight

[00:36:16]

P Hey, in honor of Danny's smoothies and Serene's kefir grains, and, oh, we talk about kefir a lot. Let's talk about kefir today for our Super Food Spotlight and Leslie, you actually had a question. Come to the microphone, Leslie. We'll talk a little bit about kefir, the health benefits, but let's answer Leslie's question about kefir.

L Thanks, so I was buying kefir for my Dad, he was recently diagnosed with diabetes. And so we've been doing smoothies, but he's always been buying it. I was buying it the other day and checking the back of the labels. It's rocka chocka wocka filled with sugar, like I couldn't find any without sugar...

S The plain ones?

L Yes, the plain ones, not with the flavoured one the least I could find was like 11 grams which was the Aussie brand, the Wallaby. So I was like, how on earth is this on plan? So I come to my good friends Pearl and Serene, and I asked them, and apparently there's this double fermenting process that needs to happen. And I've definitely heard that word, but I don't think the

average Jane understands what double fermenting is.

S Well, you could have those 11 grams of plain, as long as it's plain so it's not coming from actual sugar on an E if it's a non-fat because it's lactose, it's not added sugar.

P Can I talk about those 11 grams?

S Yes.

P They are counting those grams from milk, not from cultured milk. So it is actually lower in real life.

S So they're counting the original initial ingredients before they ferment it.

P Yes.

L So is it like how I didn't understand milk at first because there was like the carbs and the whey, but that's coming from... Or I've just confused that.

S If you look at a bottle of milk, it'll say like 12 grams of carbs per cup. And so a cup of Kefir, they sometimes say 12 grams per cup, but that's just because that's the sugar and milk. But they've already fermented it, so I cut that in half at that point.

P Yes, I'd say it's about six to eight, we don't know. But then when we double ferment it, we take it home, we...

S But even in an S, six to eight is doable.

P Right, but we do say to keep the one from the store just in case because we don't know.

[00:38:15]

S I agree.

P Because it's liquid, it's liquid carbs here, they hit your bloodstream faster.

S Because it's Greek yogurt's a lot more solid.

P So if it's not double fermented, we say keep it in an E situation, just to be safer. If it is double fermented, if you want to buy it from the store, take it home, always do the plain unless it's stevia sweetened with a fruit flavor, take it home and leave it out for another 24 hours, and that will take the sugars down even further.

S Oh, it'll take it down almost completely.

L Do you like have to like loosen the cap? Like the ferment...

P I don't.

S Well, maybe you could, Pearl. Don't keep it on tight, it could blow.

P Mine's never blown after one night up to now.

S Okay, good on you

[00:38:52]

L Okay, I think I understand that. Hopefully, I wasn't alone there. I just felt like I was shopping and looking at labels, and thinking that's a lot of sugar.

S No, I don't think you're alone at all. It's an awesome question. And then the other thing too, people, is don't think that making your own kefir is rocket science. It's not even a lot of hard work. I'm taking mine on the holiday with me. It's a pet.

L What?

S Yes, it's not a big deal at all. It's not a big deal at all. It's just as quick as brushing your teeth.

P This is why your vacations are not vacations.

S Oh, they so are.

P You take the whole house and you have to work for three weeks.

S No, the Kefir is the easy part because Kefir is the quickest on-the-go snack. I do a Yuck Yum...

P I'm taking zero food.

[00:39:28]

S I already mixed in a quart jug, all the yuck yum super food ingredients altogether. So I just do one scoop, add it to my Kefir, whizz, whizz, done. That's my lunch. That's quicker than driving to wherever you're driving for your lunch. Anyway, all that to say is kefir comes from a Turkish word which means feeling good after eating.

P Oh yes.

S And it really does. Kefir is super-high in serotonin, it's not high in serotonin, it produces serotonin in your body. And so that's, I think, probably the reason why it makes you feel so good. And it's safe to say...

P Serotonin produces happy feelings in your body.

S It's a prebiotic and a probiotic. Probiotics are the foods that actually give you the good bacteria. A prebiotic actually sets the stage for that good bacteria to nest. Kefir and it's actually a little bit... I don't if you've realised but the texture of kefir is a little bit slimy, more so than yogurt, and that sets the stage, it coats the intestinal walls and makes it a really a beautiful nesting situation for the good bacteria.

P Didn't kefir heal your gut, Danny? Where's Danny gone? He's gone vacay. I mean kefir can do what now? Everyone is unique.

S Immune boosting properties. of course and all the wonderful fermented goodies

[00:40:38]

P Yes, everyone's unique. It's not going to heal everyone's gut but it can heal a lot of people's guts.

D It may have fully healed my gut.

P Yes.

D You know, it's one of those things where, I don't know, maybe it was the kefir, or maybe it was me just going, alright, body, you're done having gut issues, or a combination of both but kefir seems to do me really right.

S And I was whispering to you, and you didn't know what I was saying, Charlie.

P My husby?

S Yes. He had an intestinal issue...

P He had intestinal issues and I got him on the Keefs, man, and he cleared right up.

D And because I learned from your website, collagen heals the gut as well, so a kefir collagen smoothie is buck wild good for you.

S And throw a little baobab in there because the tart suits the tart.

D Totes, I do kefir, collagen, baobab, and then the rest of whatever you want to do for a smoothie, you know, berries, and just whatever you do.

[00:41:23]

S Kefir probably is about 85% of my diet, double fermented homemade.

D Yes, I just open it and talk about a 3:30 snack, I crack it open, chug a swig, and I'm solid for a couple of hours.

P So awesome. Okay, see you guys here next week, and we're going to bring it.