



**Trim Healthy Podcast with Serene and Pearl**  
**Episode 89 - Pull the Cap Off Your Happiness!**  
**How to Have Joy No Matter the Circumstance.**

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!**

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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 Women and men, boys and girls, welcome back to another episode of The Trim Healthy Podcast with Serene, Pearl and Danny. In a world full of guff, today we shall bring you meat.

P Serene has been grilling up the meat here.

S I tell you what, do you guys, are you guys familiar with the word guff?

D I am now.

S Because we need to bring it back into your life if you're not. Or bring it to America through exporting and importing, importing actually.

P We grew up with the word guff. If our Dad was telling us to stop the nonsense it was like, stop that guff.

[00:00:36]

D Is it just like filler? Fluff?

S Yes, and let's not call it rabbit trails because our rabbit trails are precious.

S Guff is just junk. Guff is just, it's just nonsense. But our rabbit trails you're not allowed to call guff. By the way, just a little bit of nonsense before we start. This is not a rabbit trail.

P Yes it is.

S No, this is a guff one. But I wanna say, Danny said welcome back, this is a different day. It's a different day, same lime green pea soup shorts.

D But...

P And same pink shirt, a millennial shirt.

D Yes, I actually wore this shirt thinking of you, and how much you would love it...

S It's his uniform.

P It hurts my eyes, to tell you the truth.

[00:01:20]

D And how much you appreciate and enjoy it.

S Yes, but it's like, you know, when we used to go to school in Australia, you

had a uniform, a school uniform. You weren't allowed to wear anything else. Well you've worn it twice now to a PODdy session.

D No, last time I didn't have the pink shirt.

P No, last time he was in his paisley, Serene. That was the time before.

D I only have so many outfits. I mean, you're going to see one twice. But I appreciate the high value you place on me.

S Yes

P Yes. I'm tired of talking about Danny and his outfits.

D Where's the meat?

S There is not a lot of decoration in this PODdy cabin. Danny's outfits...

P Danny is the decoration. Hey, let's start. You know what, we were like, turned up here, Serene and I got home late last night from a flight. John was with us, we got home...

[00:02:02]

S Painful flight

P After midnight because we were at a radio convention in Orlando all day long.

D Well that sounds painful too.

P Oh my goodness we haven't prepared for this, what can we talk about? And Lesley said, why don't you talk about the radio convention you were at? And we were like, well, what can our Mums take away from that? Nothing? And then we were like, oh yes they can.

S Oh yes they can. We had to pep talk ourselves on the flight, on the way over, because...

P All day we had to pep.

S Prior to that day, the thought of a radio convention might be worse than a child getting Christmas getting taken away from them, or a child knowing they're about to get thousands and thousands...

P Okay, let's put radio convention on one hand, going to a dentist for a root canal on the other.

S Or a bad food poison from a Shoney's or something.

[00:02:55]

P That's how much we didn't want to go. John, what about you?

J Oh yes, I'd take the food poisoning.

P Have you ever been to see the film Multiplicity? I haven't, but the term, I've heard, is like, they get multiplied, the one character.

D Wait, why does John have a microphone?

P Because he went to the radio convention, you didn't, dude. But listen.

D What?

P It was a multiplicity of like, five thousand men in blue suits.

S Okay, so this radio convention...

P The same man, over and over.

S Let's just get you back, I mean, we had to go there because we had a Serene and Pearl Radio Show and it's starting to get picked up by radio stations. We had to go, and we had to...

D Did you schmooze? Hey, did everybody there talk in their pretend radio voice, too?

[00:03:39]

S The whole thing was a radio voice.

D Because I accidentally eased in, I had to use the bathroom in a hotel lobby once in Nashville, and I go in and they're having a, surprise, radio convention, and I was like, oh no, I'm at one. And you could hear it everywhere...

P Actually no, the people that were their hosts... Like, we were only there because we were a new show, so we had to be presented. We had to be taken around. We were like, it was like Shark Tank on steroids.

S And presented to people, and we had to do, John did the pitch for us but then they were like, okay girls, why should we use, why should we pick up your radio show? And we had to present, like, we had to sock it to them, Shark Tank, like multiple times we had to tell them why they need our Radio Show.

P That is our worst nightmare.

D Yes, well, you know, I hope you learned your lesson, because you didn't use a very valuable asset you have, who's really good at such things.

S Danny was left at home.

S Danny was left at home.

D And you went out, and you left your fans and you paid for it, I don't feel bad.

[00:04:33]

P As well, I know, we didn't pay for you to get there.

D But you should have.

P Okay, well

D You should have sent your Ambassador. Because I'll get in there and I'll be like

P But still, okay, usually conventions, we are going to get to meat soon, but I'm going to tell you...

D This is meat.

P I'm telling you, conventions of any type are something that Serene and I, by nature and we said never again.

D Never again

P We just don't do conventions well.

S And it's freezing. The air con in those places are like, set to minus zero.

P Okay, so there's not, this is a convention run by men. Nothing wrong with men, I actually love the male species on a whole...

D Nothing wrong with men

[00:05:17]

S On a whole

P I'm not one of those women that despise men.

S My best friend's a male species. Good old hubs.

P Yeah, I like a man, right? But five, are we up to five thousand of them, in the blue suit? And they're all...

S They're all married to themselves, because they love themselves.

P Yes, I'm sorry, we're being a bit harsh now. We're sorry. You were really being a bit harsh. Some of them were probably lovely, but we didn't feel they were lovely, because it's a very... the whole radio species, right John, is a very negative aura right now.

J Well, you're talking about an industry that is going through changes. Just

with anything that was analog and turned to digital, music and TV cable, all of that stuff. I mean, radio's playing field is changing, and you've got a lot of people, a lot of older men, who have their lifetimes in this industry...

P They've done it all their lives, yes.

J All of a sudden, they're not the gatekeepers. They don't hold all the power, and their product, which is audio content, has got other competition. It's got competition from online, it's got competition from satellite.

P Podcasts

J Yes, and the particular convention that we were at, the NAB, the National Association of Broadcasters, everybody that was there, those were all the owners. So they're on the lookout for new content, because...

S Yes, but then, we are the new content, right? But then everyone's scared to take you.

P And the thing is, we don't even care to have a radio station or a radio show.

J Right, but that's what made it fun, because the whole thing... Conventions are dog and pony shows, that's all they are, and everybody's got their game face on, and doing their little tap dance routine, and trying to pitch and sell and barter and make deals and all. And I love the fact that we walk in there and, my favorite part of the whole day was listening to Serene use the word unprofessional.

P Yes, that's what you kept saying.

[00:07:19]

J In relation to our show time and time again. It was great because you'd see the look on... Serene was like, just unabashedly, our show's unprofessional as heck, you know...

P She'd sit there, I remember Serene once, we were sitting in front of this, one of the big mega people that we had to impress, okay. You guys have to impress this person...

J Second most powerful man in the industry.

P Yes, and Serene...

S We were taken first into a little room and given a little cheerleading, okay, go get him girls, and all this stuff.

P So Serene said, you know, we don't wake up in the morning wanting to do this radio show, just so you know. And we're unprofessional and we're not going to change, just so you know. It was supposed to be the sales pitch.

S We might end up talking about asparagus and the way it changes the smell of your pee.

P Yes, that's what she said.

J But can I tell you something?

S Anyway, he really liked us.

J Yes, well, and that was why. Because we were probably, I say we, you two were probably the only two people in that entire convention of several thousand people, that really were being yourselves.

P And guess who else was being themselves?

J And that was the allure of it.

S Good old Solly, spitting up breast milk and burping and yapping away.

P Oh yes, Solly was there big time, and men just looked like, what the heck is that baby doing at this little business meeting? But you know what, all that just said, we're setting the scene for how much we didn't want to do this. Serene and I hate schmoozing, we hate... We went there and we were like, usually, we've been to conventions before and, let's be honest Serene, we've had bad attitudes. We go to ourselves, whenever we're at conventions Serene and I meet in the bathroom, and we badmouth the whole convention all day, we're like, isn't this awful? We shouldn't be here, this is so boring, I hate conventions!



S We don't have any ambition inside of us, all we want to do is be mothers, why are we even here? This is a waste of our precious time, we should have made some home-made bread this afternoon. Blah, blah, blah, blah

[00:09:36]

P Yes, and we're like, oh man, all the schmoozing going on, this is horrific, this is the worst place to be. Anyone here...

S I think it's hell.

P Yes. Let's ask...

D Now we are talking about our future employer, so to speak, those who are hiring us and buying our show.

P Yes, so I hope they don't listen, right?

S Don't listen to this podcast.

P Yes, but that's what we used to do at any convention.

S Yes, anything

P This is our first radio broadcasting convention, I'm saying any convention.

S But on the plane on the way over we knew...

P Now get to the meat.

S We knew that that part of our personality was going to leap out in all its glory, we felt it coming. And then we just decided, you know what, what would our good old friend in his pink shirt tell us?

[00:09:40]

P What would Danny say?

S He'd say, "what if you could" love conventions, girls? What if you could?

- P What if you could love a radio broadcasting convention and rock it all day?
- S So we started saying hey, we love conventions. This is so fun. People-watching on steroids, this is going to be the best day...
- D People-watching on steroids
- S We're here anyway, you know.
- P We had to be there.
- S We might as well make the best day ever of it. And so, and then I'm like and I was reading this morning, you know, in Hebrew's 12 and it said lay aside every weight. And run with patience the race that is before you, but lay aside every weight. And I got to thinking, we're meant to be the most joyful people on this whole entire planet, and God says lay aside every weight, and this convention was about to plummet us into the depths of the deep blue sea.
- P It usually would have been the very weight, a weight that we'd wear all day, okay, but who said we had to? Just us, and so we said, no, that weight's not going to cap our joy, because...

[00:10:54]

- S And that's the key word, "cap". We like, we've got a cap on ourselves. Take the lid off.
- P So what's your thing, right, today? What are you going through right now that is capping your joy, that actually shouldn't, and doesn't have to. Because all circumstances in life, they tend to affect us so much more than they should, right?
- P And not just the biggies, the littlies. I've grown up my whole life, and because it was kind of illegal to do home schooling in Australia for years, you know. So I wasn't really home schooled until, like, my last year. And hey, not everyone who's listening even believes in it, or whatever, but my point is that, I went to school Monday through Friday, and because of that, even as an adult, I don't let myself feel freely happy until Friday afternoon. Because you can't because it's a school week. Even though I don't even go to school any

more my brain has been set in motion, that you will wear the lid until Friday afternoon.

S Well, a lot of people do that with work weeks, right?

D Totally

P Yes. So we took the cap off, right, and we decided, why not really, in our souls, love today. And you know what, I did love yesterday Serene. There were times it kept coming back to me.

[00:12:09]

S We were at one meeting, right, and they were starting to talk about, I don't know, a bunch of data, a bunch of numbers and a bunch of stuff that bored Pearl and I to tears. And I kind of kicked Pearl with my toe under the conference table....

P She kicked me, she's like, every weight, right? Every weight.

S Yes, and they didn't know what the heck we were talking about, but it was our key word for lay aside every weight. Every weight. We're not going to let this cap us.

D So you went in, so you're plane-riding in and you are already deciding that you're not going to be able to handle it.

P Yes, we were on the way to the usual...

S And I hate hotel rooms, and I hate being away, you know, from my boisterous family.

D Yes, you're building the whole system.

S But I enjoyed it, I even turned on TV, I don't even have TV.

P She did.

[00:12:49]

S And I Shark Tanked it until three in the morning.

P She binge watched Shark Tank.

S I'd never even seen Shark Tank.

D Why is Shark Tank on in every hotel room I've ever been in a hotel without it being on.

P I love that show! I turned up at Serene's, you know, I told her about... I was there, the night before the convention we got in and she was in a hotel and I went a couple of doors down and said I'm going to sleep, goodnight, and she was like, Pearl, Shark Tank! She was on a Shark Tank high. Little did she know we have to shark tank ourselves, like, so many times the next day.

S I made the most of... Even though the hated, oh I'm all alone in a motel room, how boring...

P Serene, I'm going to say that you were so much easier to travel with. You, usually when we go away, Danny you know this, John you know this, Lesley you know this about Serene. Serene when we go away, because... Her number one priority is her family, and we all love that about her, but if we had to go away, and we had to, she'd still wear the, this is wrong, I'm away from my family, and guilt all day, so that she couldn't be happy. She refused to be happy. But yesterday Serene had joy, because she said to me, Pearl, I'm just so excited to be with you.

[00:13:57]

S And I felt so special. Even though I knew her priority was still to her children and her husband, she's like, this is a chance God has given me to be with you, to get away with Solace and little Engedi came, and you just, you decided to look at it differently.

D You literally changed the event itself.

P And scripture helps, Danny, but you know, there was a little pink shirt prophet that said, "what if you could"? And I tell you what, it worked.

D Yes, well, you literally changed the event, because all an event is, whether it's

a convention you go to or a thing that happens as you're waiting in line somewhere...

S Right, I like that correlation.

D Yes, it's just an event that happened, and the only thing that actually happened is your perception of what happened. Everything else is irrelevant. It doesn't matter what really happened. Because, let's say there was a thousand people at this convention. A thousand different events actually happened, because everybody saw the event through their own...

P You are so smart.

[00:15:03]

D Everybody sees every event, even if it's the way someone spoke to you in line somewhere, you see it through decades of pre-judgement and opinion and value systems. And it's so complex the way things actually are perceived by us, and we get to control it.

S Hey, that radio convention could have been somebody's dream. Somebody's thing, they finally made it. And you know what, that's their perception, and more power to them, and I'm so glad that they had a fantastic time in Orlando. And we did too, but we had to change our perception for that.

P But it's like that with anything, we go around saying, I hate waiting in line in the grocery store, okay, how many of us that say that? But what if you could stand in line at the grocery store and literally love it. What if you could, if we could love a convention, you can stand in line at the grocery store, look at the people around you, smile at them. You know what, someone came up to us Serene, and I'm not trying to toot our horn, but because we decided this... Okay, because we decided to choose joy at this convention that we usually hate, this guy came up to us and said, why are you two people the only ones smiling here? He said, I can see your smiles a quarter mile away, you are shining up the room, girls, he said.

S Yes! If I have ever been excited to advertise anything on this podcast, it is now. I can't believe we are able to advertise Audible, it's like my family's foundational thing that we've built our family on. Like, there's the Bible and

that's the foundation for us, but Audible is like the next. We're a family of listening, like, audio books. Oh my goodness, they have everything. We've done the whole Lion the Witch and the Wardrobe series. One of our favorites, please listen, Airman by Eoin Colfer. Absolutely an all-time incredible epic story. So well done.

P Why do you guys like auditory books so much, Serene?

S Because we're not much of a movie family. maybe we watch one on a Friday night or something, but we want our children's brains to be challenged, and so we don't want them just sitting there and zoning. So when you listen, you have to imagine the whole thing, you know, so... And it becomes so much more, I believe, real in the child's head, they get so much more connected to the story, because their minds are producing this whole theatre.

P And you guys do it as family, right?

S Instead of us all reading a different book in the living room, it makes us feel like it's an event. We all get hot chocolate, we put the salt lamps on or the candles and we're all sitting around cuddling together and listening. It's so awesome.

P I know, and so many of our family members... We love it when we're travelling. Because, especially if you're the driver, you can't read when you're travelling, but with Audible...

S We just listened to another Eoin Colfer one, it was Half Moon. So great. He's not a Christian author, he's got some that are out there and that are a bit whack... But those two books, Half Moon and Airman, awesome.

[00:17:57]

**Advertisement:**

P You know what, I want to talk about a book on Audible.

S What?

P The Trim Healthy Mama Plan. You can actually listen. If you're not much

of a reader, get our plan book from Audible and actually have it read to you. You can listen in the car, or while you're doing stuff. You know, sometimes when you read...

S Hey, we wish it was our voice, sorry peeps, it's not.

P Yes, but that's okay, you still get the information. Every month, Audible members get one credit good for any audio book they choose, plus two Audible originals from a changing selection that they can't get anywhere else.

S Hey, do you know the awesome thing about Audible is if you get an audio book and you hate it straight away, you can exchange it. They don't ask you questions, you just say, I didn't like my choice, and it's not like you feel like you're stuck with that book. You can just go and change it to another title. And guess what, your downloads stay with you.

P Yes, they don't take them back.

S You can re-listen and re-listen for life.

[00:18:47]

P Okay. So to start a thirty day trial and get your first audio book free, go to Audible dot com slash Trim Healthy, or text Trim Healthy to 500500.

S Join the Audible tribe, join me and my family. I tell you what, this builds memories, listening to audio books. And also, my husband doesn't get time to sit and read because he's so busy as a business owner and you know, fathering all these children, raising them all up. But guess what he listens to? About six books a week. It's such a great way of, just because he does a lot of drive time in the car, it's such a great way to keep books flowing and keep information flowing in.

P Go to Audible dot com slash Trim Healthy or text Trim Healthy to five 0 0 five 0 0. You can do it with audio books.

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

and who are you?

S Serene

S But this is so interesting because, you know, we can bless people around us, we can un-cap their lids, just by our choosing can make a billion other people start to make a choice. Like in the lines in the grocery store, or you can be the psychopath that darkens the atmosphere even more. We were at the airport, and we were in one of the speed trains going to a different...

P On the way home...

[00:20:05]

S Like, gate, and there was a couple. And it must have been their special trip to Disney World, you know, they all had their little backpacks and they were there like...

P They had done it Serene, on the way home.

S Yes, but the point is, this was a trip that they planned to get away together, and have fun. You could tell, you could just tell. The lady was so mad, because she didn't get a little leather handle to hold on on the train cart, that she started F-ing and swearing, and she got so mad at her boyfriend because maybe he didn't, like, remove somebody else's hand...

P He might have been her husband.

S But whatever, but he didn't, like, get her a leather handle, that she was like, twice I've told you, F-ing told you twice. And she was, her jaw was twitching, and... She was beautiful but by the end of the train thing, everybody wanted to hit her and hit her, and everybody just... It just darkened the whole train cart with gloom and depression and the nastiness of human nature, and it was awful.

P Yes, and I thought to myself, there's two choices here. He seemed like a nice guy, you could tell he wasn't some basher or something. If there was a basher in the relationship it was her.



[00:21:15]

P But, you know, I felt so sorry for her and him, because there were two choices with what she did. You know, we can look on and judge, everyone in the car can look on and see it. It was just a little oversight that he did, she could just, like, oh honey, you didn't let me grab it.

D It could've been a beautiful moment.

S There were none left, but for some reason she blamed him.

P But for some reason it was so dark, and it just hit me, always two choices in how we look at an event.

D Totally, it's just... And events are meaningless.

S And we've been talking about little things here, conventions, we've been talking about grocery store lines, talking about leather handles in a train cart at the airport. But what if it is something you're going through with, you know... I don't know if we're allowed to talk about this, but we should actually shout out to one of our most incredible Admins, Aimee. With her sweet, amazing, gorgeous... The cutest little chubby cheek redhead, Fynn, boy, who has been laying still in the bed since he was a few months old, and has a trache down his throat. I tell you what, I've been kind of praying for this situation for quite a while, but I'm unplugged. So Pearl in the airport was saying, let me catch you up on pictures of Fynn.

P He's the most beautiful boy. He is almost 3 now.

[00:22:32]

S Because he's just totally gorgeous, but her Facebook site was quotes of joy, scriptures of happiness, faith talk. There was no depression, there was no woe to me and what we're going through and blah blah blah. It was like a celebration page. And I thought to myself, wow, look at how she is uncapped in the heavies.

P And that's heavy.

S Look at how she is walking on water when there are waves all around her.

So...

P Every picture, did you see the picture... I sat there crying, just because I know, as a mother, you know, how hard that must be. However, we have full belief little Fynn will get up and run.

S And he will.

P And we believe that, because God is the God that changes the unseen into something totally different, and I believe that. That's our call, to stand for that. But every picture of Aimee and little Fynn, her grin is a mile wide.

S She's like a smile model for smiles.

P Look at me and my son!

S Yes, so great, but you know...

[00:23:36]

S It's in the light things, it's in the heavy things, it's in the dark valleys. We all have a choice, lay aside every weight. Because, like, Danny and Pearl, you've been saying this, only two choices. If you don't lay aside the weight when the weight is super heavy, you're going to sink. There's actually no choice there, because it's either sink or swim, and you're only going to swim if you take the weight off of you.

P That's so true.

S The weight's on you, you're going to the bottom of the ocean, you're drowning.

P Oh my goodness, the Bible is wise. Think about that, I never looked at it in that way. Lay aside every weight. Weights make you sink. What a great book of wisdom. We're going to talk about, a little more to end with some meat, what we ate while out and bring some more scriptures, Serene.

S Well you know, I was just saying, it's like what I was reading Pearl, you know, lay aside every weight. And you're like, Serene, but I've been just reading all these scriptures of joy that have just been jumping off the page,

and you quoted some to me and I just remembered them.

P Serene, you are calling me.

S Why am I calling you? It must be my children at home. See if it's an emergency.

P Okay, hold on.

[00:24:38]

S Hey, Danny, sing happy birthday to somebody on the air, it's somebody's birthday.

D Hey, we're so glad it's your birthday, and your parents may or may not have meant to make you, but you're here, and just want to let you know. Happy Birthday to you...

P It is somebody's birthday.

S Yes. it's my daughter's birthday!

D Is it also Serene's birthday?

P No.

ALL Happy birthday dear, Engedi. Happy birthday to you.

P It's Engedi's birthday.

S Yes, she's fourteen today, and she's beautiful.

P Egedi came with us to Orlando.

D Anyways...

S Well I want to say this scripture real quick.

[00:25:25]

S Psalm 41, clap your hands all you nations, shout to God with cries of joy. That's in Psalms. What about Ecclesiastics 9, right? [Overtalking] Well it tells you, this is a good one for Trim Healthy Mama. It tells you to go eat your food with gladness and drink your wine with a joyful heart.

P Come on.

S Even in just the day to day eating and drinking, what about Proverbs 10:28 ? The prospect of the righteous is joy.

P Yes.

S I love it. What about 1 Peter, 1, Chapter One 8-9. Though you have not seen him, you love him. And even though you do not see him now, you believe in him, and are filled with an inexpressible and glorious joy.

P What about this one? And we all know this one, even probably if you're not a Bible reader you've heard the joy of the Lord is my strength, right? Think about it. Yesterday that weight... Oh, dear, Solace is talking. You can put her up to the microphone.

S Then she'll stop.

P Yes, that joy, literally, that when we uncap it, when we release it, and just allow it, that's our strength. That was our strength for the day yesterday, Danny, that joy.

[00:26:39]

D Well, your perspective is like a light to your whole body. If it's bad, everything in your life is bad. I mean, use the lady on the train or something, you know. There's deeper things going on than the buckle's not right or the handle's not right, you know... Nobody snaps about the handle not being right, you know...

P When you get in practice of snapping about those things...

S Yes, it gets easy to snap the more you do it, but still, yes, there's an underlying...

D Yes, you know, I've been in entire seasons of my life where my whole entire outlook is wrong, my perspective, you know, my future, my possibilities. And when that's jacked it's like literally, my kids talk too loud, and they fight too much, and I'm not getting the respect I deserve from my wife, and just... Every single area of my life is wrong if my perspective is jacked. But when I have a killer outlook, when I'm like, in the "what if you could" mindset, it's just like, when my wife doesn't say things just perfectly I'm like, whatever, means nothing. I'm still who I am. I don't need so much from other people.

P That's so true. And you know, to me it's like an obedience thing, it's like I have to get the loins of my brain, you know, like...

D Your brain loins, if you will.

P And just, tuck them up.

[00:27:56]

D Tuck in your brain loins.

S It's like, you know how you have to really try hard to be obedient when you're a toddler, you know, because you really want to get the extra cookie from the cookie jar and you've been told no over and over again for dear life, cling on. Well, I have to do that as an adult, because he says, think of everything that's noble, pure, lovely...

P Yes, that's what he tells us to think on.

S And he says, this is what you think of. You're not allowed to think of anything else. So to me, sometimes these negative thoughts will cross my brain and I'm like, junkmail, obedience. Is it noble? No. Is it lovely? No. Is it gossip? Yes. No, not going there. You know? So, it's... Yes.

P Junkmail that's good. Hey, to end, though, I want to talk for those who have trouble eating out, we should go through our day, we were out the whole day and the whole night before, and talked about what we ate. Do we talk about what John ate? I'm trying to remember, he ate really well.

J Just some grilled cheese sandwiches with mayonnaise.

P No, so, just as quick examples of how Serene and I eat when we're on the road. We left the night before, I'm trying to think, had we had dinner?

S We left in the afternoon, we hadn't had dinner. We went to Sprouts really quickly and got a few...

[00:29:06]

P That's right, we got snacks. I got some raw cashews because I was being peer pressured by Serene. Whatever she buys at Sprouts I always find myself having to buy.

S Extra aged gouda for Vitamin K two.

D Well you don't want to miss out. I'm that way with my brother. He's getting something at the store and I'm like what... I must have one.

P And we got a couple of bars, and everyone will ask us what bars. They were actually the Bulletproof bars.

S The Bulletproof Collagen Bars that have some filler in them, and ours aren't going to, but anyway.

P Yes, they have some filler but they're quite yummy.

S They are quite yummy.

P And if I'm going on a... You know, I don't mind having one or two of those.

D It's from the brand Bulletproof?

S Three or four

[00:29:43]

P Yes but not all at once

S No, it lasted the whole time.

P But yes, you know, those work for now and then. But then we went to...

S But that's a good hint there, too, you know what I mean? If you haven't had a chance to just make something before you leave in a zippy, just stop by a grocery store and get a few [inaudible] snacks that are going to last you...

P And I got these little cheeses, they weren't Babybel but they were delicious, Serene.

S Yes

P And then, I'll tell you what happened to those.

S Yes that was yum. And then we got on the airplane and they passed out all the pretzels, and we just gave them to Engedi, and she let the baby slobber all over them and we chucked them away.

[00:30:20]

D It's her birthday...

P Pretzels are not... I mean, they're just white flour, they might as well be sugar, they're white carbs that fatten people up. I used to love it when they served nuts on planes, but they can't really do that any more with peanuts because so many people are allergic to them.

D Yeah, now they can't do it.

P I was thinking about that yesterday. All the people that didn't die on a plane with nut allergies, but don't write in to us if you do have a nut allergy, I'm so sorry for that. I miss my nuts.

S She looks seriously sorry, though. She does.

P Yes, no, I actually genuinely do.

D Yes, her eyes were genuine.

P Because I'm thinking of some five year old that has an anaphylactic reaction.

S No it's true, this is good truth here.

P But, and then... Selfishly I like nuts, though. Then, what did we eat? I'm trying to think of... John, what did we eat?

J We went for lunch, because we went for lunch at the...

[00:31:07]

S No, we went...

J At the club

D Why does John have a mike?

P The night before.

J Yes, you guys ordered in your room, and I escaped the property and went across the street to the Mexican restaurant and got some guacamole because Sarah...

S You did? I didn't know that.

J I had to get off the Disney property.

P So we were on the Disney property.

D But when did you get a mike? I'm just like... It just happened.

P Danny hates the fact there's another man in here with a mike.

D We come in here and John's got a mike today.

P And he doesn't have a pink shirt. He might have some, you know...

D A while back, when you were on your vacation palooza somebody had to do it, man. There's like too many microphones.

[00:31:45]



P Okay, so that night we were in our motel rooms. It was getting late, and we didn't feel like going down to eat.

S Hotel, apparently

P Hotel, what is the difference? We ordered in, it was divinely delicious.

S Salmon

P I ordered salmon. Wasn't it that salmon good?

S Succulent, it was like cream on the inside, there was no firmness it was just so tender. That had never been frozen.

P So, salmon, I had broccoli with it.

S Yes, broccolini it was.

P Broccolini.

S I had double broccolini.

P Did you?

S I said no to the basmati rice.

[00:32:13]

P I had a glass of Chardonnay. I felt like, after that whole trip with John...

S Wow, so you really were uncapped.

P Yes, I mean, one little, you know, a five ounce glass doesn't do nothing.

S No, but I'm just saying you laid aside your own weight, didn't you?

P Yes, I laid aside. I was like, no that's okay, if I have salmon. If I have salmon I like a glass of something. Don't tell me I'm an alcoholic, people, but I just, if I'm having a steak I like a glass of red, if I'm having salmon I do like a

glass of white. Dry.

D That makes sense. It almost, you match it to the meat.

S Yes, like a purse with a dress.

P And also, I find that that's my dessert, too. That's just, you know, it feels like it makes the meal go longer, and I was pretty hungry so it made it an event for me, and I was all alone and my poor husband wasn't there.

D Can we go back to blaming that glass of wine on John?

P Well, John. Dora the Explorer, it's not your fault...

S We were all wearing backpacks and we were all backpacking around.

D Well, then I'm going to blame those two margaritas that I had on you guys, then.

[00:33:13]

P Two margaritas

S So then we woke up for breakfast and we went down to the...

P Delicious breakfast

S Yes, we all, well Pearl, you had two eggs done medium well.

P I like my eggs done medium well.

S You made it a little Crossover.

P No, but I ordered... I thought I might have a crossover because I love the potatoes with fried eggs if I'm going out, you know. But I only had two of them.

S So you didn't make it a Crossover.

P So it wasn't a Crossover, but I had, what was it? I had some veggies with it.

S Asparagus, That's where the pee went bad.

P Yes. I had asparagus with it, and that's when the pee started to smell.

S That's why I brought that up at the radio event, because it was just fresh in the brain.

[00:33:52]

P It was quite delicious, and a tomato, half a grilled tomato. So delicious.

S Well, we just wondered, it made me think about the powerfulness of food. It was just one stalk of asparagus you had.

P It wasn't like you smelt my pee.

S No, but I had one bite of it.

D That's too bad.

S One bite and then the next time I had to go to the restroom, everything was different.

P Yes. You know, they say about asparagus pee, just because you all want to know this so much, is that no-one knows if everyone's pee changes with the smell or...

S Everybody's

P Or if only some people's change it, or if everybody's does and only some people can smell it.

D Wow

S I reckon everybody's changes and only some people have the glorious skill of detecting asparagus.

[00:34:38]

D Let's do a test. There's five people in this room right now. By a show of hands, how many people are affected by asparagus?

P Okay, me.

S Me.

D I can't remember that I've ever smelt asparagus pee.

S Lesley cannot smell it. Oh really? It wafts up. You don't have to put your head near the white glorious porcelain.

J Do you eat asparagus?

D I mean, I have, but I don't remember trying to smell my pee after.

P No, you don't have to try.

S No, you don't dunk any nose near it.

D Well there you go, I guess three out of five.

P Now, Charlie cannot smell it. He can eat asparagus upon asparagus and says, he says it doesn't affect me.

D What has happened to this podcast?

[00:35:19]

P I don't know.

S Okay, so .

S But we had to go here. This is meat because it's training you in the realness of the guff, like, what really is guff. I ordered an omelette, and then I told them... Pearl said we should be videoing this, because I dissected the actual recipe that was before me on the...

P Yes, took you ten minutes to order it.

S What do you call those things you get handed out?

D Dollar bills

P The menu

D Menus

S Yes, so I dissected that, changed it, rearranged it, and had the best omelette with Greek, I don't know, with goats cheese.

P Okay, so you had a whole bunch of vegetables and goats cheese, yes.

S It was so divine.

[00:35:54]

P The coffee was good.

S And Pearl was like, this should have been videoed because this is absolutely ghastly, and entertaining at the same time.

P Okay, so then it was lunch. Okay, so our people that are actually the first people that started us in this radio show we do love them, don't we John?

S No, they're family. They weren't the people we were talking about at the beginning

.

P No, they're good people, like family!

J And they're listening now, so...

P Of course they're listening.

J The good folks at Ad Large Media... Gary...

D We love you, Gary.

J And Kathy and Frank, just awesome people.

S Yes.

P And they felt the same way about everything as we did.

[00:36:32]

P But anyway, we had a business lunch with them. I ordered a beautiful...  
Actually, Serene and I, and Engedi ordered the same thing.

S Poached Grouper.

P Poached Grouper, on top of this amazing Greek salad, with a vinaigrette, and,  
I couldn't even finish it all it was that huge.

S It had avocado on it, too.

D But you wanted to hurt yourself with it.

P I couldn't eat too much because then we had more meetings.

S A couple of hours later we went for a coffee, and then we went up for a  
schmoozy, kind of, interview...

P No, we had to do more pep talks.

S Yes, more pep talks, that's what it was.

P So we had snacks of nuts.

S Oh yes, and another Bulletproof collagen bar, and then some gouda cheese.  
I was... Pearl had just a few raw cashews, and I had like five different things  
because I was nursing and ravenous.

[00:37:18]

P She was hungry. And then it was Supper, and we had and it was good, right?

S And I was so full, after all the gouda cheese, because I was... You know when

you're nursing you're hungry, and you can't wait for normal sane people like Pearl, for her proper evening meal hour.

P I like to wait until the proper time.

S So I was full when they ate Chipotle, so I just bought some Triple Zero at the airport to eat on the plane.

P Yes, she, you had a couple.

S Yes, I had a couple. And a grass-fed meat stick.

P She's doing it, she's doing it. Do it. What are you saying? No, she's not.

S She stops every time we...

P Yes, that's because she's interested in the microphone. And, yes, so I'll tell you how I have Chipotle that's on plan. I have the chicken, you could have the beef or whatever, and then I do... You can actually do a quarter cup of those beans if you want. I didn't do the beans. Then I do all the different salsas. I do cheese, and a whole bunch of lettuce. Lovely guacamole, I love their guacamole, it's so fresh. What else goes on there?

S Sour cream, do you do the sour cream?

P No, I don't do sour cream, I don't like it on it.

S I hate sour cream.

D Oh. I could eat it by the spoonful.

S Really

P Yes, and that would have been fine, to put on it. And then I had hot sauce over that. Yes I did. It was huge and I couldn't even finish it all.

D Chipotle's the bomb.

P It's really good. People are mean to Chipotle.

S And then we got in the car.

D Why

P I don't know.

[00:38:42]

D They have repulsive things on their bags sometimes.

P Do they?

D Yes

S Then we got in the car at like, midnight. Because our husbands, we met them at the airport, they were coming back from New York, and then I think we did some cray cray stuff, like eat nuts at twelve o'clock at midnight...

P Well, Charlie handed me a bag of spicy peanuts and, just because I was up I was hungry but I had a couple handfuls.

S Yes, I said to Pearl before I chowed into another meat stick at midnight... Spicy, just before laying down, I'm like I wouldn't know I was hungry if I was asleep.

P Yes. Did we bring meat today?

S We brought a lot of meat.

D I think the carne was served.

J You mentioned meat sticks.

P We did.

[00:39:19]

D I mean, especially as I was talking.



P I think we're done, I think... Let's do a Super Food Spotlight next week, mates.

S Love you all, see you.

D See you.