



**Trim Healthy Podcast with Serene and Pearl  
Episode #102 - Your Free Coaching Session with THM Coach  
Kris! (Original Air Date: 1/9/19)**

*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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P = Pearl • D = Danny • K = Kris

00:00:00]

P This is the PODdy with the Serene and Pearl. Get it right. P- O- D- D- Y.

D Women and men, boys and girls, you know what it's time for, another fabulous episode of the Trim Healthy Podcast. But before we start, I wanted to share a very exciting announcement...

P That we've just got

D That we've just heard

P In the last two minutes

D We are on the Top Ten list for best health podcasts of 2018 that was reported..

P Most popular

D Most popular health podcast of 2018 that was reported by Podbean on their tracking and podcast website

[00:00:35]

P If we can toot our own horn for a minute, Danny.

D May we just, I just want to say, we've come in week after week, we've done our thing. We haven't been looking online to see our...

P We don't, John's the only one who knows the stats, I don't.

D Yes, our producer has, but we've never gone for that. We've shot for a cool podcast and to know that we made the top ten list.

P But isn't it cool that means it's our audience that has done this, that you are the most engaged audience. It's incredible because I'm telling you when it comes to podcast, some of the health podcasts are the biggest ones. Some of the biggest, so this is very cool. I mean, shout out to you guys out, our awesome listeners. Hey, but we have a missing woman here. My little sis and we have a replacement. Serene's family all came down with the throw up bug.

D Wow

P Serene calls it the dreaded lurgies. Like every single one.

D All of them

P Yes, she was saying, Pearl, I started throwing up but then Solly poor little baby was starting throwing up. We threw up so much. In the end, she's like, I just let her throw up on me.

[00:01:36]

D No way

P That was 3:00 in the morning.

D Just do it.

P It's like, there's so much throw up. We might as well sleep in throw up.

D Just body fluids, no big deal, that's interesting, the whole family that is tragic, that's my tragic nightmare is the... I won't go into it.

P Said her husband was throwing out too.

D He was even barfing?

P Everyone was barfing.

D And there's no nurse, it's like, who's going to make the breakfast?

P I don't know.

D You know when the whole family's down, it's like who gets to like be cared for?

[00:02:01]

P Hey, but today, so Serene is out of here today, but in her place guys, we have someone... I'm so excited about this, so special.

D It's a special guest.

P Special to mine and Serene's heart. Actually Serene's so mad she's not here because Kris, we have Kris Honeycutt here and Kris is like Serene's, aside from me, Serene's best friend and Serene doesn't have friends, she just has her family.

D Just her kids are her friends.

P But welcome Kris, say hi.

K Thank you, hello everybody. I'm happy to be here.

P And put that mic right close to yourself.

D I was right on that I was going to say Kris you need to put that...

K I'm sorry. I'm just not used to having a mic right in my mouth.

P Can I do an intro of Kris or you want to Danny?

D I mean it depends. You know what; you're going to get to do all the talking here in a minute.

P It's my podcast.

[00:02:44]

D And it's your podcast.

P But go, say what you want to say.

D Oh, we want to welcome Head Coach Kris Honeycutt to the Trim Healthy Podcast. Now many of you know that we have a coaching program at Trim Healthy Mama. It's for those of you who want to be a certified influencer. For Trim Healthy Mama, you actually train, learn, get certified and then you can influence your community by representing Trim Healthy Mama. But Kris is our Head Coach, so if you want to be a part of that, you can go to our website, check it all out. But you will at some point be talking to Kris.

P You will, if you become a coach, Kris is actually your...

D Lord.

P She's your Lord, she's your mentor. She's... What's the Star Wars word for it?

D Oh, a Jedi Master

P Yes. She's the Jedi Master of the coaching. But today people you get a free coaching session from the coach of all coaches, Kris. And can we talk about Kris for a little bit? Because aside from Serene and I, there's no other person that has done Trim Healthy Mama longer than Kris, we were arguing about how many years it's been Kris.

K It's been over seven years. Yes, I think it's been over seven.

P I'm thinking more like nine.

K Wow, yes.

P Because our first book's been out for six years and then it took us five years to write and you came in and we started talking to you about it two years in to the process of writing the book. And so Kris feels like the veteran of all veterans of this. And not only that, she's such a great family friend, an incredible person. Kris is the mother of nine children and Kris has actually coached all her career, not Trim Healthy Mama in the beginning, but Kris was a lifestyle and a fitness coach. And so today we're just going to pick her brain. She is coming to you with

all her best tips and the way to simplify Trim Healthy Mama, the way she does it. And she has food sensitivities and everything. You've heard Serene and I, we come here every week and we tell you how we do it, but here is someone else that has made this work for almost a decade. And so what a... Please get your friends to tune in today. You're going to want to hear this wisdom flowing from her mouth. How's the way that to set you up Kris?

[00:05:03]

K Wow, I feel super special. I'm really happy to be here. You guys have been such an influence in my life. We've gone through a lot of stuff together. We've known each other since 2000. That's how long it's been.

P Wow

K Long time, and when we would get together at Serene's house on the couch, we would be talking about all kinds of health stuff. We would be all over the place with our new fad, our new thing and what are you into, what are you doing...

P We went through it all together.

K We did, which was amazing. And I learned a lot. For a lot of years I went through sickness that I didn't know really what was going on. And so I tried all kinds of diets, all kinds of supplements. I spent thousands of dollars searching and seeking out what the problem was. And so when you guys started coming up with Trim Healthy Mama and you were teaching me about it, I did have a few clients at the time, personal training clients. And I remember going, I don't know what this S thing is. I don't know what this E thing is, just tell me. And you taught me this. And so I started implementing it into my life and into my client's life. And it began to change and transform lives. And so all the years in my fitness business, over 25 years, I have never ascribed to any way of eating and said like, this is it, I've tried all kinds of stuff. Oh my gosh crazy, crazy diets. But as I started implementing Trim Healthy Mama into my own life, it took about six or eight months, but I began to heal from all the things that were going on in my body. And now looking back, I could tell, well, I was suffering from adrenal fatigue, and then I was diagnosed with Hashimoto's.

P I remember.

K And I have been managing my Hashimoto's. I don't have any antibodies anymore.

P Is that incredible!!!

K Seriously yes.

P Come on, I mean that's huge guys.

D What's Hashimoto's?

P And what's antibodies right? Let's explain for people that don't know. All the ladies with Hashimoto's right now are saying, oh yes, yes, but there are people...

D Most people don't know what Hashimoto's is?

[00:07:19]

P Leslie, John, you know what Hashimoto's is right?

J I can't go in the details.

D John doesn't have a mic.

P John doesn't have a mic.

D I'm just going to have a private conversation.

P Hashimoto's is a thyroid issue, but it's actually an autoimmune issue, right Kris?

K Right

P Where your body starts attacking your thyroid and creates antibodies that are like basically trying to go to war against your own self.

D And what's the typical medical solution for that?

K Well, medication and a lot of people just live with it.

D Okay, so they live on medicine?

[00:07:56]

K They live on medicine.

P But even with medicine you usually still will keep the antibodies, which is where your body is still fighting. And obviously, you can say, oh, come to Trim Healthy Mama, you're going to get healed from Hashimoto's. That's not it. But

it's been years and this is your story.

K Yes, my story is that when I began nourishing my body, my body was freed up to heal itself. So Trim Healthy Mama and the lifestyle is what I believe was more just allowing my body to be nourished and get what it needs. Not to say that I don't take a certain medication or supplements and I do. But I mean just thinking about adrenal fatigue and the years that I suffered with that, the Singing Canary. I started using that, started drinking that.

P That's Serene's drink that she made for adrenal fatigue. Look it up, Google it right now and it will come up, Singing Canary.

K That was huge, just starting things like that where I'm supporting my adrenals. So I've come through all of that. It took eight years, eight, nine years. And now I'm at a point today where I am managing my Hashimoto's. I do things such as, I do stay away from wheat and gluten cause that is inflammatory to me. I exercise, I try to super food my body all day long. I love all the super foods, use them abundantly. But I do feel like that the nutritional part of healing was because of Trim Healthy Mama, it's been our story.

P Now you're 50 years old now, Kris, you look like stinking amazing, it is just wrong how good you look. You are obviously in that stage, I mean, age wise at least where hormones are wacky, wacky, wacky because I'm 48 and my hormones are definitely changing. But I see a chiropractor for an injury that I had and he said, well, you've got this spine alignment and whatever. But he said, Pearl, you would be in such a mess if you didn't look after yourself. And I can tell that you look after yourself. And so yes, I'm going through hormonal things, but because we're nourishing ourselves right, we can make it through. So how do you deal with this time of life? Because you said to me today, you're 50, you're like, no, this is the best I've ever felt in my life.

K That is true. That's a good question because I am in perimenopause and I definitely started with perimenopause symptoms two years ago. And so for me, partly, I work with an integrative healthcare practitioner and I am on bio identical hormones. That's part of it. And we've had to really play with that.

P That's a tweaking process isn't it?

[00:10:46]

K It's very tricky, but that's been helpful. The fueling my body has been huge. Getting sleep that is huge and that is where the CBD oil has been super helpful with that. I kind of forgot what the question was. What'd you say? You're asking me like how...?

P Like you tell me, you're 50. Most women at 50 say I am sick of this. It's a crazy time of life, help me please.

K One of the main things is I really work on managing my thoughts.

P Oh yes!

K And that is huge because if I look at perimenopause and I focus on how frustrating it is and it can be, then that just takes me down this super negative path and then that makes my brain create negative chemicals which also pull my body down. So I really do work on managing my thoughts.

P Would you say that's been a part of your healing too? Because I remember you, Kris, when you had the Hashimoto's and the adrenal fatigue and we'd come and we'd have sessions together and we'd just talk and we'd asked you how you were. And a lot of it was like, oh, I can't eat this. And it was a stage of life you were in and where where you were at... And I've been there too, Kris. We were allowing these negativities to rule our lives. And I remember you walked out of it. It was also nourishing your body, but it was also a change of brain space, right, for you?

[00:12:11]

K Yes, absolutely. And I feel like so I had a huge breakthrough in March, so prior to that I had been going down that road of lots of negative thoughts, not just about my season of life, but some life circumstances that were really difficult and I did allow my negative thinking to just take over and I believe it really took me down into a depression. And I really began seeking the Lord and that's when I had this breakthrough and I really feel like it was my thoughts and I needed to take captive my thoughts in everything. And I had a lot of work to do with that because I had just let them go crazy.

P Oh, I know the feeling.

K I read a book and somebody called it like soul bullies, it's like the soul bullies are just bullying you all the time. And I was letting them take over my life and so I really began the work of taking my thoughts captive, including with my health. And so instead of aligning with how bad this feels or I'm never going to feel better, or all those negative feelings, I began aligning myself with no, I can



heal. I'm going to choose life today. I'm going to choose life in my thoughts. I'm going to choose life in my food. And that's what I really try to help when I'm coaching somebody. You can change what you do all day long, but if you don't change what you're thinking, you're going to just get right back into the rut that you were in. So it does take practice.

P It does.

K And practicing the thoughts. Like I just read this email from one of our coaches, it was brilliant. She sent out this email to her clients and I was kind of being a fly on the wall because I like to see what everybody's doing and stuff. And she said that one of the things that helped her change her habits was to start aligning herself with who she is as a Trim Healthy Mama instead of who she's not or what she's trying to stay away from.

K So in a situation she would just say to herself, I'm a Trim Healthy Mama and I choose life and I choose to stay on plan. And she started to just identify herself with that as opposed to the negative. So that's what I like to help people do, is to find what excuses that we give ourselves and then help people get past that with no judgment like our brain is going to go there, it's just going to go there.

P Do you find in coaching people that it's more even mindset than it is the practical tips you give them?

K Absolutely, absolutely.

D Can you just repeat that?

[00:14:52]

D It's more mindset than actually the practical action steps of what to change.

K Absolutely I believe that.

P Because even if you give someone five practical steps they can implement every day, if their brain is saying is it's just too hard or I can't do it.

K They won't do it, they won't do it, so it's going back to, okay, let's be aware of what my thoughts are. What am I thinking about this? When I'm starting to make my plan for the day, am I dreading it? Am I thinking about all the sugar that I can't eat? Am I thinking about the things that I would rather be doing?

K Because if you're thinking those things, then your actions will follow and it will be really hard to stay on plan, so what I do is just be mindful of those thoughts. Oh, that little thought that came in that I want to buy this cake. I just allow that thought to be there, but then I choose no.

K My mindset is I want to be healthy. One of my biggest passions is to be able to be healthy unto the end, I want to show up and that's why I do what I... That's why I work out. I don't even ask myself if I want to work out. I just do it, same thing with the plan. I don't even ask myself anymore and that's another tip...

[00:16:04]

P So true

K That I tell the mamas that I'm helping, really don't ask yourself if you want to be on plan or not. Don't ask yourself if you want to, I don't know, eat something that maybe won't serve your body. It's I'm deciding that my body needs to be nourished and so my vision is not like to do the plan. That's a tool. My vision is to fuel myself and to be healthy and to show up strong and I want to love my kids and have energy for my grandkids and I want to live.

P Hold on, that's good stuff right there, Danny.

D Yes that was...

P The Vision Trim Healthy Mama is the tool, but the vision needs to be there.

D Man, that's like shut the podcast down and just every podcast we play that bite over and over. It's really good.

P It's so true because if you're looking at Trim Healthy Mama as the be all and end all, or I'm doing this Trim Healthy Mama...

D Or it's another diet.

P Yes, it's so much bigger than that. Yes, this will get you there in the most sensible, doable way without doing all this crazy stuff. But still it's, I'm doing this to nourish, to honor my body.

[00:17:10]

K And that was birthed from you and Serene and that's your heart, that was your vision for the whole thing, I remember all that.

P Yes but we've never said it like that, Kris.

K Well, we just said it.

P Hey, I love it, it's so good. But you do... I know that we've talked and you do the plan very simply.

K Yes.

P What are your simple ways of doing it? What do you tell your clients when they feel overwhelmed and often they come to you overwhelmed. If they're starting overwhelmed or they're in the middle of it and they're overwhelmed?

K So that is one of the biggest things, they either are overwhelmed or they don't understand the plan. So I start with just breaking it down, whether it's, let's just learn about the E Meal or the S Meal or just break it apart for them. I also, I'm not a... Well, I take that back. My personality is, I'm all in jump in, but a lot of people need the baby steps, so I just...

[00:18:11]

P Can I hear from you how you break down like in two sentences, how you break down an S Meal because Serene and I have done it on podcasts before and done it in our books. But I would love to hear the S Meal and the E Meal from you, Kris.

K Oh goodness, how would I put it?

P When your client comes to you and is like, I just don't understand what this S meal business is. What do you tell them?

K I just say that the S Meal is the meal that is going to provide the fat and protein in your diet. I mean it's just as simple as that. I tell them and I don't want people to get in the mindset of low carb, but I'll say the S Meal is the low carb meal with good fats, that's it. Like when I'm teaching somebody a Deep S day and they're like, oh, I don't know what that is. It's a protein. It's a non-starchy veggie and it's a good healthy fat, olive oil or butter.

P And so what do you say next? But I don't get this E Meal, what am I...? I can eat carbs, but what?

K Yes, so the E Meal is the same way, basically you've got your protein and now you get to have your healthy carbs, your healthy whole food carbs and you keep

the fat low so that you don't spike your blood sugar. And I feel like after people have maybe an assignment, I'll give an assignment like, okay, I want you to pick three E Meals and I want you to tell me what those E Meals are. I feel like I'm saying emails.

[00:19:36]

P Email, I know.

K E Meals and I want you to practice.

D Electronic mails

K I want you to practice.

P Like you tell them to pick a breakfast and a lunch and a dinner for that week or something, you mean?

K Yes, any and it could be a snack too. So I want you to practice three E Meals and come back and let's talk about it. I want you to practice the S Meal. I usually just try to break it down to where they are and everybody is so different.

P So true

K So that's one thing about coaching that I love is finding where somebody is and customizing something for them. So one of my tips besides keep it simple is to find what works for you. So for me, I am not going to spend a lot of time in the kitchen. I'm just not. So I'm going to do quick "go to" things like I go to Costco every week and I get a rotisserie chicken.

[00:20:25]

P Do you just get one?

K Actually, I'm just now thinking I can't believe I don't get more than one. I just get one.

P Because you've a big family

K I do.

P Or is this mostly just for your sort of meat protein?

K No, I share it.

P You get one, really?

K Yes, I share.

P Let me know what you do with it then.

K Yes, but I only have six kids at home right now, six out of nine, and really five because yes.

D Just six

K So with that, rotisserie chicken, I can do a lot of things. I can make a soup or a bisque out of it. The chicken noodle, the... What's the...? It's your recipe, it's a chicken noodle...

[00:21:02]

P It's a soup.

K But it's a soup, yes, anyway it doesn't matter, soup, we do a salad bar, so I take all the chicken off the bone and then I set up all these little bowls full of, I use garbanzo beans, nuts, cheese, and I make it so that I can make myself an S Meal if I'd like to, but my kids can have a bunch of E items.

P So they're crossing over.

K They're crossing over. And I might add some rice or some on plan bread for my family. That's a tip that I do. Another thing that I do is on pizza night, I found these sprouted, they're like tortillas.

D It's flat bread.

K It's flat. Thank you.

P Sprouted flat bread. Are they new? Are they from the Ezekiel brand or not?

K They're not. They're from a different brand. And I found them at Sprouts.

P What are they called? Do you know, because everyone's going to want to know.

[00:21:57]

K I don't, I'm sorry.

P We will get ten million emails.

D Just Google sprouted flat bread.

K I'm thinking in my... I can see it, but anyway...

P They are from where, Sprouts?

K I got it from Sprouts, so anyway, and you can actually make those super crisp like it's real thin. So you can make a crispy crust and I just do a pizza topping on it.

P And do you make that, like a... because that's an E crust because it's grain and do you put S toppings and do a Crossover that night for you, even two?

K Sometimes I do.

P Because of course you're at goal weight. There's nothing wrong with a Crossover for people now and then either.

K And sometimes I will make it just E.

P Yes. You can do a little bit of low fat cheese, cottage cheese and lean toppings. That's delicious.

K I had that chicken, the rotisserie chicken, it's good.

[00:22:37]

P Oh yes, exactly, the chicken breast part of it.

K So that's another thing that I like to help people find...

P It's quick.

K The grab and go. I used to spend tons of time in the kitchen. I used to make sprouted bread.

P You did?

K I used to do my own kefir. I do that sometimes, but there are seasons for that, maybe I'll get back into that. At one time I used to culture my own vegetables now I buy them.

P Which is crazy, but...

K And I tell people if you are... The people that I'm working with, if it's better for you to buy something like that so that you actually have it and you can stay on plan, it's better to do that than to set yourself up with a big prep day that you never get to.

[00:23:15]

P I know, it's so true

K So another tip that I tell my clients is let's do a prep day, but let's keep it to an hour or under.

P Wow

K That's awesome.

P And what do they usually do in that prep time?

K So on prep days, I suggest prepping the protein for the week. I suggest prepping their greens. That is my favorite thing to do. I prep my kale, so all week long I can just pull my kale out. It's already ready.

P What do you do to Kale?

K Okay, I love this. It's just garlicky Kale. So I sauté garlic and butter just a little bit of butter. I put the kale in. I let it sweat.

P Bunch of kale from a bag at the store.

K Or I get the real kale and rip it off, which is my favorite. But the bag, I used the bag. Then I add salt and pepper, nutritional yeast. This is the secret. A little smoked vinegar.

P Oh, never even heard of smoked vinegar.

[00:24:14]

K You can get smoked vinegar. Now, I don't know where you get smoked vinegar, I got it from Lockeland Table, which is a restaurant that I go to, but even adding a little balsamic vinegar and then some chicken broth or vegetable broth. And then I just let it cook so I have my greens ready, so I can pull my greens out for any meal, breakfast, lunch, dinner.

P And then you just do a quick heat up and they're already done.

K I actually let them simmer for like 20 minutes. So I'll let them sweat, simmer for 20 minutes. Put them in my container in the fridge. And then I'm a non-breakfast eater. I don't eat. I'm allergic to eggs, I don't eat eggs. I don't like sausage. So I actually eat crazy things for breakfast like left overs or fish?

P Wow

K I eat salmon for breakfast.

P So healthy though.

K And I will just pull in my greens and eat my salmon.

[00:25:04]

P So you eat a lot of these wilted greens, which is really good because it gets rid of some of the things that are in raw Spinach and things like that, even though raw greens are good too, but you're using this pretty much several times a week. No wonder you're so healthy, Kris.

K I do like that stuff, it's so good.

P And that's something you said, I know. Do you have any other tips? But now I want to go back to where you said you can't do eggs because a lot of people are like, what?

K What other tips? Let me see. I wrote all the things. Another thing that I do, I don't like buying bagged lettuce anymore just because of all this stuff that's been going on with that and then it just doesn't last. So I get Romaine and I just chop it up beginning of the week and put it in my own bag.

P Yes, your own like...

K In my own Ziploc baggie



P And it keeps pretty fresh.

K Yes, with a paper towel in there.

P And this is an all in your one hour prep. When you said you prep your protein that could either be your rotisserie chicken or do you sometimes cook up some chicken or ground beef during that time?

[00:25:59]

K Yes, I'll choose what I'm going to have for the week and it will be a chicken or it will be beef and I basically just cook it up for the week. I can bring it out if I want to for lunch or my husband can have it for leftovers. My mouth is getting...

P What about your fish then? Are you always cooking that from scratch?

K I don't. I get frozen salmon and I have an air fryer.

P So you do it in that?

K I do.

P Everyone's going to want to know how.

K Oh my goodness

P Just know that we get ten million emails for whatever you say you have to say it.

K I never think of it like that. I just do it. I just do the stuff. I need to do a video in my kitchen and show you stuff that I do.

P Yes you do.

[00:26:37]

K So I get the frozen salmon and I just take it out and I spray it with MCT oil and I put seasonings on it. I put nutritional yeast on everything.

P Me too

K And chili powder on that and I just put it in the air fryer and in 15 minutes, it's done.

P What temperature? Four hundred?

K Four hundred

P Four hundred and 15 minutes and that salmon is yummy?

K Yes.

P Oh my goodness, this could change my life.

K And sometimes I'll make more and leave it in the fridge. I like it better when I eat it right when it's been cooked.

P Yes, salmon's better like that.

K So that's a tip. I also mix up my ingredients, if I'm going to make a muffin or oatmeal. I like to mix up my ingredients. This is for the prep day ahead of time, so we'll just, we'll put the oats in the sweetener and everything in there and put it in little baggies.

P Okay. That's prep. Can I ask you something?

[00:27:26]

K Yes.

P And I know Danny's got questions too, but are you a menu maker, where you have your own menu made out like you know what's happening for dinner and lunch Monday through Saturday?

K I am a big believer in planning the menu.

P So you're a menu maker, see that's where we're different.

K Especially for my clients, if they have a menu and they have prepared some foods ahead of time, then they are most likely to stay on plan. I can get up and just kind of go to my fridge and get what I want without really thinking about it. But it does, so here's what I've learned when I decide before, like the day before, it helps me not have decision fatigue.

P Yes, okay.

K Basically, whatever decisions I can preplan, I have more energy to just not think about that and think about something else. So I don't plan for seven days. I will plan for three and I just have an idea.

[00:28:23]

P That's good, that's more doable, isn't it?

K An idea, so some people like seven days, some people like three and some people like the night before to plan what they're going to eat.

P And I'm a half hour person before.

K But some people are half hour, but I've done this so long, I was going to say and me too, but again, if you don't know, if you can plan it at least 24 hours, then you're going to be... I don't know, I feel like it sets you up for success. And especially here's a big thing, planning snacks, if you plan your snacks ahead of time then, because I kind of get derailed sometimes with snacks because I'll just... If I'm really hungry and I don't have anything on plan, I just want to grab stuff. For me it's chips. I love Tortilla chips.

P For me, it's not even bad, but it's like it's a Crossover but I would just do them all the time. I'd be crossing over all the time, but it's just, sprouted Ezekiel toast in the toaster with butter. It's like the best snack in the world!

D Yes, butter and toast equals cake for me.

P Yes because I grow up with it; that was what Mum said to go get when we were hungry.

[00:29:26]

D Do you ever sprinkle the mineral salt on your toast?

P Yes.

D That's my cake.

K Me Too

P I do that's a blast.

D Ezekiel toast covered in butter and mineral salt.

P And that's brilliant for people that need the Crossovers all the time, I can do them sometimes, but I can't do them all the time. Or else my scale goes up.

K So I usually will have people plan, like pick some snacks that you like. Go through the book, get online and look for some on plan snacks...

P What are your favorites, give me a couple of snacks that you love.

[00:29:50]

K I do organic beef sticks.

P Do you?

K I think we order them from Paleovalley or something like that. My husband orders them. He gets jalapeno, mine are plain. Here's another prep. I cut up veggies every Sunday and I just have them available so I can grab my bag of cucumbers. That's my favorite thing, I take cucumbers, squeeze a lime on top, put sea salt on top.

P Come on.

K I don't put sea salt on until I'm getting ready to eat it because it makes them all mushy. So I have a bag of veggies. I'll grab those...

P What's your protein, your meat steak or something?

K I'll do the meat stick or I use the Boar's Head Deli meat. I use that a lot.

D Boar's Head is delicious.

K I love it, it is so good.

D You can taste the difference, the quality of it.

P Definitely

K I wrote some stuff down too. I'm trying to think.

[00:30:39]

D I get that they are good at cheese.

P Boar's head cheese is of the charts.

K Their cheese is amazing.

P Do you ever do a cheese and nuts for a snack?

K That was another one. I do cheese and nuts.

P How do you not go overboard on them?

D Pearl please

K Because I pack my baggy before and I put the amount in there.

P That's smart.

D There you go.

K And then I cut myself off and then if I'm still hungry, I'll usually make a protein. I'll usually drink a protein drink. So I usually do like a...

[00:31:10]

P Like a Trimmy or something.

K A Trimmy or a quick chocolate milk, the quick chocolate milk, I just put it in my shaker bottle. I take it with me.

P It's really fills you up, doesn't it?

K Yes.

D What is that? Almond milk and a scoop of our powder or what?

P The chocolate milk is basically almond milk, like 10, 12 ounce cup and then I do half a scoop, I find it too sweet with...

K I do too.

P A full scoop

K And then I add a little bit of salt just, I like the pinch of salt to it.

P Do you know what I've been doing lately, every night? Because over Christmas, you get used to doing the big treats and then I was getting a hankering for every night. Well, where's my treat. Even if it's a Trim Healthy Mama treat. You get into like, hey, where's my right to eat cheesecake here at 9:00 o'clock at night, but I've been doing for about a week now, this basic thing, it's not even a Trimmy, but it saves me at night time. I get so full and so satisfied.

[00:32:00]

P All it is about six ounces of water, six ounces of almond milk. Put that in a little tiny pot. Put one heaped teaspoon of cocoa powder, one scant teaspoon of super sweet and two pinches of salt and then a dash of whatever you want. Like vanilla and one teaspoon of cream. We should write this out, but it is the best hot chocolate.

K To eat it up, that sounds amazing.

P Last night, I put just one drop of peppermint essential oils. But you could do extract if you're not into ingesting essential oils.

K Oh, I wish we had some now.

P So I have it, I'll do my dinner, actually I have it about an hour after my dinner at night because that's when I start to feel like...

D Dessert time

P Dessert time and my body tells me, give me, give me and it gets in a selfish, like a demand things mode. And so I give it that and then I find all the hankering for cheesecake goes away.

[00:32:47]

D Oh, that's interesting. I found the same thing over this holiday break with hot chocolate. It was like an after dinner snack that cured my whole cheesecake want because for me it's cheesecake. That's what I want after dinner, just every night I want cheesecake specifically. It's like when I used to smoke cigarettes and it's like, it was way back in the day.

P Yes, back when you were like 12.

D No, I was 15, this is 1995. And driving down the road in the car you have to have a cigarette if you're a smoker, when you drive, every smoker listening knows, when that car engine starts, a cigarette comes out. It's something, it's like coffee in the morning. It's just...

P Is that right? Because your brain is the pathway must be filled.

D I'm sitting with nothing to do. I'm idle. My brain wants a thing. And where's my thing...

P But obviously, you got over that?

D Totally, yes, I just cold turkey'ed cigarettes. But it's the same with hot cocoa or anything like that that's rich and creamy and sweet. It will curb the whole I want my cake kind of thing at night. It helps. So cocoa at night is a good.

P It is and it's been really great to enter this New Year doing it because I feel so blessed doing it.

[00:33:57]

D Yes, every time, you're just like, oh.

P Oh yes, it's like I'm the luckiest girl.

K I'm going to have to try that.

P Oh, you have to. Do you want me to go through it again? I'll go through it again, so half and half water and almond or cashew milk. Put it in a pot, one teaspoon of cream, one heaped teaspoon of cocoa powder, one scant teaspoon of super sweet, a bit of salt and then one drop of the extract oil.

D I love it.

P And man, it's good, I'm telling you and it's like a Fuel Pull.

D Yes, and if you have a problem with heaped and scant, you're going to have to get over it if you're listening to the podcast because that's how it goes.

## **ADVERTISEMENT**

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

S Serene

[00:34:32]

P Simple Contacts changes your world. This contact lens company is so simple. All you need is five minutes and Internet connection and ten feet of space so you can do the little eye tests. You take the test, a very short test. A real doctor reviews it, writes your prescription.

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S This is the PODdy with Serene...

P And Pearl.

S Get it right. It's P- O- D -D- Y.

[00:36:02]

P Hey, so Kris, do you have any more tips? Because then I want to ask you about your allergy to eggs.

K I don't think I do, that's the majority of them.

P So, wow, we're 34 minutes in already.

D You better save time for my question for Kris.



P Okay. This is my last one then I think.

D Fair

P You have to do Trim Healthy Mama with limitations that would deter the strongest woman. People could say eggs. I look at my life without eggs and I think, how?

K I have egg envy. I think eggs are beautiful, but I think they're disgusting because I'm allergic to them and I don't like them. Crazy, I've never eaten them in my whole life. I would never eat them growing up. And then when I was going through all the health issues, I was tested and I'm allergic to them.

[00:36:45]

K So that's why I don't like them, but I think they're beautiful. And if you could eat them, yes, go for it.

P So you... what about all the baked goods that have eggs in them and what about the breakfast from morning, you're mostly just doing meats and fluid proteins as well?

K Yes, so like basically I can have foods that have the baked egg in there. That doesn't bother me unless I have a lot of that. But normally I really don't have a lot of that. I have a lot of whole foods and vegetables. But I cannot have any eggs that are just... they hurt my stomach so I don't even... They're not even on my list. So basically for breakfast, this sounds funny, but I do leftovers for breakfast. I will do yogurt, I'll do the Cottage Berry Whip, I'll do things like that, but I just...

D Of course she told us salmon.

K Oh yes, that's my favorite.

P And then you're doing those wilted greens a lot with like a sausage meat?

K I do, yes.

P And how do you get the mindset though? So many people say I can't do this and I can't do that. And I think sometimes we live under the oppression of that. How do you not let it be an oppression and how is your... you seem happy. You don't seem like deprived. So what's the mindset with this?

[00:38:03]

K I think mindset is everything and it did take me awhile to get there because you heard me complaining a long time ago when I couldn't have this and that. Basically I think the first thing is accepting it, accepting that this is my portion, this is what I can do and this is what I can't do.

P What do you feel about God's healing in that, do you feel like he could come and even heal your body against that? Oh, you feel like I don't need that. I'm okay without eggs.

K I feel like he could and I feel like I'm completely fine if he didn't. But that's the point that I'm trying to make is that accepting the way it is, it helps me not to fight against it. So I just know this is just the way it is. I can't control that, but I am going to make choices with what I can control. So I think with the mindset of what can you have?

K So if somebody comes to me and they're like, I can't have this, I can't have that, and I'll say, what can you have? What do you love? Let's find a replacement and you can do that. But a lot of times they get stuck in confusion because they're like, I don't know what I can have or I don't know what I want, or I'm mad because I can't have this.

[00:39:05]

K So when I can kind of get in there and see, well let's look at what you can have and let's plug that into your routine and let's try some different recipes to see if you might be able to turn this corner or like this. So it's basically pointing them to what they can have. And it's all that mindset.

P And do you feel blessed with the foods that you can eat? Even though you can't have eggs, you chose to think, oh my goodness, all these foods that I can eat.

K I'm very thankful. I'm very thankful for my health. I'm very thankful for the food that I do get to eat. And I've cultivated a love of health food over the years. I just, I love the way it makes me feel. I love God provided it for us, I love that it can actually help heal our bodies.

K So I look at it more from now, a more gratitude or thankful mindset as opposed to what I can't have. It's like, what can we have and what can I control? I'm not going to mess with what I can't control.

P Yes, I love it. Okay, Dan, Dan, John's looking at his watch that means...

D Oh the watch, it's only been 38 minutes, most podcast are like two hours, I remind you.

P Hey, we're in the Top Ten podcast.

D And we're in the Top Ten...

P We should take two hours.

[00:40:14]

D We should do what we want, yes, we'll do what we want. I just want to know, what's your favorite part about being a coach?

K I'm so glad you asked that. I love, well, there are two things. I love helping people transform their lives, period, love that, live for that, passionate about that. So as a coach, I get to do that.

P Amazing

K And I love coaching our coaches. That has been so amazing to me. I had no idea that I was such a champion for other people in their amazingness.

P Wow, I love watching you. How you do it with them because there's a coaching group, once you become a coach. They've got their own group, aren't they not the most amazing group of women in the world?

K I am blown away.

P Everyone helps one another.

K They do and they are smart and creative and hard workers and efficient and I mean they have so much on their plate and doing amazing things.

[00:41:14]

K So those are the parts that I love... I love that.

D And what would you say the first thing people need to do to get real about the health of their bodies?

K To get real

D Yes, because I feel like I came from a world where for years and years and many of my friends are still there. They lie to themselves, they play games with their mind. They act like they're handicapped. I mean there's all of this stuff to get over that I personally had to get over to get real about my health. And I'm just curious, what would you say as a starting place for people to get real, people to get serious?

K That's a hard question because I have been coaching for a lot of years and I really can't coach people that don't want to be coached. And I think that you have to want it and sometimes that you have to get desperate to want it. And I know for me, I had to get desperate and I wouldn't want that for anybody. I would want people to value themselves and to nurture themselves. And my question is like, why aren't we doing that? Why aren't we loving ourselves? Why are we not taking care of ourselves? There are usually reasons for that. So as far as calling somebody to get real with that, I mean, I just think awareness is huge.

P But you're right, often it takes someone seeing a picture of themselves or getting to that point where they're like, my knees hurt or I can't play with my children. I'm wiped out. I feel nasty.

[00:42:47]

D Well, I used to weigh more than I weigh now, but I didn't care. I could have gained another 200 pounds and as long as I felt good, no change. But I was having gut issues. I was in pain.

K That was your impetus to change.

D Exactly, I had to suffer. That's what made me get real.

P And so you can't force it on someone, they have to come to that life thing. It's like God, you know this... Jesus talks about the fertile soil. You know when you plant those seeds and sometimes the soil's just not ready. What's your other question for Kris?

D That's it. That's it, Coach Kris. I'm so glad you came to the Trim Healthy Podcast on our celebration day of Top Ten Health Podcasts of 2018 folks, you're hearing it now.

[00:43:32]

P But I do want to say this. When we talk about coaching with Trim Healthy Mama, there's no... Some people will never need a coach. And we didn't set this program up, so like some multilevel marketing and our coaching system's not even set up like that, that you have to have a coach. You don't, I mean the books are there and you've got friends, you've got free support everywhere you go. However, some people thrive in that situation where they've got that one on one accountability partner. And I see her every day from the coaches, now I'm in that group and I see my client did this and before she was just... They just need that handholding, absolutely.

D I can tell you that for me personally, one of the first things I do when I get serious after I've already done the whole want to bridge cross, we're okay. I definitely want this. I want it more than I want to binge watch episodes of the Office. I now want this more finally, I cross that bridge. And one of the first things I've done, not just... I feel like Serene and Pearl are my health coaches. So I've never invested in a health coach because I have them every week. I just ask them questions and they tell me, but I have invested in a physical workout coach when I got serious. I've also paid for a business coach because I got serious about the business. And I wasn't leading to that, but I just thought of that after I asked you.

P Sometimes when you invest that time and you invested a bit of financial too.

D You pay for it.

[00:45:05]

P You're like okay, I'm going to do this.

D And let me tell you, my business coach is a friend of mine who would do it for free. But he said if I do it for free, you will benefit nothing. He said you need to budget and hurt a little bit when you pay me because this is going to be the impetus to push you forward.

K I totally agree. And I have and I do coach clients for free sometimes. I used to do it more and those clients did not stay with it and they didn't feel the pain of their bank account.

D That's it.

K And the people that hire me now, they're happy to pay because they're motivated to change and they know they need the accountability.

D That's right. See, and I know now if he offered it to me for free, I wouldn't accept it because I've had so much value in actually investing because that's my treasure.

P This all, is all about your treasure Danny, so true.

[00:46:03]

D And where I put my treasure that's where my heart's going to be, and so I encourage coaches or people that charge for services, never do it for free because you're not helping people if you do it for free. They need to pay for it.

P Unless it's a gift and someone is like totally wiped out of money.

D But there's those situations.

P If they had the money. And the fact is no one... There's literally hundreds of thousands of people on Trim Healthy Mama that have been so successful without a coach.

D True

P So it's not like you need a coach, but however, if you're meandering around and you're not really investing, maybe that is going to be the thing because that's your truth. You start to put, your little bit of your finances and a little bit more of your effort.

D But actually it rewires your brain a little bit.

P It does.

D It's kind of like when you... I mean, take something simple. I bought a pound of beef from the store. You can cook some and throw some out. You mentally cannot fathom wasting the food. And so it's kind of the same thing when you pay for something, you use all of it and you actually do it.

[00:47:10]

P I remember though, I would have, before we even wrote the book, Serene and I wrote that first book and of course Kris knew about it and was doing it, but she was an implementer of things. So she just took what we said and did it. But I would have people call me and say, Pearl, can I please come to your house? You need to show me, you need to show me. And I'm like, okay. So I would spend like

most of my day cooking with someone, teaching them. And I really learned from that because the ones that asked me for this, like, can I come? I need you again. Show me how to do that again. And I was so willing to do it because I was so excited to teach people. But I'm telling you, those people that I spent most of my time with for free, they would do the least.

P Sometimes if I just do a quick email to someone and they'd grabbed and they'd just asked me a couple of questions like, can I do that? They'd go away and they'd just make huge changes because they were putting in the time on their own. But when someone expects everything from someone else without putting in that effort on their own, it usually they fall off the wayside. So don't be that person.

[00:48:18]

P All I'm saying is we are all different and we need to learn, and I love spending my time on the groups giving my advice for free and stuff. But you have to go and do yourself. And sometimes at doing it yourself is maybe investing in a coach, or sometimes it's maybe, okay, I'm really going to sit down and read those first three chapters of the book, rather than say, I read the book and I flip through. I'm being really cruel.

K Good word

P Tough love people, it's 2019 and you're going to do this this year and you're going to set your treasure. I love that Danny because it is a treasure to look after this body that we have been given. It's fearfully and wonderfully made and it deserves fearfully and wonderfully pampering and not just pampering, but just effort, just nurturing. I think we wrapped it up.

D We did it.

P We did it.

D We did it again.

P Thank you so much, Kris.

D We've got another one in the books.

K Thank you.

P That's awesome.

[00:49:15]

D Yes special guests and Head Coach Kris Honeycutt, it's so great to have you and we hope we have you again.

K Thank you.

P Oh yes

D Take care of folks.

[00:49:34]

Link to the Coaching Directory:

<https://coaching.trimhealthymama.com/coaching-directory/>