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Trim Healthy Podcast with Serene and Pearl
Episode #104 - Mean Girl Poddy: 5 Dumb Things
(Original Air Date: 1/23/19)

*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!***

S = Serene • P = Pearl • D = Danny • L = Lesley • J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls it's time for another episode of the Trim Healthy Podcast with Serene, Pearl, and Danny. And this episode's really special because I don't know the topic.

S It's very special for many reasons. Actually one of the reasons... Maybe you would wish that I wouldn't tell you.

D I do wish.

S No, they would wish because they're going to have imagine it...

D I meant I wish you would tell me.

S Danny's in bathrobe.

[00:00:31]

P It's not his.

D It's my wife's.

S I'm not sure why he chose his wife's. It is cold outside. I'm not sure if he'd lost his coat or what. The only thing that makes it more bearable for me is he's in some very masculine sneakers.

P But this is not something... It's not like Danny had a little, you know, cold and needed to just cozy up in his wife's bathrobe. No, he's been wearing this as a fashion statement for two weeks.

D I actually like it. You know I have a thin neck and a collar really accents me in a positive way.

P I'm going to take a picture so people know what we're talking about.

S I don't know why you didn't do your robe, why your wife's?

P It's more Spanish lord. He feels like he's a Spanish lord.

S So the flowers are...

[00:01:10]

P Enough about Danny, it's all done.

D Hey actually we had somebody write in who listens to the podcast and said randomly one of her favorite things is Serene's commentary on my outfits.

P By the way, we also had someone write in. I sent them to dannysaidwhat.com. She's like, thanks, I've been a long time listener to the podcast and thanks for dissing Memphis.

D Who dissed Memphis?

P She's like, I love Memphis. You totally dissed it.

D I didn't dis Memphis. I'm from Memphis.

P I know, that's why you dissed it.

D Hey listen. Here's what people from Memphis know that people not from Memphis don't know is that when you dis something, it's a sign of endearment. Like we dis our relatives and my brother and we punk people and that's Memphis. So I'll dis Memphis because I'm from Memphis and I know that Memphis is hood and needs to be dissed until the government cleans the city up.

S But you're dissing it because you love it, yes.

[00:02:00]

D But I love it.

S Yes, yes, yes.

D Can I have one more thing before John says something beautiful I can tell? I just have to say, while we're on this topic of people writing in and such, I got a card. Yes.

S Awe, you got a card

P Just to you, not to Serene and Pearl

S Yes you did because I got that same beautiful card. Sorry Danny.

D Did you get one too?

S Sorry Danny, sorry Danny.

P Let me see it.

D This is sweet.

S That beautiful, beautiful family

[00:02:22]

D Merry Christmas

P Oh yes, that one.

D It's from Becky and her family. I guess we'll conceal your last name but Becky, thank you so much for this beautiful card

P Is that your first piece of like mail.

D This is my first like piece of mail and she wrote a note. Danny, Merry Christmas from our family to yours. Thanks for what you've added to my THM lifestyle. I enjoy tuning in each week to The PODdy, Becky. Thank you Becky. This means so much...

S Did you hang that like on the tree as like a special ornament because you're like I'm in the podcast that much.

D Yes, this is a gift from a relative as far as I'm concerned and it means a lot. Appreciate it.

J So I got two things. One, have you guys seen the thing going around on social media, the picture of the egg?

D The picture of the egg

[00:03:06]

J It was an effort to make this picture, this egg the most liked, viewed just because.

S Like a fried egg?

J No, it's just a picture of an egg, just because, just because.

S Snake egg? Chicken egg? Like I need more specifics.

J The previous record was held by a Kardashian picture and they wanted to beat that with just a picture of an egg.

D Oh yes

J I think Pearl, that picture you just took of Danny, we might have something there. Let's try to beat the egg.

D We're going to wreck the internet?

J Let's try to beat the egg. But seriously folks, I got a trivia question for you.

D Yes

J How many weeks are there in a year?

S 52

[00:03:43]

D It's like 209.

J 52 is the correct answer. This is Episode 104 my friends.

S Woolala, our two year birthday

D 104, oh this is the one?

J Yes!! Episode 104, you're listening right now to our two year anniversary podcast.

S I can't believe my homeschooled [inaudible].

J Two full years on the air

D That's epic.

J Yes, one podcast every week for 104 weeks. Two years.

D Oh my goodness

J So congrats, yes.

D Yay and yay to the listener!

P Thanks John, now I want to get on to the topic. We promised you guys this topic then Serene was away for two weeks. Wasn't two weeks in our land, in our time. It was just two days for us.

[00:04:25]

S Yes

P But in your world it was two weeks.

S Maybe it was two weeks in our time because it was home full of vomiters.

P So time sort of went slower?

S Slow

P And then Serene... She was in a home full of vomiters but she's back and I promised you and I wanted to wait for Serene to do this one because Serene needed to be with me and we needed to be...

S Because I like to put a bit of a mean streak on occasionally, and thhis is going to be that.

P Today we're going to be not so kind. Is that okay with everybody?

S Well I love you Pearl. Like who do I love more than my husband and my children?

P Me

[00:04:56]

S Yes, like that you're right there, up on the top of the list with my Mutti and my Vater. I meant my Mum and my ad. Don't mind me speaking German.

P Speaking of that, Mutti and Vater, that is... Is that German?

S Yes, well hopefully if you're German, don't write in and say we didn't pronounce it properly or maybe you should to clear the whole thing up. But you're right up there Pearl and I like to get hard to you sometimes I love.

P You're the meanest person to me.

S Yes

P And I love you.

S Pearl, you can't think like that. I'm sorry. Blah, blah, blah, blah, blah.

P So today when Serene and I talk to you we're doing it out of love.

S Is that what the Mutti and Vater made you think of?

P No, I thought I would at least say the name of this topic... “Five Dumb Things You’re Doing Stop It Now”. Okay? Just to help you on your trim healthy journey.

S And that’s not, hey, stop it.

[00:05:39]

P No, it’s just STOP IT.

S Yes

P That’s what it is because today is just we’re not being kind.

S And I’m a little bit cranky because I slept on my neck wrong last night. I was like was nursing the baby in this weird coonk of a position.

P So this is a good day to bring that [inaudible].

S And I cannot move my neck so to get some violence in my voice, I’m going to have to be very a little bit loud.

P So there you go Danny. That’s the subject. You can follow along and bring whenever you have something to add.

S But back to Mutti and Vater.

P So last weekend, Charlie and I went on a little, just a weekend getaway but we had to fly so I thought, I don’t know, the laws have changed. So if our federal government says that I can have my CBD in my Feminine Balance, right? But I don’t know. Maybe they’ll steal it from me and I don’t want to go and have to be patted down. So I’m not going to take my Feminine Balance. And it does really help me sleep. I have the best sleeps.

[00:06:29]

P So I was out without my Feminine Balance and on the second night, guess what went through my head the whole time?

S Did you have a German dream?

P No, hallo Mutter, hallo Vater, here I am in Camp Granada.

S That's what people think that would be when you're on the weed. They'd think that you're having those dreams.

P No, when I'm taking my Feminine Balance at night, it's just soothing thoughts right into sleep. But all it was was hallo Mutter, hallo Vater. Constantly, I was like Feminine Balance, where are you?

S You were going a little bit weird on the withdrawal Pearl.

P Oh my God

S But don't worry. I've actually had a few days without it and I didn't do hallo Mutter, hallo Vater so don't think that you're going to have bad withdrawals when you go off. You won't. That's just Pearl's crazy brain and what she does.

[00:07:19]

P No, it was just like... It was the difference between ...

S Peas in your brain

P Sleep and just strange.

S It could be some bad spiritual something's in the hotel room you were in.

P I don't know, but anyway ...

S A German band may have you know

P No, I'm not sure. It wasn't ... That's not German. That's ... Remember that song? hallo Mutter, hallo Vater?

S No

P You all know what ... John, you know what I'm talking about?

S He knows every crazy band.

P Serene, you don't know when I'm singing, when I'm singing that one? Here I am in Camp Granada.

[00:07:48]

S No I don't know.

P It's not German.

S But it was fascinating nonetheless.

D Sounds like some sort of nationalist crazy.

P People are totally at this point sick of the rabbit trails.

S Do you know what they want to say? Hey, just stop it. Just stop it.

P You are allowed to tell Serene and I to just stop it as we are about to tell you. Number one, just stop eating the food off your kids' plates.

S That's a huge one. That is a huge one. And I understand. It's all about ... Our producer John here is ...

J What's happening?

P What are you doing?

S Is doing the hallo Mutter, Vater.

P That was the song, yes. Now here we are back.

S Oh my goodness now it's stuck in my brain

[00:08:38]

P It's about waste you see because you make your child a nice meal. Let's say peanut butter and jelly and they're three or maybe they're eight but they don't eat the whole thing. You put some Goldfish on the side of your plate because you're doing a regular kid's lunch...

S Do you? I don't.

P I know you don't and I probably don't but I have done it and people are doing this because that's what their child is they know it's going to eat, or pretzels or something, right.

S Just stop it.

P And the child has like five bites and you're like finish it and then they don't and then finally it's like, okay, so this

S And you see the extra 75 cents just wasted on the tray and you think I need to eat that 75 cents.

P And you're like there's no way I'm going to throw that piece of uneaten sandwich in the trash so you eat it because you're being the good person that doesn't waste.

[00:09:25]

S That's one reason. Or the other reason is you are famished, and if you're like me you don't want to eat until your child's eaten because you want to actually be able to breathe while you eat and not just be like lurching for like the food that's being thrown across the room or something. And then you don't want to be wiping snot with every one of your own mouthfuls. You wanted to feed the little cuteness and then eat yourself but you're starved. So the whole time you're just kind of like ... Subconsciously eating every second bite your child is eating.

P But we promise you, you won't know you've had a meal when you do it that way. If you're snatching from your child's plate and just gobbling and you're going to eat it fast because you don't really feel right about it. It's not going to be an enjoyable meal. It's not going to do your body any good. You're probably going to get some heart burn because you shoved it down.

S Or it could be not even off the plate. It could be while you're preparing the plate.

P Yes.

S Like a little, okay, you've spread the peanut butter but there's a little bit left on the spoon or you might as well just have a little half spoon for while you're doing that and then you're getting out the sandwich and maybe you're cutting the crust off and you're eating a few yourself. And then just by the time you're done preparing, you've had a semi-snack. You don't even know it though. You don't know it.

[00:10:32]

P So all we have to say about this is

S Stop it.

P Stop it. You can stop this. You think you've done it for so many years, you can jolly well stop it.

S But I've actually been observant in this. It used to be a habit of mine too but when I got rid of the habit, I started watching other Mums, they don't they're doing it but more people do it than they realise. And now let me give you a little insight to human nature. Our Father, bless his wonderfulness, he'll be having a piece of toast at night and my Mum will get on him. Because she'll be like, darling, you won't lose that belly if you're going to eat bread all day. And he says, mark my word he says is, this is my first piece. He doesn't remember the other 5,000 pieces.

D Conveniently

S Because he was standing up and rushing while he was doing it. It was just kind of on his way to the ironing board and on his way out the door to do an errand.

P Our Dad still one of the last men who irons his clothes.

[00:11:25]

S He doesn't remember those pieces, they don't know that they're doing it and they're not counting it as any of their content of fuel. But no, you might be doing it.

P So let's just say that children are growing, they can't take more carbs than you even though we don't like things like Goldfish crackers and pretzels and all that. Maybe they are a part of child's life, you don't need them. You're in a different stage of life. Stop eating your kid's food.

S And can I say something too, just because we're on the mean soapbox.

P Totally mean today.

S Do you feed those fish to your dog?

P The Goldfish

S I do want to say that though.

D Dog food

S People, no people feed their children less healthy than they do their animals.

P That's true.

S They do. They make sure it's the Purina and they count all those vitamins and minerals in the back of that pack.

[00:12:12]

D There's some phenomena when it comes to our animals. It's like ... I don't know what.

P You're really dissed on social media if you ... If you take a picture, right, of your dog and in the background is a big bag of dog food and it's the cheap kind, you're going to get so many people shaming you. Dog owner shaming

S Or if you're showing a picture and you're like chucking a piece of left over Fruit Loop to the dog.

P John would shame you. John only feeds his dog... he doesn't even do any dog food.

D Like home-cooked.

P It's a home-cooked... It's raw meat.

S My point being, you go to a restaurant and you read the kid's menu and you see the different colas they can suggest.

P Chicken nuggets

[00:12:47]

S People would go to jail for 15 years feeding cola to a dog.

P I know my goodness.

D Pour Coke in your dog's bowl.

S That's another thing to stop it. Because the Goldfish and the pretzels, that's one thing but you know, I'm just getting on my soap box.

P Since it's mean day.

S Just since it's mean day.

P Let's just call it mean day.

S Hey just stop it. Stop feeding your dog better than your toddler.

D You know what we ought to do? Is a social experiment where we act like., we have our dog and we pour Coke into its bowl and we're just like, my dog just loves Coke, we don't understand and let people lose their mind and then come back and say actually it was just to make a point. Don't your kids drink Coke? Don't you drink Coke? Well why is it outrage?

S And there's one thing, he's just two... His metabolism could handle them, I'm just going to throw these Goldfish or these pretzels at him.

[00:13:34]

P He won't eat as good without them.

S You see you're teaching them to love it when they're 13, 15, 18 and then a big old picky father who makes sure he has chips on the side of every sandwich.

D I wonder if to this day, because I... You know me.

S That's a sigh. Oh my goodness.

P That was a big sigh Dan-Dan.

S This is allowed to be mean day but not depressed day Dan. You're already in a bathrobe.

P It's because he's in a robe.

D It's not depressed day. It's health journey processing day. Like two years ago, I stopped drinking Coke twice a day and eating bacon, egg, and cheese biscuits from McDonald's on my way to the construction site.

S You don't even eat once a day. Just be clear.

D I eat just whatever was quick and easy all day.

[00:14:16]

S But now you don't even just do once. It's gone.

D Oh no, it's totally gone.

P That's [inaudible].

S I had to clarify because he said I stopped doing it twice a day. I'm clarifying.

D Here's something interesting. I went from chronic nausea, spikes and crashes and malaise throughout the day to childlike, never felt better ever but I trade... But now I have something. I have this rumbly, gurgly belly and I wonder if it's because it doesn't know what to do with stuff other than macaroni and cheese and hotdogs.

S Because that's what you were raised on.

D That's what I was raised on.

S So your body doesn't know how to digest things with fiber and substance.

D Like I've had crazy belly issues since I've corrected my diet so my nausea's gone but now my system, I wonder if it's just like, we're trying but...

P What's wrong with a few gurgles and you know, you're system's probably healing.

[00:15:05]

D Maybe so yes.

P And stuff like that. You're putting more roughage in, you are putting more veggies in.

D I've lost ten pounds.

P You have? You didn't need to lose that.

D I don't want to lose ten pounds though.

P Are you doing what Serene and I are telling you? Protein in every meal?

S I don't think you are.

P And your carbs... This is not about what Danny...

S Are you doing butter and honey, raw honey in your smoothies?

D Yes, but I ran and worked out everyday this summer.

P Okay. So you need more calories at the same time Dan-Dan.

D Maybe I'm ignoring that. I don't know.

[00:15:30]

P When you tell us for breakfast I did good, I had one egg on one piece of toast. That's pittance.

S You know, one egg on one piece toast, my children get like yard work, punishment for only eating that amount.

P All I'm saying is...

S I'm just teasing.

D I know what you're saying.

S Hey don't call DCS, I've already been there.

D Done that.

P And everyone who's just joining in, we have so many newbies to this podcast. Danny is a high metabolism, skinny guy just so you know. So when we tell him to eat more...

S But he is masculine enough to not be afraid of wearing his wife's bathrobe.

P Number two...

S No, but I just wanted to go there.

[00:16:04]

P Serene, we got to get through five points.

S This is important, you said what's wrong with a few rumbles and I want to congratulate you on such raw, just topic that we need to address really quickly. People want to be too above the human body.

P Like the millennials who don't go to the bathroom

S They want to be like we don't poop. Gas is not real. I'm just going to put my head in the sand like an ostrich and think I don't do it. The body is going to rumble. It's going to rumble and that's okay.

P It's going to rumble.

S You can embrace a little bit of that. Don't think I must have a leaky gut. No. There's going to be a bit of rumble because you're human.

D Maybe in the mornings more than later

P Yes, because you're going to go to the bathroom. You got to get the waste out and it rumbles before it comes out just like a mountain rumbles before it explodes.

S Bit of volcanic activity is seen in the rest of nature.

[00:16:55]

D I could actually squeeze... If I reach with my left hand and grab my side and squeeze, squeeze, squeeze, I can hear like...

P That's normal.

S Of course

D Is that normal.

S Of course

D I thought I was dying.

S If you go and...we're raised on a farm. Our Grandfather had a bunch of sheep and our Dad was raising animals...

D It squishes when you squeeze?

P Yes Danny

S And now we have animals out here. Animals rumble too and they are healthy.

P You've got squishy stuff in your intestines.

S Grass fed beef.

P You've got some air and you got some liquid and you got some food. What happens when you squish a balloon with water in it?

[00:17:24]

D That's what I was picturing. I was like ...

S You know it's the bacteria inside of us that makes us so healthy. There's colonies. There's armies of bugs and they meet and match and they do a bit of kissy and make a good smell. Like what I'm trying to say is they make good bacteria. They multiply it.

P Can we get on to number two though?

S Yes but the people have to know that.

P I know. Danny's just fixed for the day. He thought he was dying because his stomach squishes. But can we not make this about Danny?

D No it's not because what's happening is listeners are like me too thank God.

P Okay, good

D That's why I bring it up.

S And that's why you don't look at your tummy after lunch. You allow a little gas ...

[00:18:02]

P Build up.

S Allow a little gas enlargement.

ADVERTISEMENT

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

S Serene

P Simple Contacts changes your world.

S This contact lens company is so simple. All you need is five minutes, an internet connection and ten feet of space so you can do their little eye test.

P You take the test. A very short test. A real doctor reviews it and makes it right to your prescription.

S Yes and it costs \$20 but hey, your normal experience is like \$200. It's convenient, it's fast, it's reliable. This has all the brands and types of lenses that you're familiar with so you don't have to shop around and worry about will they have my favourites? They will have it.

P You got to know, this is not like a full replacement for periodic, full eye health exams. You can go to your full eye health exam with your doctor that you love. You still need those occasionally but do you hear that word occasionally?

S Yes

[00:19:00]

P The contact lens prices are unbeatable. Standard shipping is free. And best of all, we are offering a promotion to our Trim Healthy listeners. Get \$20 off your contacts at simplecontacts.com/trimhealthy20 or enter the code trimhealthy20, that's 2-0 at check out. Save yourself time, money and headache. simplecontacts.com/trimhealthy20 or just enter the code trimhealthy20 at the check out.

S This is The PODdy with Serene.

P And Pearl

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

P Number two, would you please stop going hungry to the grocery store and then making stupid decisions.

S That's a huge one. Now even if you're full when you leave, you think of said maniac hunger and you throw a piece in your bag for when it hits.

P You see I've never done this. People I'll tell you the way I get through.

D I just thought of a joke.

[00:20:04]

P Yes Dan

D How do you accidentally buy Goldfish at the grocery store?

P You go hungry.

D You go hungry, because that's what I put in my cart.

S And you take hungry maniac child.

D And both of you are maniacs reaching ...

S No, so you don't even get Goldfish you actually get something really worse. You get like a bright, blue frosty.

P And you know you're opening it just for your child but you know, if you're maniac hungry, you're eating more than your child.

D Yes you are.

P Even I will do that.

S And you're sipping it like a freak because you know you're not meant to be sipping it so you do it fast and strong.

D Especially the new Extreme Cheddar Flavored Goldfish. I would have no clue about ...

S And the Moon Cheese, that can be dangerous. Even if you're at Starbucks and you think I'm just going to have this healthy just a protein snack, if you're starved

[00:20:45]

P If you're a maniac.

S And you're a maniac. Did you know the serving size is only four little pieces of Moonie?

P Yes, I don't believe in those serving sizes.

S There's 57 in your mouth when you're a maniac.

P So let's talk about how not to be a maniac at the grocery store. You do eat some protein before you leave. You try and sort it out so that you have your meal before you go.

S Right before

P You got to make better grocery choices too. Sometimes you can't and there's a certain amount of mania happening. These days there's really no excuse. You can go to the refrigerated section of that grocery store. There's things like little packages of nuts and cheese. They're little and called protein packs, they're awesome.

[00:21:22]

S They're awesome.

P I've done that many a time. There's actually boiled eggs. You can actually buy pre ... If you're into pork bacon or whatever.

S What about Gouda sticks?

P Gouda sticks. Get some cheese sticks. You can buy pre-cooked bacon if you want. There's jerky. There are berries. You know what I love? Every time I go through the a grocery store, I grab on my way out a fresh thing of berries.

S Of blueberries, I love me some of that.

P I do raspberries and I eat them on the way home along with like a cheese stick or something.

S Or kombucha and raspberries on the way home.

D Raspberries are fantastic sources of fiber.

S Because I've already got a collagen drink. I always take a drink with me you see.

P So please stop doing that people. That was easy. Number two. And number three. Please ...

[00:22:00]

S But remember to take your Zippies guys.

P Yes, do so.

S Throw them in your purse.

P Do so if you want.

D To bring like little premade bags of carrots or berries or

P Carrots sounds boring but like a protein bowl or like some ...

S Or take one of our Trim Healthy Mama chocolate bars, the Butterfly Bars, at least it's in your bag on the way home. And sometimes you really don't need to eat while you're out. You don't need to eat everywhere you go people but we live out in the country so it's definitely a good 35 to 40 minutes before we make it to the grocery store.

S Sorry, sorry, everything takes long even when you're in the city. Sometimes longer with traffic and you're around food.

P Yes.

[00:22:33]

D Yes

S You're going to be hungrier than usual.

D You can smell it too.

S And you can smell it and you go into Walmart and even if you think normally it's gross, you smell the popcorn chicken in the back at the deli.

P It's good.

S You're a goner.

P At that time it's good, right?

D Yes, well and it's all... I say this over and over in my brain, this one time is fine but I do that three times a day.

P Alright, so the next one is please stop... This is Serene's point. We went at them beforehand and I'm like, that's not a very good point but here it goes. She made me put it in.

S Listen, which one is...

D Stand by for bad point

[00:23:04]

P Please stop not having a plan in the evening.

S That's my main way I keep on track and stay in control in my life.

P Please stop not having a plan.

D Yes, stop!

S I didn't word it that way. I said...

P Yes you did.

S Stop being a non-planner of an evening.

D Stop failing to plan people

S Listen, I'm not here being some strict-o like boring, these are the rules, these are all your can'ts. No. Because I believe in breaking the rules from time to time when it comes to things like food because really in the big picture, it's not like we're going to hell for eating a cheeseburger. But anyway, I have a plan and that's what keeps me, for the most part, on the healthy rails. They're teasing me. They're talking about me. They're going...

P Danny turned to me and said, she would never eat a cheeseburger.

[00:23:57]

S No, except for... I wouldn't say that. Yes, at another PODdy you'll say that. Anyway...

D Are you a sucker for a cheeseburger?

S No but I have a funny thing about cheeseburgers. What I would eat 50 cheeseburgers for? It'll come out at another PODdy. But anyway...

D It will be a new game.

S So I have a plan at night that okay, five days during the week, not the weekends, but five days during the week, in the evening after dinner, when it's past 8:00...

P Yes, because you already had your food.

S Yes, but past 8:00, if I'm hungry and somehow we had an early dinner, I'm going to eat food before 8:00. It might be like a protein snack. Like a little Cottage Berry Whip or something. But if it's after 8:00 and I am hungry because I'm staying up until 10:30 and dinner was like at 5:00 and it's after 8:00, I'm going to have a plan. I'm going to only eat...

P We need a plan, can I say, because that's crazy time. I don't care... I don't know one person that's not crazy time for, am I right Danny? Lesley is nodding.

S And they wouldn't be hungry if they were having a nice 9:00 bedtime but that's not this world we live in. 9:00 every night, it's not.

P That's crazy time for all of us.

[00:25:05]

S Okay so I say, you know what Serene, after 8:00 during the week, it's just beautiful light Trimmie's either like a hot chocolate or a decaf latte or a Salted Caramel Oolong and it's crudités until my heart's content.

P Crudités, do you mean non-starchy veggies?

S I have crispy, yummy celery. I have the sweet baby carrots and I say to myself, Serene, eat as much as you want of that and...

P So you don't keep to laws about I already ate then, I don't need to stuff my face all the time. You're just like nah.

S It's just fiber and vegetables and non-starchy. No one has enough of them anyway. The energy you burn chewing a hard carrot, because normally I don't

have baby carrots, it's the big organic hard things, my jaw is exhausted. It's self-containing. You can't eat a whole bag because you're so...

P So this stops you from eating just like even if they're Trim Healthy Mama sweets like Treece's and THM Cheesecakes every night?

[00:26:01]

S Because I could eat 15 Treece's, first of all they get me crazy after one because of the flavor.

P They're so good!

S And they're dense. It's not a lot of fiber so my point, once I eat about three... What I'm saying is if I'm staying up for three hours and I'm hungry at the beginning of that three hours, three carrots in and I'm full. There's lots of fiber and I have a nice, long, Light Trimmy. Like it takes a long time to sip it, I put it in a nice stainless steel double wall mug so it stays hot for a long time. The other thing I do is you can buy those Pacifica broth's there are all these different brands maybe like Fire and Hearth, Kettle and Fire... I forget the names but they are broth's.

P Right

S And you put like a capful of MCT oil and whiz it up with a little pinch of nutritional yeast and pinch of salt. It's like a warm broth. It's like a light soup. It's Fuel Pull, it's FP. It's another nice thing I allow myself if I'm hungry. So I have options. I say this is my plan for the five days of the week. So I always wake up feeling like I deserve my breakfast. I always wake up feeling very cleaned out and everything. I don't feel like the bad gurgle, gurgle that we could... There's good gurgles and there's bad gurgles. You know?

P Right

[00:27:02]

S Like indigestion gurgles in the morning because you ate like at 11:00 pm at night 15 Treece's.

P Yes.

S That's the bad gurgles.

P That's when you're over... Even though we had wonderful desserts on Trim Healthy Mama, they might be satisfying, you could still overdo them.

S Well listen, I have breakfast. Sometimes I have a little morning tea. I have lunch. I always have afternoon tea.

P When you're saying afternoon it's a snack.

S Snacks. So breakfast, sometimes a snack, lunch, always a snack, dinner...

P You got to leave room for treats.

S And then before 8:00 pm if I'm still hungry, I have another little snack. Wow, it's enough time for real food. I'm only telling myself five days a week and the hours of craziness when it's very dark outside to just stick to certain things and I tell you what, it keeps me on track. I stay focused. Such a great plan.

[00:27:48]

P I find the same things Serene, you know, and over Christmas and New Year which is a time for feasting, I was having a lot of desserts late at night because we'd have parties and stuff even though a lot of them were Trim Healthy Mama but I felt heavy. The scale reflected four, five pounds, who cares? Whatever I lost them but I just didn't... I felt a little bit weighed down and so now since the New Year, I shed, on another PODdy, I've been having my hot chocolate every night. I shared the recipe and we're going to do a video of it. And that's my night time treat. It's Fuel Pull. I calling it Hit the Spot Hot Chocolate now.

P I just know that's my plan at night. No, you Pearl, you be satisfied with that. I have it about 45 minutes after my meal and I'm good and then after that I'm like, no. And you don't need to stuff your face every night before bed just because you're awake. There's something to be said, intermittent fasting, we don't get into all that too but breakfast does mean break the fast. In the day you're all out and about but at night, unless you're nursing and you do need more calories, you need a later snack and stuff. But for people like me, why are we having to eat until midnight?

S Right, and the other thing is, I as a nursing mother, I'm going to be hungry. If I'm aware of any consciousness before midnight, I'm going to because I'm feeding the baby. But I still believe I can have smart choices for that late in the evening when I'm just sitting there on that couch.

[00:29:02]

P Right, and you can.

S Talking to my husband, I'm not moving. I'm not...

P You can do the Fuel Pull vegetables like Serene or you can just...

S And then nice drinks. Fuel Pull drinks.

P Be like me, have a lovely drink and then I just stop.

S The other thing I tell myself too is Serene...

P Except on weekends. I'm having a piece of cheesecake.

S I say hey... I remind myself of that scripture. If I'm over and my son Arden and Esther are over or Selah my daughter and her husband's family, we're just having a great time, that dessert comes out at 10:00, give me a piece!!

P Because that's grabbing joy!

S This is feasting.

P That's joy.

[00:29:29]

S The other thing Pearl is... Remember that scripture? Man should not live on bread alone but every word that comes out the mouth of God. And I think to myself, what yummy morsel can I think on? What yummy morsel can I chew on right now? But if you're not a believer, hey, I often tell myself too, hey, it's so fun to really just enjoy. Just watching my children, I'm thinking about the conversations, being more present and not just be thinking of the next food I can stuff in, not being just taste bud driven but also having other areas of pleasure in the home. Because the home is centered around the kitchen so it's hard to not realise everything has to be have food connected to it.

P Out of the fridge, I know.

S But it doesn't have to.

P Here's the next thing. Number four. Stop saying I hate _____ and then what is it? Veggies?

S A big one is salad. I hate salad. I love salad. I've heard that so many times and so really I had to do this vision. I had to hide in there because I hate salad. Well you might hate it now but you could love it if you stop saying hate.

P Yes. I mean what if you could Danny? Isn't that where that comes into it?

D It's true, totally. I mean I hated salad. I hated mixing powders into smoothies. I hated all of the thing...

[00:30:45]

S You even hated pressing a button on a blender. You wanted everything to just appear in your mouth.

D Yes, like my standard was it either comes out of a drive through window or it's being mixed with my Kraft Macaroni and Cheese. And I hated everything else because it was like why would you downgrade when you can have mac and cheese man?

P I remember the first day. It was one of the PODdies that you ever tasted... You said I hate kale and Serene said... Well Serene and I said stop saying you hate kale. We're going to bring kale. I mean you'll love it.

D Yes and you all brought that kale.

P And I remember you tasted Serene's kale chip and you were like, hold on.

D I love kale.

P I love kale. It was a mindset right?

D It's totally...

P Remember the day you said, I tasted a cucumber yesterday.

[00:31:24]

D Yes

P And you were like, I thought I hated cucumbers.

D Look let me tell you something. We create characters and then we stick by them and it's convenient. These characters serve us and make us comfortable and they've worked for us our whole life. And so what we mean when we say I hate kale or you know me, I hate spinach. We're referring to the person we made up that gets a get-out-of-kale free card.

S Totally and another one a big one Pearl. I bet you, you will totally be like, oh yes, we got to tell them to stop being the haters.

P This is a point?

S Yes, it was part of the I hate.

P Good

S I hate salmon. Come on. I mean I hated salmon my whole entire life.

P I'm glad we're being mean today.

S I was a salmon hater because I was plant vegan and...

P So you told yourself you hate it?

[00:32:17]

S I hated it.

D And now...

S But now it's my favorite food.

D But is it scientifically possible to have every individual having their special tastes?

S Totes, but hate is stronger than special taste.

P Hates means I don't allow it. I hate that when it's something good for you and that you need it. Now you don't have to love every single thing but if you need something in your life, if you say you hate veggies, I'm sorry, you don't. You need them in your life so you create a new character. You'd be a new character who loves veggies.

D Yes, you're the person, you know me, I love veggies.

P Yes, and stop saying you hate because they're so powerful words. They're so powerful and you're speaking into waters, we did a podcast on that.

[00:33:02]

S It's like Pearl. Pearl always used to say I hate exercise. I'm just not a natural exerciser. Blah, blah, blah, blah, blah, blah, blah, blah. But then she realised she needed exercise in her life. And then she started saying I actually enjoy exercise. And Pearl, you have kept a wonderful habit of it about four days every week. Sustainable approach because you have actually allowed yourself to find a little pleasure in it.

P A little bit and just enough because I knew I needed it.

D Are you full on identity or is it still a big discipline for you? Like are you I'm exercise girl now or...

P Well I know that...

S She's an I'm a sustainable exercise girl.

P Yes. I'm totally sustainable exerciser.

D Okay, that's you.

P I would never allow myself to say to Serene, I hate exercise.

D Right

P Where I spent the first half of my life saying that.

[00:33:47]

D Because now you identify as a person

P Now I identify as a person who does exercise so why would I say I hate it? It doesn't come naturally to me. It hasn't. I had to make it come naturally. And so now it's just a part of my life and I will never say such detrimental things as I hate exercise.

- D My dad moved here from Mexico like five years ago and we haven't... We didn't really grow up together.
- P No
- D You'll read about it in my book coming up. But I had him typecast as a very specific character. He was a Mexican man from Mexico who loved Mexican music. He was like Guantanamo in my mind. And then I was like, so what kind of music do you like? We never got to know each other. And he's like rock and roll. And I thought, wow, that's not the character I pictured. Why does this man who should have very clear Spanish, old country taste in music, because he's in his 60's, why is he into modern rock and roll?
- D And that brought me back to that question, do we really have specific unique taste buds. I like Mexican food or I like nachos and cheese or I like... Or is it conditioned? Is it something we choose to do usually out of convenience? It was easy for me to say two years ago, you know me? I love bacon, egg, and cheese biscuits that come out of windows. I don't know, that part about the musical taste thing...
- S It's not like you were born like destined to love bacon, eggs, cheese biscuits but it's what you created.
- D Yes, this isn't your special love. I could never... My thing is casserole mac and cheese, potato bake.
- S No, it was just your habit.
- D Yes, that's what I'm saying.
- S It's not your thing, it's your habit.
- P A lot of things as a child, we make childhood decisions...
- D It's our thing.
- P And then we realize we keep them. Whereas hey, we're a grown up now, we need to adjust our thought processes. I tell my children when they say I hate something, I said, no, that's what you decided when you were a child. You're grown up now. You can change that thought.
- S Like three maybe, I remember one of your sons saying, he hated salad, remember that?

[00:36:06]

P Yes.

S Like not one plant food would pass his lips. Now he's the king of all salads.

P You know why he's the king of all salads? Because he decided on his own he didn't want to eat junk. So he decided to like salads. It was just a decision. First I don't think he liked them but now he really likes them. And to say that thing about salmon, like I hear so many people say I don't like fish...

S The reason why I said it because the salmon's the one seems to be a very big hater.

P Salmon is but it's so good for you but there are many ways to like... It's like saying I don't like USA because you've been to inner city Detroit and it was scary or inner city Memphis, I don't like USA. That was what he was deciding about salmon. Salmon can be completely different things the way it's cooked. You got to open your mind.

D If it's chopped over a salad.

P Different

[00:36:53]

S When I first started I could only have it like flaked into little pieces and now I can eat whole fillets.

P And sometimes the way it's cooked, it is yucky and fishy and that could be better if you cook it a different way, experiment, open your mind because it's so good for you.

S Maybe it's just Super Salmon Cakes making it that way is so good.

D And maybe we need to heal our taste buds.

S This is The PODdy with Serene and Pearl.

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

P Okay we've got the last one. It is coming up because producer John's getting restless. I can always tell his body language. It just starts to feel the timers are

running out. Stop thinking there's nothing on plan here so I'll just... Where are you? Are you in a party? Are you at a restaurant? So is nothing on plan here so I'll just..

P What an excuse

S Oh boy, she's enjoying being mean.

S I'll tell you why. Because we're at the airport, I see a lot of people saying... I can just tell that even if they're not like Trim Healthy Mama plan, I can tell that they're the normal I eat granola for breakfast and run my five miles a week. That they're trier's of health. I can see in their brain there's nothing here so I'm just going to make do. And I can see them all lined up at the fast food thing ordering junk. Where Pearl is at those airports and stays totally on plan.

[00:39:09]

S I don't need to because I got my zippies. But she's on plan and I think to myself, there is no place that you can't stay on plan...

P There's nothing here. It's a pet peeve of mine. Now all there to say, if you want to go on vacation, you want to take a little break and enjoy some foods that are off plan, we're not talking about that. But we're talking about the excuse when you're trying to do this Trim Healthy thing but you was thinking I had an excuse last week and two days ago and I can't do it tomorrow because I'm going there and you're saying there's just nothing on plan here.

P Let's look at the hardest situations like Serene said, airport. Oh my God, that's so easy. First of all, there's restaurants, the worst you can do is a bunless burger and get a side salad. You got that. But there's plenty of other places like you sit down at any restaurant, you order the protein, you order the side vegetable and you order the side salad. I forbid you to come up with a restaurant that will not do that for you.

S Or if you don't want a meal, you've got Starbuck's, so you have your nice coffee or you got your Dunkin...

P Egg White Bites

S And then you go get yourself...

[00:40:10]

P Egg White Bites

S All these wonderful like hot, spicy jalapeno jerky bars now that are all like...

P I love going to Starbuck's. I can make a meal out of those Egg White Bite things with the ones with the peppers. I get...

S They're yum.

P It's a small meal but I don't get just two. I get four of them and then I'm... It's a mini meal but I feel so good...

S With the coffee and those, they're great.

P With the coffee, an Americano with cream, I feel wonderful. And you know what? I was at an airport and I was ordering that, funny thing, this woman, I always notice people, this woman turned up next to me. She was... Sorry Danny. She was black. You want me to call people black. I was going to say African-American, but you say your Dad is black.

D Yes, was that on the radio.

P You know I was thinking about that? You gave me a hard time. It was on another PODdy. You gave me a hard time about calling it like, Pearl you little white person, you don't want to call them black. You know I have two black sisters?

D Yes

P So I beat you in the black department.

D In the black race

S Yes

D In the race to be cool and black

P And Serene has black children. Who do we have sitting in it right here in the room? Gedi.

S Yes, the most beautiful Engedi.

P But the people with black skin...

D A real African-American

D And actual... but yet she's... She lives in America now.

P Anyway, this lady turned up next to me and I noticed her because she looked the spitting image of health and vitality and beauty. She had the longest hair...

[00:41:23]

S There's something about the African race though...

P Yes man, she was...

S They got incredible genes.

P Boy her figure was incredible and her genetics were amazing and I thought what does she do to... She does something obviously. She's not just created like that. Guess what she was getting. I felt like so...

S Was this at the airport?

P Yes. I felt like, man I'm doing something right. She had ordered before me and I didn't know. So they said her name. She got two orders of the egg whites. So the same as me and she had a coffee with cream and I'm like, oh my God...

S Without the sweetener

P That's what I get. I said we ordered the same thing. She's like, yes, these really fill me up but I need two servings.

D Did you feel like a cool African?

[00:41:59]

P I was like, I'm the coolest African white person in the world. I was like yes, her and I, I know her.

D Wakanda forever, that's all I have to say.

P So stop saying you can't.

S Even at Pizza Hut Pearl, you can ask for the toppings in a bowl.

P Many...

S And they put it over heaps of spinach...

P Many pizza places do...

S Like you pay extra, extra, extra vegetables. You know they throw a few vegetables on pizza sometimes.

P Many places do pizza in a bowl.

S So extra mushrooms and greens and then put the pizza bowl stuff on top.

D Chick-fil-A has a fantastic market salad that I get now when I go there and...

P Their grilled nuggets are good too.

D Well they put chopped chicken on this salad and they have like this avocado lime... I love your review of what I get there.

[00:42:40]

P I think we have a... Actually we have a document, we put it on Facebook, I think it might be on our website called, Eating Out with Trim Healthy Mama, went through every fast food place and what you can get.

D Nice

P So you can look it up but I think that might have been one thing...

D It may have been on it?

P It was in EZine too.

D I mean it's a really good, like taste bud satisfying, a little bit of a... They have a packet that you don't have to put on but it's like kind of... It's just a tiny bit of sugary, almost granola or something. But it's just a little tiny...

P A little, itsy-bitsy

S Yes, it's probably nothing.

P I'm sure Danny can do that.

[00:43:13]

S And you know what? Our first Trim Healthy office was next to the last vape and
cigs and liquor store.

D Was

P In America

S It was the last really lowlife land right?

P Yes.

S And then next to it was the real last video store.

P We still have that office there.

D They're renting VHSs over there.

S Yes, they're renting VHSs and there's a whole sign...

P There is.

S That says like, stow movies. Not stolen, stow.

D No, stow.

S If you see Jennifer Kendricks and sorry if that's a real name, she owes...

D It's a huge list.

[00:43:45]

S \$73.62, if you see here, would you bring her in

P All that to say, get to your point lovely head.

S There's a petro station.

P A gas station

S Sorry, gas station, there's a gas station, the vape and cigs and the VHS store.

P And then Trim Healthy Mama

S And then Trim Healthy Mama, now we and all of our workers there buy their lunch many times at that petro station and they fine on plan stuff. Even at the hickest, methhead petro station

P I have found many a salad...

S Meth-head petro station

P Meth-head gas station.

D This is the episode you've been wanting.

[00:44:19]

S You can still find stuff.

P Do you know what I've bought at that gas station before? I'll tell you. They have a market salad and it's just a few... It's a bit of head lettuce...

S Like I bet you're hungry.

P I buy a couple of cheese sticks to put on it. I go get a coffee with cream.

S And can't you buy also like a boiled egg in a plastic little zip tie thing?

P They have... Yes you can and you chop it on, you put it on that lettuce.

S It probably comes in seven states away but it's a boiled egg.

P And they have sunflower seeds. You can put that on there too. Or they have spicy nuts now. Let me tell you. Things aren't going to be quite perfect. When you say to me there's nothing on plan here. There's things that are close and it's fair enough. Let's just call it close enough, right? Let's just say you go to a barbecue place...

S And sometimes you can get a sparkling water there and even though it's Cabot Cheese, little things that look like Cracker Barrel. Cracker Barrel sharp cheese in little...

P Yes you can. What about you go to a barbecue place and all they've got is hot and spicy or sweet sauce, right? You still don't have to have the buns. A little bit of sweet sauce is not going to kill you people.

[00:45:20]

S And so you burnt your finger, you don't throw your whole arm in and just like burn that whole arm just because. Like okay, you got a bit of sweet sauce, you don't have to wreck it double over.

P It's like going to a Chinese buffet. That's pretty hard to do on plan, right? My husband always says, well I'm not going eat on plan here and then I come back with my plate, ain't I perfect? But no I'm not perfect but my husband chooses not to eat on plan there.

S So even the sweet and sour over that broccoli, at least you chose broccoli and a meat thing that didn't look to syruped.

P You don't want to choose the fried breaded things. Just choose something that doesn't look like it's been coated. Who cares if there's a tiny bit of sugar? Do your best.

S It's like a little bit of wreck is better than total disaster.

D So it sounds like getting your health and weight under control is a choice?

[00:46:07]

P It's all a choice.

S Totally

D And a mindset and a mentality, an approach, it's not a physical handicap.

S He's sitting there in his bathrobe...

P Bathrobe saying all this

S With his finger next to his temple...

D You know why?

S It's like it's the wise pose.

P Yes. It's like now I'm going to be wise.

D Hey listen. I embody a relaxed, chill cat and not everybody's comfortable with that. I come to work in my robe. I go to Kroger in my robe. And you got to be you in this world.

S But you're trying to be a Spanish Lord right? You're not trying to be like a Spanish Lord.

D No, I am. I just am. I'm not trying.

[00:46:41]

S You're just saying.

P He claims he is. So that's it. All of these things, when we say stop doing this dumb thing, it's been a habit in your life. It's been a habit in my life. I've said... Serene and I have said this stuff to ourselves.

S Me too

P So when we're saying stop doing dumb stuff and being a bit mean, it's because we're on the level side of things.

S Well let me confess. Three nights ago, in the middle of the week when I should have been having my crudités and my nice Light Trimmy or broth, whipped broth with a little MCT oil, I was up to my third

P Treece's

S Huge handful of pistachios because I said to myself, what is one little pistachio on my way to making my on-plan after late night snacks. And I took one and then I ended up having about ten. Then I thought, well ten, I'm in now. I'm in deep. So I'm throwing my whole hug and three huge handfuls later, tummy pain...

P But Serene, all I'm saying is on the whole...

S You stick to it.

P I created a new habit.

S No, I totally have but what I'm saying is it doesn't mean we're perfect.

P No

S But I got right back on my... I'm doing this. This is my organised thing. But I'm just saying it doesn't matter. We still can fail but then we just...

P Yes. It's just about creating this... It's just acknowledging this is a dumb thing I'm doing. I'm going to replace it with a good habit and I can. I'm going to stop giving myself these lame excuses because I grew up...

S But every time I fail, I'm so much stronger the next time because I felt gross and I remember the gross.

P I do remember. I remember the gross from Christmas and New Year when I was heavy-ing it every night and now I feel so much lighter at night when I just have my little hot chocolate and I'm loving it. Feels good. Hey, thanks everybody.

D Everybody, tune in next week where we will be chatting with you again on the world's number one health podcast of all time.

P Yes.

[00:48:24]

S Woo-woo

D Okay

P All time. It's true.

D Of all time

S Because...

D We're literally the record breaker. Love you.

5 Dumb Things To Stop Doing:

1. Stop Eating the Food off of Your Kid's Plates
2. Stop Going Hungry to the Grocery Store
3. Stop Not Having a Plan in the Evening (For your snacks & beverages)

4. Stop Saying I Hate_____. (Fill in the blank with veggies, salads, kale etc...)
5. Stop Thinking That There is Nothing On Plan Here! (When you are away from home)