



Trim Healthy Podcast with Serene and Pearl
Episode #117 - How to Start or Restart Trim Healthy Mama
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*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

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

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Hey, world, it's Wednesday, which means it's time for the Trim Healthy podcast with Serene and Pearl, Danny and we're so...

S I thought you said Wednesday and I'm holding on to dear life.

D Glad.

P She has to go to the pee pee.

D You...

S All I can think about is water.

[00:00:52]

D Tuned.

S And dribbling, like running water.

P It's worse.

D In...

P It's getting worse.

S Well, I was going to go but I know the question Danny's about to read and I thought I need intensity to fight my sister, Pearl, on it. So...

D It's listener question Wednesday here on the Trim Healthy Podcast.

P We're just taking one question and we're going the whole PODdy for it.

S It's a good one too and I'm all feisty about it.

D Well, I haven't even heard it yet. You just handed it to me. So, I'm pumped. You ready?

S Yeah.

D Let's go.

S How can you be pumped if you don't know?

[00:01:20]

D It's get... Well, I just... If you're pumped, I'm pumped.

S I'm just full of pee.

D Yeah. Now? Really? It's like...

P It's what she just said. She's full of pee. She was going to go before the podcast.

D But we've been sitting for like 30 minutes.

S I want a little edge on my sister, Pearl.

D I see, yeah.

S So, I thought the feistiness of just a little uncomfortable in the bladder.

D I get it. I get it. Yeah. Hey, Pearl, Serene and Danny, so blessed by the THM plan. Am learning and growing in it...

[00:01:48]

S You sound like a robot, Siri's cousin.

D ...but was definitely a slow starter.

P Siri's cousin.

D I get snagged sometimes by wording. That was good for me, so I didn't feel overwhelmed by the idea of going on...

S Hang on. You're on her... You're still her or you're you?

D No, no, I'm her now.

S Okay, well, your voice changed.

D Yes.

S Keep it in robot if you're going to start in robot.

[00:02:09]

P Oh, Serene, let him go.

D So, all right, thought it might be a good topic to talk about in the poddy about all the different ways people can ease slowly into the THM lifestyle. It's often asked on the Facebook group. I can reasonable with this because for me lasting change happens as I learn...

S Has reading aloud always been a problem for you, Danny. Like my boys do with... I homeschool them which is sharing a lot of stuff.

D I'm sorry. You handed this to me just now and I haven't edited it.

S Every time they read aloud it's like, mum, I really can read, I'm a really good reader when I'm... By myself I read great. It's only when I read to you.

P So, now the secret is out. You rehearse all the other ones you read beforehand?

D No, I don't rehearse, I just edit. I just make sure that they're ready to be read.

P Okay.

S Oh, yeah, and we just handed it to you.

D Yes. So, I'm going to just do this. I can reasonable with this because for me lasting change happens as I learn to make changes one at a time. Examples, just trying to find a stevia on plan sweetener and try a free desserts...

[00:03:09]

S A free desserts? What do you mean?

P It's just auto-correct on the phone.

S Hey, it's safe at least. It could have been...

P You know auto-correct can be really horrifically nasty, dirty...

S I heard one that is very bad the other day. Somebody said that's going to be terrific or something and it changed it to testicular or something. No, spectacular. That'll be spectacular.

P Testicular.

D Testicular. Try first an on plan breakfast until you feel like you have some ideas. Eating on plan...

S This is the problem. Now we're all into positive thinking, right? You know? Not thinking of the greatest things in life. Now we can't think of what we normally think about, just control our thoughts. Just control laughter.

[00:03:53]

D Eating on plan items, then later work on separating the fuels. Start...

P Danny's lost it. This poor lady, what's her name, I love her.

S Okay. Can I just put it in a nutshell? And I love her too.

P I chose her question.

D Start with replacing one staple each week, sweet... for example, sweetener, then bread, then pasta, then... Many people still ask...

P He's lost it.

S Okay. This is what happened once to Pearl and I when we were singing.

D Is it okay if I just try one thing at a time to start? Thank you for all you do.

S Precious.

D Also would love to hear more from newbies because they bring questions that I didn't know. I had two or can't remember from the book or have trouble finding when I go back to the book. More Lesley too.

[00:04:35]

P More Lesley. Okay, Lesley, think of one.

S Did they say that?

P Okay, Danny's just lost it. What's her name? Because I want to give respect.

D No, there's no name.

P There's no name.

S But it's amazing. It's a great question. The way that Danny read it was under par.

P Whoever you are, Anonymous, Danny did not do you justice.

S And, of course, the phone. We have to blame the phone too.

P Yeah. But it's a good question. The question basically is... Sorry to stop and start you from your listen, but really what is the best way to start Trim Healthy Mama.

[00:05:07]

P I mean, should you ease in or should you jump in? How can you ease in? What are all the best ways as you begin this journey? For those of you who are seasoned, you need to hear this because you can tell others, you can share it with others or you might just need to go back and revisit some things.

S Or maybe you just... Even if you're seasoned, Christmas takes you off...

P Yeah, so how do you get back in.

S ...or birthday takes you off or mother-in-law coming to stay takes you off. You know what, I love my mother-in-law. But, anyway...

D Why does mom do it? In law.

P Mother-in-laws? It's very emotional.

S It's called the mother-in-law's kiss. It's a saying. It just... You know, it's... I don't know, it's just a...

D What, you like make something different because she's here or something?

S No, it's just that sometimes, you know, you're on edge.

P It was a metaphor for just something that happens in your life that's not the normal routine, you get thrown off.

D Please continue.

P Okay.

[00:05:52]

S Okay, my...

P Try to help this podcast, Danny.

D I know.

P Try not to derail.

D I'm supposed to be the stabilizing...

S Can I start there with my intensity?

P Yeah, go ahead, baby.

S I'm not about people having to be like a me, which is just jump into the freezing cold and then you're going to learn to swim real quick, right? I'm all about that. Everybody's different. There's all different kinds of people to make the world go around.

[00:06:13]

S But this is where Pearl and I differ. I reckon instead of just being like, yeah, just do the Trim Healthy Mama and you could still have some cookies on the side, as you're getting used to it and learning your desserts. I'm saying, hey, don't even do the perfect Trim Healthy Mama separations of S and E. This is my thoughts, at the beginning, if you're a slow goer. Hey, if you're a fast goer like me, just jump in and do it. Learn that thing and do it.

S But if you're not, you're still awesome and this is just your unique path. But I say the first most important thing is to get the sugar out of there because your tummy is telling lies to your body and you cannot be led in the right direction when you've got all those sugar cravings. So, I say learn to bake first. If cheesecake is your big thing, learn to make the best and most incredible drop them in their tracks tastebuds, you know, in the dunk cheesecake, a slam dunker cheesecake. Okay? And, you know, if... Or maybe, you know, cookies are your downfall. Well, learn to make the best cookies. Get your sweet junk down first. Like substitute it with the good stuff first and just don't worry about, okay, what's an E and what's an S. Just eat clean and just eat no sugar and get the cravings gone first. That's what I say.

[00:07:38]

P Well, I'm glad you went first because I'm glad also that I have the final say on what goes into our books. Because, my loves, some people do need to go that route. Okay. But when I first started...

S We've never said it in a book but I'm just saying.

P No, I know. That's the first time you've said that.

S I know, but the reason is...

P You want to get it off your chest.

S Yeah, but the reason is, is because if you're going to go so-so, well, just do Trim Healthy Mama breakfast, that's great but you're still going to be like a craver of a Dunkin' Donut.

P I know, but that's okay, to take your time. See, this is where you and I can argue it out all day. It's your personality. You're like, okay, stop the sugar. If you're addicted to sugar, you've got to start replacing... You're like, oh, well, learn to make the best cheesecake but that's overwhelming when you don't understand the ingredients. So...

[00:08:19]

S No, I'm just trying to say eat your whatever you're eating for breakfast but concentrate on...

P I think that's fine. That is a way to start for some people because sugar, you're right, can just derail and you can't even think straight because sugar causes brain fog and all those sorts of things. So, maybe that is a way to start. Serene just shared a way and this is what's great about the Trim Healthy Mama plan, there are many ways, there's not just one way. And so that's one... a way. Okay, I had another way.

P When I first started Trim Healthy Mama, I didn't do that. I remember trying an S and an E and having an on plan meal at night.

S But you were never a sugar addict, Pearl. You've never been a sugar addict.

P Serene, I loved cookies.

S Yeah, but you didn't eat a whole...

P They were healthy cookies. They had honey in them or organic sucinate, whatever I was using at the time, because I was like Wholegrain Jane, and I was into muffins and I used raw brown sugar or honey or something, big whoop. I was still having those when I first was learning this plan and I remember still having them as an afternoon snack and yet I was sort of figuring out other things and it took me a full month.

[00:09:24]

S I totally am on board with you.

P And that was okay.

S I'm just like if you're still stopping by the Krispy Kreams, you better stop that before you're trying to separate your fuels. That's all I'm trying to say.

P Well, true, but we agreed to disagree because let's just say you're trying breakfast, okay?

[00:09:39]

S Because let me just say that that...

P Are we going to just argue the whole time?

S That wholegrain muffin, with the oats and the applesauce or whatever you put in it, is a lot slower-burning than a Krispy Kreamer.

P You know what I'm saying. All of it is a different way to learn. Let's just say someone, and this is what we do say in the books, you can jump all in, like if you're a Serene, which is what Serene would do. Okay? Or you can just be a me and start with breakfast. Let me take two weeks.

S Yeah, but I'm just telling you something.

P I know, Serene, let me get my point across.

S If you're on crack, I'd say, sorry, you've just got to get off the crack. That's it!

P Don't try and be...

S Whethere you're on S or if you're on crack and I'm saying...

P Lesley just wallked in when Serene's talking about crack.

S Wholegrain muffins with a bit of Sucanate is just like, you know...

[00:10:20]

P Serene. Serene. Love. Hey.

S Producer John is on my side. I can sense the vibe.

P But can I just finish what I'm saying and then you can say, Pearl, that is a way to start.

S Or maybe if I go to the bathroom, then you can finish.

P Go. Run. Get her out of here. Okay, ladies.

D And then I'll just agree with whatever you say.

P Yeah, just, please, I'm saying this is a very reasonable way to start. You might want to just start with breakfast. I think it's a great way to start. Get it down. Figure out an S breakfast. Figure out some eggs and an omelette and, you know, some breakfast sausage or a veggie on the side.

D Agree.

[00:10:52]

P And you're still... Three o'clock you're still... You've gone to Krispy Kream for years and years and you're still there. I don't care, you're going to stop doing that after a month. You're going to learn little by little. I think it's a perfectly okay way to start, with one meal at a time.

D Ease her in.

P Ease in over one month. Maybe it even takes you two or three months, I don't care. You have the rest of your life. Oh, that was great.

D It's such a good word.

P Great saying that without Serene here.

D Such a good word and you said it so well and just your intonation and...

P Thank you, Danny.

D Your presence was presentable.

P So, now Serene's still gone and it feels very calm in here. But I think that that is a way to do it. Or you... If you don't want to start with breakfast, start with a nighttime meal. It's just as easy. Maybe you're still having... Look, she's stomping back. Maybe you're still having Pop Tarts for breakfast but you're saying, no, I'm going to make Trim Healthy Mama dinners.

D It just got...

[00:11:49]

S What have you been talking about?

D She's like... We've been talking about...

P It made so much sense.

S I can't ask Danny because Danny's all sucking up.

D You heard it from the bathroom.

P He was.

D Well, we heard some things too.

P All I'm saying, Serene, is just...

S I know. I just put the tap on. I always do.

[00:11:59]

D You think that works?

S Yes, I do. If they don't have one of those exhaust fans, you always turn both hot and cold on, let the water run at the same time.

D Yeah, well, we can hear the difference.

P So we can't hear you pee?

S Yeah.

D Yeah, some can.

S You don't want to record that stuff.

P I don't even like to hear my... That's for an Unshow.

D Whichever path you take, the extreme...

P I like to hear my husband pee. I don't want... Like pee, the sound of pee...

S It just makes us feel very human, doesn't it?

P If my husband... We share a bathroom in the morning... Oh, Lesley's bellying. She's like that's for another show, let's not go into that now..

D We're not doing pee.

P That's the Unshow.

[00:12:29]

D We're not doing it. Hey, listen, on task here, right?

P Get back on task.

D Whichever route you go...

S See, this is the deal. You have to take it all out of the show then. You can't mention pee, can't mention any of it because, you see, I'm having the shakes right now. It's like I'm desperate to talk about it which means it's still in my bloodstream.

D Yeah.

S You see, I have to be all in and say before we do anything else, we need to cleanse the pee from this PODdy. Otherwise, it will come in.

D Okay.

P The pee is the sugar?

[00:12:57]

S The pee is the sugar.

D Yeah. You're saying... Yeah. Alright, so whether you go all or nothing or you're an easier in, is there a word to say on withdrawals from such things? Because I've got some for you.

P See, it can happen. And that's what I'm saying – either way you go, at some point the sugar's going to get out of your life. It might get out slowly, it might be quit. Either way, for many people there's going to be withdrawals, right, and, Danny, you've gone through it.

D Have you heard about...? And this isn't because you're allergic to gluten but have you heard about gluten withdrawal symptoms?

P No, but what are they?

D So, I just read about this.

P Yeah?

S You're complicating our PODdy.

D I'm not. No, this goes right in with it because we're talking about... You know, she asked about, you know, slowly easing in, you know, is there a word on that and I'm going to... I would say several months ago I'd be like cold turkey all the way and I think with sugar, I think some of the withdrawal symptoms are like headaches for a week or so or something but I'm wondering...

[00:13:59]

P Fatigue.

D And fatigue, short energy. Yeah, you're getting new energy sources. But I've heard about these gluten withdrawals which I wonder if I've suffered from with my new way of eating, because not only have I read about it online but then I also have been meeting people who tried to go gluten-free and said they struggled for well over a year, until they had a slice of bread and they were like miraculously saved from their horrible, horrible symptoms.

S Maybe because...

P It sounds like a very extreme situation.

D It did to me at first but I...

S Maybe all the spiking carbohydrates from all the tapioca flour.

D Well, supposedly your body learns to get its energy from... There's this whole write-up on it. I wish I was better prepared for this but this is a surprise podcast for me.

[00:14:45]

S Hey, Danny, I feel your pain and I just appreciate the point and I appreciate it and I'm on your side.

D Yeah. You know my heart.

S Yeah, I know.

D And it's good.

S It's so good.

D But, you know what I'm saying, so, yeah, there can be some extreme withdrawal symptoms, I think...

S Yes, there can.

D ...when you change the way your body gets energy and learns to crutch around life, that's real.

S It's totally real. I'm on your side, Danny.

[00:15:09]

P So, there can be...

S See, you went to Pearl's...

P So, Sereney.

S But when push came to shove, I stayed with you.

P There are a lot of people that want to start our plan and they really want some good info from us today.

S That was the best info I could come up with.

P And you are clowning around with Danny.

S No, that was the best info that I could come up with is get the sugar brain out of your brain.

ADVERTISEMENT

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

[00:15:32]

S I'm Serene. If I've ever been excited about anything, Pearl, this is it. Let me tell you why.

P You're talking about Away.

S Special luggage, specially designed not from somebody who doesn't travel but designed from travellers and their stories, their bad stories about what doesn't work. I'm so excited because it's coming to me. We're getting one and Pearl said that I could have it.

P Well, Away luggage, it makes Serene and I happy because we love to travel. I mean, I personally am in love with travelling and suitcases are the big deal when you're travelling. They can make and break your whole experience of going away.

S They have this special compression system that's helpful for overpackers that think they're minimalists. It has removable washable laundry bags that are kind of like separate from where your normal clothes go. So, you don't have to pack another bag in there for your dirts.

P They are super strong. Let me tell you why that is important.

S They're impact-resistant.

[00:16:34]

P Because I have had cracked suitcases, many a cracked suitcase. Because you see them when they go on the conveyor belt. They throw them down. And they're very lightweight. See, that's the thing, how can you get strong and lightweight? It's a hard thing.

S They can charge your cellphones. These are smart cases.

P Another thing – 360 degree spinner wheels. You have to do that. When you are travelling with that suitcase through the airport and it's not spinning properly.

S It's like getting a really bad grocery cart that like veers only to the right. Really. Another thing which I absolutely love is that this place sells direct to you so that you can have it at a less expensive price.

P Yeah, and this is the big thing – lifetime warranty, people, if anything breaks. Anything.

S So, this is lifetime?

P Yes. As always, we have a special for our Mamas. For \$20 off a suitcase, visit awaytravel.com/trimhealthy and use the promo code trimhealthy during checkout. Once again, to get \$20 off these awesome Away suitcases, visit awaytravel, A-W-A-Ytravel.com/trimhealthy and then use that promo code, **trimhealthy**, during checkout.

[00:17:52]

S This is the PODdy with Serene...

P ...and Pearl.

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

P What can we like tell people that are starting? All our best tips to have your best successes starting? And I think even some basic meals to start too so it doesn't seem overwhelming. The best basic sweetener, let's cover some of these things that Anonymous asked.

S Oh, yes, she... Anonymous said like what about the stevia? Well, there are many out there. There are many out there but... And I'm not being gross here but there's few like ours.

P No, it's true, because you can try many and you still hate your sweet stuff and that is the big thing to conquer for so many. Now, some don't care about sweet but most people do have that sugar addiction and they want...

[00:18:36]

S Do you know why I'm not being gross when I'm saying that? I want success for these people and you guys can vouch, I don't even care about business, money, bottom line, what we make, profit. I don't care about none of that, I just care

about going home and diapering up my babies. Right?

P Yeah.

S But people have been wanting to make a profit from their stevia and they've gotten cheap, cheap, cheap, cheap stevia and it has a bitter kerosene medicinal after buzz thing.

D Yeah. Ours is very much a pure white powder.

S Yeah, and a lot of people have maltodextrin and all kinds of stuff in there.

P So, you're going to get away from sugar, if you're just starting, and you're going to switch to either stevia... If you can't do stevia from a rare allergy or something, it'll be monkfruit, because those are the things that do not affect your blood sugar. But I think when you first start, yes, you could get our pure stevia extract, which works in drinks, right?

[00:19:27]

S It works for all berries, lemon kind of drinks. Like all your Sippers it works fantastic but not with chocolate.

P It doesn't work well for baking, so that's why we created Gentle Sweet, and for coffee, which is the gamechanger. If you want to love your baked goods... We're just being kind here. Don't try a lot of other things. They're not even going to work.

S And if you're wanting to do Skinny Chocolate and all that, you've got to do your Gentle Sweet. Super Sweet is a fantastic one for smoothies, like your Big Boys and your... What is that one that I've been doing every night? The Secret Big Boy.

D Gentle Sweet's good for taking palmfulls direct to mouth.

P As Danny has been known to do. But all I'm saying is get that and, like she said, find a sweetener that you can love. Now, some people can go to the grocery store and find something... Like there's Truvia and there's Pyure. You know, we're not against them. We say they're on plan.

D I am but that's fine, if you're not.

[00:20:25]

P They are on plan. I mean...

D Truvia is?

P Yeah.

S Well, it's not... It's GMO, that's all.

P Yeah, they can't say that it's not GMO.

D Isn't there something in there that's a chemical?

S No, just it could be genetically modified.

D Oh, okay.

P And some people like it.

D Truvia's really tasty, I give them that.

P But put them next to Gentle Sweet. They're not going to do that same sort of thing. But some people love Pyure too. We can't vouch for the way it's processed. We don't know. But, you know, people do fine on it. If you love that, that's okay.

[00:20:52]

D Sure.

P But I think even... I hear a lot of people's feedback, oh, I do use Pyure in that and it's so bitter because it is stronger than Gentle Sweet. So, it can have that kerosene taste.

S But if it's the only thing you can do on your budget because all you can do is not buy online and just go to your local Wallie World, go for it and lose your weight and you're going to feel great.

P Exactly.

S It'll be healthier for you to get to a healthier weight and use Pyure than it would do...

P And give yourself some time to adjust to the stevia taste and Serene has a point here. I'm going back and almost giving you your point.

S Thank you. Love you.

P Almost, Serene, like 72% your point. As long as you've still got the sugar in your diet, you won't grow to love the taste of Stevia probably just as much.

D So true.

[00:21:32]

S Bingo. Can I just say...? Can I just be honest and vulnerable and just show that? Even though part of the light just shines brighter and brighter, talking like Christianese, just saying, you know, you get... Hopefully, as you... and you walk with the Lord, try and become more and more like Him but I'm showing the sinner in us. Pearl, remember, we go to those conventions and places and we get the ladies that come up and say, I'm sorry, but I just hate stevia. In our mind we'd have this little movement in our hand which meant cha ching which meant we... They just slide down the...

P Down the chute.

D Oh, you wanted to pull the lever and have them go down the...

S But they wanted to stand there and talk for an hour about how much they hated stevia and we had this little movement under the table that just went cha ching, down the chute.

[00:22:18]

D Like that's what you want to hear after your speech at a convention. Hey, just so you know, I loved everything you said and I need to just unload all of my hate for your products you make.

P And... But in our head we're like... Because you're still on sugar, aren't ya? I mean, that's what we're saying in our head.

S I know, because our dear old husbands... Not that they're old but they're dear and the fact... and the saying just goes together but my husband, he used to love honey-sweetened mint tea, like a gallon of it and you have to do a lot of honey to the sweetener, right?

D Yeah. Okay.

S He didn't even like the taste of cane sugar. You get to love what you love. He can't even do maple syrup because he loved honey so much. Now he's off it all but...

D I remember the mental shift of deciding what I loved. I know now that I love handfuls of spinach. Love it. I actually love it. I'll crave it. I'll be hungry and it's a snack. It's next... It's right next to, of course, a big thing of strawberries which is next to a big thing of blueberries in my fridge. But here's the crazy thing. When I eat strawberries and blueberries now, it's like spoonfuls of like cake into my mouth. Like when I healed my tastebuds from leaving sugar, and I've talked to so many people who are like high-fiving me because they're, oh, man, I went off sugar two years ago and all of a sudden carrots are like overdosed in sweetness.

[00:23:33]

P Yeah, they're sweet.

D Yeah. And you start to taste things. Your tastebuds actually heal.

P Strangely enough, stevia does not harm your tastebuds in the same way that sugar used to. When you're on sugar, it's hard to taste sweet fruit. But you might use stevia in your baked goods. You can still taste the sweetness of an apple. I don't know what it is.

D When you use stevia...

P Like let's just say stevia, you switch to stevia products as your sweeteners, right?

D Yes.

P Or versus sugar.

D You're saying as strong as stevia is, it still doesn't mask...

P Yes, it still doesn't mask the... I don't know what it is.

D I know what it is.

[00:24:05]

P What?

D Okay.

P It's a brain chemical thing, I fully believe that.

D It's very much a chemical thing. If you Google or YouTube how refined white sugar is made and you look at the 17-step process, each step a full-on chemical bath followed by the final bleach chemical bath to make it white, it is so far removed from the cane or the beet that it comes from. It starts out as something that's grown out of the ground but I think that's just for show. Because when it gets... goes through... And then it's somehow 50 cents a bag.

P Is it bleach, though, because people often think, well, stevia's a white powder, is it bleached? It's not. It's just that the... And in its processing, the chlorophyll is separated. Just like with our hemp, chlorophyll is separated.

[00:24:48]

S I tell you what, I use stevia. I use the extract, that's what I do, because I don't like a lot of sweet.

P We use Gentle sometimes.

S Oh, no, totally, I'm not against it but I don't like a lot of sweetener. I'm not a baker. I don't really love baked goods. So...

P Except when your daughter-in-law makes them.

S Oh, yes, she's amazing. But she doesn't make them too sweet, she specifically makes it gently tasting. All to say is I eat a lot of stevia because I like to do a lot of sippers. I do. I do my spuice.

D Come on.

S Anyway, which I've got here today and I'm sipping on. But the deal is, is that I wanted to know was it going to be pure enough, this whole process that it goes through, because I have a lot of it and this is where... I wanted to see our process, the one that our stevia went through. I totally got my stamp. I was so... more relieved after seeing the process than I was before.

[00:25:38]

P Yeah. And we've shared this story. Serene and I went to the... where our seeds are growing, under that mountain in China, in this whole organic area. You know, people say China, that's the worst, you know, and, no, it's... That's a perception. There is a lot of worse in China but there is also a lot of pristine places that are untouched. These farms are still farmed the way they've been done for hundreds of years, no gas, no chemicals, not even a tractor. Hand-tilled.

S Yeah, that little bicycle tyre.

P Yes.

S You know, that the little guy pushes along the rows.

P And...

D You taste the Orient.

P Yes. So, anyway, that's one... That's the point number one. Okay? So, you do have to get off this... off the sugar and it can happen in different ways.

[00:26:19]

S Can I just say one thing? We need to touch on this. We've touched on it many times. You've written an article on it, Pearl, and blah blah, but we need to but we need to. It's such a myth. Sorry, I'm hearing all that foil... My daughter's eating a foil something or other.

P A Laughing Cow cheese.

S A Laughing Cow but all I can hear is... My ears are very sensitive. Anyway, we've got touch and retackle it again, the fact that people say the taste of the sweetness in Stevia is still going to cause an insulin rise and we... it's going to cause a weight gain issue.

P They say any sweet foods will do that.

S It's not true. Danny, would you stop fiddling with the paper?

P I know. Well, guess what, it's been studied. So, they did that study and they did it with aspartame. Aspartame, is that what you call it?

D Aspartame.

P Aspartame. So, you could do it in Italian or Spanish.

D Aspartame.

[00:27:13]

P Yeah, there you go.

D Lots of ways.

P And they found that it did give a... can give a rise to insulin and can...

S What, stevia?

P No.

S Thank you. Clarify.

P No, some of the other artificial sweeteners actually cause more of a calorie intake at the next meal because people were craving more and things but with stevia it absolutely does not.

D It's the plants.

[00:27:35]

S I want to tell you how many testimonials we have of women that have lots hundreds of pounds on stevia. If it was causing them to have their insulin rises.

P No, their insulin goes down. The bloodwork proves it. I see it over and over again. Every day I see bloodwork. Look, my A1C is going down and I'm having chocolate cake every night but it's made with stevia.

S You know, not that we embrace keto as a way of life at all. You know, we're into all of the fuels that God has made. We're into balance. But the keto craze, this stevia is in all their products because they're to not get you into, you know, glucose-fuelling but people wouldn't be doing anything.

P In ketosis.

S They wouldn't be in ketosis and they actually take their... prick themselves. They're in ketosis and they've got stevia in all their products.

[00:28:28]

P Yeah, exactly, and look at the... Look, actually, at the kingdom of the vegetables, okay? Some of the sweeter things are actually lower GI. Look at sweet potatoes.

S Yeah. Raw carrots, like we were saying, the candy, they're lower in GI than...

P But they do have some sugars but sweet...

S But they're lower.

P Yeah, sweet potatoes have less carbs, I mean, and less impact on your blood sugar than white potatoes that have no sweetness. Red peppers, sweet peppers.

S Beets even more than like a turnip, like a suede.

P I know, so isn't that interesting?

D Look, if they... I wonder this. If someone were to take cane sugar and just turn it into somehow a powder but kept everything in it, I would wonder about the blood sugar effects.

S Well, it would be a little bit less of a rise but, still, it's more of a complex carbohydrates, like white potatoes are. Sugar cane has a natural amount of carbs...

D Oh, I see.

[00:29:17]

S But, yes, like unprocessed honey is a lot lower in GI than processed.

D Right, right.

S So, you are right, Danny.

P Raw honey, we're all about raw honey.

S In the right doses.

D A rule I've kept... I'm at goal weight. I was born at goal weight but a rule I've always... well, since I've met you guys I've been keeping is if it comes from the

earth... And I know Mama's on plan with lowering weight goals may have to look at this differently, especially with potatoes and things but for me...

[00:29:46]

P No, but potatoes are good for you.

D Yeah. And are they fine if you're at goal weight too?

S I have them for my children.

P Yeah. We've had podcasts on this before. Let's not just say because the white potato is not for people that need to slim down and big time, it is for some people. It's from God.

D Yeah, I think everyone's wrecked their bodies most of their lives and so now certain things need to be thought of.

S You would wreck your body if you didn't have potatoes in it.

P Yeah, Dan Dan, you need them to keep the weight on you.

S Your metabolism is so high.

D Yeah.

S It's made to burn through potatoes.

D Yeah.

P But let's just say we have a woman who is struggling. White potatoes aren't really in her season right now. In E Meals she might... could have a purple potato or a gold waxy one here and there, we've talked about, but having a white starchy potato is probably not a great thing for her in this season unless she chooses just to enjoy life every now and then have a crossover. Hey, we're 28 minutes in and we need to get some good stuff for the... our newbies.

[00:30:42]

S Can I just talk about some good stuff with a simple, simple, simple newbie recipe?

P Yes, love.

S For the night-time, when the cravings and the crazies and the spoon and the peanut butter jar are coming out of the fridge, or the Doritos or the Pringles and all the junk.

D Handfuls of blueberries, no, it's not junk.

S Cottage Berry Whip because it's so simple, you don't have to be a Masterchef. You don't have to know... do a water bath cheesecake.

P Yeah, that's so true.

S It's two ingredients, basically.

P It's cottage cheese and...

S Low fat cottage cheese.

[00:31:10]

P ...frozen berries.

S Whatever ones you want. You want them mixed, you want the plain blueberries, you want the raspberries.

P And then you sweeten it with an on plan sweetener.

S That could be as cheap as a dunk of stevia because berries match just the regular stevia. Or, if you want to do Gentle Sweet instead, a little squirt of vanilla maybe, whatever, but you put it in your food processor while everything's frozen. Don't let them thaw out and do it. Put it in frozen.

P I do it with... I think it's brilliant.

S And blend, blend, blend, blend, like pulse, pulse, until it's like a frozen yoghurt parfait. It's like cheesecake frozen yoghurt. It's awesome.

P But here's what I want to do. I do want us to give our best ideas for an easy starting breakfast, lunch and dinner. Before we do that...

[00:31:42]

S Wasn't that grand, though, Pearl?

P Yeah, it was grand. I'm glad you did it, Serene.

D Very good, Serene.

P I want to say I think the most important thing for when anyone is starting is to give yourself lots of grace and don't expect... Some people get so frustrated and frustration takes people off plan because they expect to get it right away and they expect them not to mess up right away and they expect things to happen right away and then it becomes like, oh, I never get it, this is hard for me, this is so different. And so these expectations set them up for failure. I believe... You say to yourself, I have got my life to become a master at this. I'm a novice right now. I can't expect... I'm like a baby learning to walk. I can't expect to be running marathons. I've got to find my feet here, let me give myself time, grace, forgiveness.

[00:32:31]

S And can I tell you something? You guys at the newbie stage, embrace this because I have wasted so much emotional energy even... It's something that I'm catching myself more and more right now, like I'm taking the thought captive and to the point where now it's almost gone but I will find myself, especially in the shower, oh, man, I really... Way past satisfied and I just feel uncomfortable, just spending emotional energy looking back at the failure of the past meal.

P Right.

S Rubbish. It's gone. You can't... It doesn't add a cubit to your height but it doesn't change anything. It's just a whole bunch of shame which actually causes weight gain. Shame causes weight gain.

P I believe it.

S So, all you have to do is just say, it's done, I've learnt from it because this disgusting feeling is teaching me but I'm not looking back. I'm not going to stand in the shower for an extra five minutes wallowing in the grossness of, oh, I really messed up. I mean, people can do it ten years in, Pearl.

[00:33:31]

P I know, they can. So, you're right...

S So, you don't look back to shame you.

P Yes, it's true. And you're going to make mistakes as you begin. You're going to do crossovers and you're like, I'm so... thought this was an S and then you put it, look at my lunch, and then... on the Facebook group and someone said, oh, that's a Crossover and you're like, man, I'm an idiot, I'll never get this right. No. Who cares if it's a crossover? That was a great healthy meal. You're learning. It takes time. It may take someone two weeks to learn this plan, right?

S It might take somebody way longer.

P It might take two months or two years.

S There's different kinds of learners - visual learners, audio learners. Not many people love to read.

[00:34:06]

P I know. So, maybe you're going to learn from talking to friends or maybe you're going to learn by trial and error and practice and maybe you're just going to read a paragraph and put your book in the bathroom with you there. I get books read because I put them in the toilet cubicle and I read a paragraph at a time and it's brilliant.

S That's why. And I think you're stuck in customs or something in Bolivia.

P But give yourself...

S Good to know. Now I'm not so worried about you.

P Oh, if I could say anything to a newbie it would just be like give yourself grace and time. And don't just say, I'm going to try this and then... oh, man, it didn't work. Look at it as a life, as a journey.

S But it's not the destination, worrying over food. We've got to be careful to choose life at every meal, right?

P Yeah.

S Because life and death can be on the plate.

P Yes.

S So, we've got to be careful. But life is more than food.

P Yeah, exactly.

[00:34:56]

S It's to fuel a wonderful joyful existence. So, we can't get caught up with just the fuel, although we have to make good choices but once we get into the shame, though, and the emotional rollercoaster of giving all... When it becomes part of our emotional make-up, that's when there's danger.

P I think that some people just... You know, sometimes this is new to people, when they're learning what's an S and what's an E and they want to give their best and I think they become frustrated maybe when they just can't get it, you know, and so I know that's there but Serene's saying, don't give in and don't get into that frustrational shaming when you mess up and none of that. But here's my thing. If you're just starting out and you're like, oh, man, this seems so overwhelming, I've got to make a two-week menu and I've got to do all this and what's my...

S I've never made a two-week menu.

[00:35:46]

P Going to be my grocery list. I mean, I don't.

S Another little helper, because I'm not a menu list but some people just love to write out lists.

P Yeah, they do. They do.

S There are list writers and they rock the world but it's not me. But another little tidbit, and this is not you either, Pearl, but it might help some people out there, is just... to just throw in Zippys. And you're good at this, Danny. You bring your little, you know, pail everywhere you go but...

D My pail.

S Take some food. If you know you're going to be gone on errands for the afternoon or you work out of the house, Zippys filled with something to tide you over because maybe...

D Those are Ziplock bags.

S Yeah, because if you're stuck out there in the real world and all there is is a vending machine or the doctor's appointment took a little bit longer and you're sitting there and you're just low blood sugar, the McDonald's on the way home is going to just look a whole lot more tempting. But if you had a... It can be as simple as a cheese stick or some almonds or a dark... 85 % chocolate, whatever, or sweet peppers, whatever.

D I actually believe, and as you've seen, in doing the work to pack a cooler because some of the best snacks are refrigerated. They don't need to sit in a hot car. So, in my cooler I'll have just, you know, fruit and cheese. Yeah, like just healthy snacks that come from the earth. I'll even have a little... I have taken Ziploc bags of spinach and I... You know, I always...

S Popeye.

[00:37:06]

D When I say stuff like that, I'm thinking about the newbie who is like, oh, I don't want a Ziploc bag of spinach. But, look, I'm telling you, that's why I love the whole extreme leave the sugar kind of concept. I think you need to consider that because, you know, a lot of this groaning comes from an addiction to sugar and it's really not fair to hold natural plant foods hostage to your addiction to sugar and pretend that you have a special need. You know, I don't like stevia. You know me, I don't do spinach. And it's like, yeah, you don't because your stuff's broken and...

S And you don't because you're saying it. That's another good thing. Danny, thanks for that. We have to remember that too. Titling ourselves as somebody who just can't get the plan or titling us as somebody who just can't enjoy a sweetener that's healthy.

[00:37:48]

D Or doesn't like spinach. I don't like spinach.

P Yeah, that's my title. But things can take... You know, it is baby steps too, though, isn't it?

D I will say... Yeah, it is baby steps. I will say I need to baby-step into these beets, though, because I'm trying to step up to the gold league here.

P It's all how you do the beets. Just shoving them in your mouth like that is going to be gross, Danny, but...

S Oh, Russian borscht soup, the Russian... Ha ha ha, that's amazing.

P Grate some beets, mix it with tahini, Bragg's and a little apple cider vinegar, oh, my goodness.

D ...and make it not taste like a beet.

P Yeah.

S Oh, no, that's amazing. It tastes like pickles. Oh, it's delicious.

P Raw beets can be pretty tough.

D Yeah, that's what I have, is a raw beet.

P No, no, no, no.

[00:38:22]

S Oh, you just sliced a little piece off and chucked it in your mouth?

D Yeah.

P No, no, no.

S The only thing that's good for is doing a little bit of rouge when you run out, you know, a bit of blush.

P On your face.

S A slice of raw beet.

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

[00:38:35]

S I'm Serene.

Announcer:

This episode is brought to you by JC Penny. This Mother's Day I'm treating the most important mom in my life, my daughter. Being a busy mother is a fulltime job,

so she deserves a gift that will make her life easier. JC Penny came through and with the Cuisinart coffee maker I just got her, my daughter will be ready to take on the day. JC Penny makes gifting easy since they have everything from clothes she'll love from brands like Nike and Liz Clayborn to fine jewellery and smart watches like FitBit to the best in skincare and perfume, thanks to Saphore inside JC Penny, and much more, all at affordable prices. With so many great options and amazing prices, I may have also bought a little something for myself. I'm a mom too after all. Head over to JC Penny today to discover the perfect gift for the mom in your life.

S This is the PODdy with Serene...

P ...and Pearl.

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

P Let's talk about, I think, our three... If you're just starting, like what are easy meals to make? Like for me when I think of breakfast, I always just think... Unless you have an allergy, I just think of it like this. S for eggs. Have eggs in the morning of some kind, however you want them, like have an omelette or fried eggs or whatever, with a side if you need it, or whatever, and then oatmeal for E. They're just two basic ways to start. Look up my sweatpants oatmeal video.

[00:39:56]

S The Sweatpants Oatmeal has changed oatmeal for life at my house. Also, another thing, and maybe it's a little bit too... more complicated but it's not that complicated, it's just putting everything in the blender, is the Trim Healthy Pancakes.

P Really easy to start with that.

S My family, my teenagers, they just live on them and that's changed oats for them too.

P And that's an E. So, really you've just got your basics right there. When you start you don't need to even get more fancy than that. Don't make it too fancy. For lunch, okay, you've got a sprouted bread sandwich for an E or for an S have a salad with a wonderful dressing and a protein. It's as easy as that.

[00:40:31]

S There's always just a yummy chicken... sorry, tuna pouch with...

P On your salad.

S Yeah.

P Or have a wrap. If you're the Drive Through Sue type, find a low carb on plan wrap and put, you know, chicken and hot sauce and mayo and lettuce. It's as easy as that.

S Mind you, wraps was actually... My daughter, Selah, is just doing so wonderful. She's rocking the plan. She's so healthy, totally back to her weight after every baby but she...

P Isn't that amazing?

S The thing that she learned first was Wonder Wraps.

P She learnt them before she did the plan.

S No, that was what she started the plan on, is Wonder Wraps.

P Really?

S And to this day that's what really keeps her on plan. She loves avocado in them and, you know...

[00:41:07]

P Guess what, I said to Meadow yesterday. My daughter, Meadow, for those who don't know, she has had two miscarriages in a row. She got tested and she found that she has two markers for the MTHFR gene and those people cannot... they're not processing folic acid into folate, what your body needs. So, I said, Meadow, be sure to have our nutritional yeast, you know, because folate... it's full of natural folate.

D We sell nutritional yeast?

P Yeah. It's the only one that doesn't have the synthetic B vitamins.

D I didn't even know that. Is that new?

P Synthetic B vitamins are really bad for at least half the population which has one marker for MTHFR. If you have two markers, you are 70% inhibited from methylation in your body and Meadow had the two and that... they think that could be the reason, you know, some... part of the reason for miscarriages.

[00:41:52]

P But she's like, mum, I don't think I can do my low carb wraps anymore. Meadow's a bit of a low carb wrap and a dream-filled person. She's like they have folic acid in them. I'm like, Meadow, Wonder Wraps are going to save your life. Make up a bunch once a week and then they're there in your fridge. They can be breakfast burritos, they can be your wrap for a sandwich at lunch, they can be your...

S Oh, so lasagne, they rock it out of the park. They are your flat noodle in any of those kind of enchiladary or lasagne kind of casseroles.

P Burritos, my husband loves them as burritos and, you know, they seem intimidating. They seem like, man, I have to make wonder wraps but if you do them just once a week... Do our... Our video's are on our website. If you just make them once a week, they're there and they are a great thing for beginners.

S It was just the thing that would just... It just helped her get off of carbs, bread. I mean, not that we're off of carbs but off of the starchy white...

P Interesting. So, there's basic easy things for lunch, right? I mean, nothing... Does that sound overwhelming? I don't think it does to me.

D No. I want to throw in too... Also, if you're a newbie, jump in head first to the Trim Healthy Mama community because...

P You mean the Membership Site?

D Well, sure, yeah, we have a membership site but...

[00:43:00]

P Or the Facebook groups?

D I just mean any of the one billion Facebook groups that are out there. Trim Healthy Mama for Turtles, Trim Healthy Mama for Over 50, Trim Healthy Mama for Over 52. Like there are so many detailed specific to your situation groups and it's like, boy, the... Like if you have a question, you know how good

it is like when you get a... buy a new product or something and you're just like, oh, my gosh, I don't know how to do this, and you e-mail customer service and then they don't get back to you for like 90 years and you're just lost?

P Right.

D Not in the Trim Healthy Mama groups.

[00:43:28]

P No, no.

D Like you say something and within a minute you have like nine answers from nine different perspectives from three countries.

P Except on the big main group because it's so big. That feed goes so quickly, it's like a million miles an hour, so unless you post a picture and get some attention, it's going to go unseen. So, join one of the smaller groups if your picture's not... if your question's not getting seen.

S Are there other recipes that are quickies?

P Yeah, because we're going to go to dinner. I love it, Serene.

S Yeah, quickies that are great and I think it's... Not everybody's a soup people but soup is an incredible weight loss tool because it's highly hydrated. There's a lot of liquid in there. Liquid fills and it gives a lot of body and it's... it takes a longer time to eat.

P It does.

S And so is the Trim Train Soup...

P That's a great way to start the plan.

[00:44:11]

S It's a great one and it's a great one to learn hiding the secret veggies that really have a fibre that sits in your tummy for a while and really slows down...

P We actually created that soup for people wanting to start this plan and didn't know how because it makes a lot, right? You're going to have enough for a meal to feed your family and then you're going to put it in your fridge and you're going to have enough for like six other leftover meals for lunches.

S That you can freeze, yeah.

P Yeah, or keep in your fridge. It's a great way to start. A lot of people don't like soup when they get into the hot months. I still eat it but...

S Hey, they still eat hot burgers and hot junk, mate.

[00:44:42]

P I know.

S Hey, but can I just say this to them?

P Yeah.

S The other thing is, is smoothies. Like the... It was just the... one of the original recipes but it really helped... When the book first came out, it really helped those people that were first on and now there's so many millions of recipes out there, maybe the newbie now doesn't really... it doesn't pop out to them, that recipe but the Fat-Stripping Frappa and any of the Secret Big Boys that have the okra hidden inside, especially the chocolate-flavored ones, they are really weight loss like movers.

P Yeah, and it's great. And a smoothie is so easy to do. It's three minutes, you know, and so a smoothie, either breakfast, lunch or dinner. If you've got a full scoop of whey or half whey/half protein, you've got your protein. I mean, it's another great easy way to start the plan. Here's what I look at. At dinner you think you're going to have to make all these recipes in our books and... Actually, you don't. What about a meat and two. That's the way I look at my dinner. I have my protein, so is it like...

S What wrong with the three, meat and three?

P You could but it's just more work for me. So, meat and two for me means... Oh, let's just say I bake chicken or I have a rotisserie chicken I bought at the store, okay? That's my meat, that's my protein. Then the two is I always have a side salad. Actually, I do a large salad and then my other thing will be one veggie. So, am I sauteeing or baking up broccoli, am I doing cauliflower? It's usually broccoli or cauliflower.

[00:46:04]

S The frozen broccoli and cauliflower like roasted with just a little coconut oil and nutritional yeast.

P Salt and... So good.

S That is crack.

P It's so good. You and your crack

S Have you heard of that little book, that little children's book? I need to trade in my bum, it's got a crack in it. It's the funniest.

P I haven't. But isn't that easy? When you think of dinner, you don't have to think of all these things. Sure, you can start going through the wonderful recipes in our books after a while but just say to yourself what's my meat and two? It's a veggie, it's a salad, it's a meat, oh, my goodness, it's so easy.

[00:46:38]

D Along that line.

P And that's your S Meal.

D What I've been doing to... for my little... You know, I've been doing stuff to heal my gall bladder, to heal my gut. So, I'm on this like gut/gall bladder synergy diet here...

P Yeah, that's right.

D ...of very specific things and for me the easiest thing has been to just have go-tos like every day. And at first I thought this was somehow against the law, to do the same thing every day. I thought that that would hurt my body or something like that. I don't know. I had this idea that I needed variety. Like every dinner has to be different and I think that's just from our culture. Like, you know, you're like yelling at Mama's as a brat kid when your dinner's not different.

S I had that last night.

D Yeah, that whole thing and it's like... My mom actually put up with that for a little bit, so I... She should have probably just...

S Did she cut the crust off your sandwiches too?

D No, I actually like the crust.

[00:47:29]

S Good.

D Because she told me that it will put hair on my chest like my Uncle Steve.

S So it did.

D And... Well, let me check. Yep. So, here's what I... So, I've been doing like, you know...

S Not that I know but just because you're...

P I do see some very hairy legs coming out of those green shorts.

D Yeah, these are fun legs and they are ready for the summer.

S Form?

D Fawn.

S The color fawn?

[00:47:57]

D No.

P What do you mean?

S Oh, like...

P F-A-W-N?

D Yes, a fawn.

P Because you're a gazelle who prances?

D It's like a gazelle man.

P Yeah, he does. Did you see that video of him, Serene?

D I've had...

S No, but he does remind me... In the PBS...

P He was a gazelle.

S No, the... Mr Tumnus, you know, from...

P Mr Tumnus, your face is like Mr Tumnus, Danny.

[00:48:15]

D Yes, I've been called Tum...

P Danny, you missed your mark.

D No, I've been called Tumnus over and over.

P Oh, yes.

S It's the hair too. The goats always have the curly little locks, the shocks.

P Oh, my goodness, Danny, I will never look at you another way. You are Tumnus now.

D Yeah. If there's any casting directors out there...

S I've thought about it for a long time and I've just never said it.

P Never made your way to the front from the... from your brain.

[00:48:34]

S No, but it was there. It was there lurking in the synapses.

P So, what you're saying is you just go basic and just sticking to similar meals.

D So, for the past month I've had eggs with spinach in them for breakfast, salmon and rice with spinach on the side for lunch and either whatever my wife comes up with or oatmeal for dinner.

P Wow.

D Like every single day.

P See, I'd get a bit... a little bored.

D No, I'm totally bored. I'm out of my mind bored.

S I just love... Like me, you know, I can do the same thing every day and be totally happy. I'm happier doing the same thing.

P Yeah, you are.

S I don't like to... Oh, my husband wants to take me out for dinner. Oh, that's great but then I wouldn't be able to have my Yuk Yum Bitty...

P Serene, that's true. She could eat her Yuk Yum smoothie three times a day, every day of the year.

S I could.

D Well, there's pros and cons of doing the same thing over and over and one pros is you don't have to think about what you're going to make.

P That's true, yeah.

[00:49:35]

D Another pro is you get buck wild results and those results become so motivating.

P Unless you're doing something that's actually working against you over and over. Like some people, if they want to have eggs and bacon every single morning for breakfast...

S A Cheeseburger Pie for dinner every night.

D That's a gall bladder issue.

P It's like, okay, I think you should change up and put some veggies in there. But you, Danny, are doing your veggies. You've already got it figured out, what's my ultimate here, and you're doing the ultimate every day.

[00:50:04]

D Yes. Even though it's not as tasty... I mean, it's delicious and everything but like when I think about lunch now, it's weird because I'm like I can't wait to not have to... I already know what I'm making, that's great. I know it's going to heal my body, that's great, I'm not going to have bloating, that's great, but I just don't want to eat another salmon and rice lunch. Blah blah blah. But then I do it and then I'm not hungry anymore and I don't care.

P But, you see, what... Here's... I think this is brilliant, Danny, because I think it's so true. When women do menus on... And I think this is the biggest thing that turns them off and makes them exhausted. They do a menu and have something different every night for the seven days.

D That's hard.

P Something different for lunch, breakfast and dinner.

D No.

S Grocery store trip must be like mathematic gymnastics.

D Yeah, right. No.

P It's too much. Alright? What if you don't...? Danny's doing the extreme of the other way but what if you do an in between, and this is what I do. Three nights a week...

D Sure.

P you know, it's basically almost the same or all three lunches are the same but there's a couple of variations a couple of times so you don't like what to throw the rice and salmon against the wall, you know.

[00:51:07]

D Yeah.

P I think that that's a really brilliant way so that you don't get overwhelmed. Do you know...? Overwhelmingness, what's the noun for it? Being overwhelmed is like the biggest reason people give up.

S Well, can I tell you something?

P And it's too much variety, Danny, you're right.

S At the beginning of the year New Year's Resolution was to do like Pearl. Because I like the Trimmy Bisques, make the big cauldron, you know, and then it's always there when we want to heat it up at nighttime and we can make a big salad and whatever but I'm not one of these casserole meat x's two.

[00:51:37]

P My husband likes that.

S I thought I'm going to do this for my husband. I'm going to do this. I'm going to be a Pearl. It almost sent me insane. I was having to like buy cheese to grate and do special casseroles stuff. It was a whole different set of ingredients. It was so hard to feed a family of ten on it. Everyone got their little cut portion and they were all fighting over the last little piece.

P You see, that's not new. You've got to be you. You've got to do Trim Healthy Mama the way you are and my husband does like variety, so I have to change it up but here's the thing. People say, well, why are you doing all these cookbooks with all these things? It's only so you can find your faves. You might have to try 70 recipes and you've got ten faves and they rock.

P They rock your weight, they rock your family, they rock your world and you have found those and we call them sweatpants meals and I have my faves.

S I have my faves and then sometimes, lo and behold, somebody will bring me something and it's like, oh, I haven't made that for two years and I love this and it'll become your fave for the next while and you can switch those faves up.

[00:52:36]

P Yeah. But I think as a newbie don't go trying like 14 days of menus and every meal is different. Oh, my goodness, you're going to crash and burn.

D Yeah. Keep it simple.

S No wonder the people are complicating.

P They are, Serene. They're crashing and burning because they're just trying to be so diverse.

D Yeah. That's our culture. I think that's where that comes from.

S Hey, go back to where Danny comes from. He eats just beans and rice.

P Mexico.

D Yeah, Mexico's actually come a long way, though, since ancient Aztecs.

S No, but I'm talking about Tandooris.

P No, Danny, not from there. Man, when I go to Cancun, they have more offerings than we have here, Serene.

[00:53:11]

S No, but I'm just talking about, you know, when people go on mission trips to where Danny came from. I'm just teasing. I love you, my brother. I'm just having a whole lot of fun.

D So, you know how it is in Mexico, no one's wearing clothing and they still draw water from...

S I'm just trying to say, you know, when you go to the missions trips, it's just the one pot of beans and rice going.

D Yeah.

S That's what they have.

P It's a little further than Mexico, I think, where that's happening. But maybe in the...

D In some parts of Mexico.

P Hey, did we cover it all for Anonymous?

D I think we totally covered it for Anonymous.

S I'm going to get letters.

P Yes, you are.

[00:53:43]

S I love Mexico. It's one of my favorite places. We just went on our anniversary to 20 minutes from the Mexican border. Might as well have been Mexico.

D Yeah, for sure. Yeah, if you're that close to the border, that's...

S And Mexico would have been safe compared to the B&B we stayed at but that's a whole other story.

P That's coming on our UNshow, by the way.

S No, it can't even hit the UNshow.

P Serene...

D It must.

[00:54:01]

S There's too many [unclear] about it.

P We're recording the UNshow next and it's happening.

S What if the lady hears, the B&B girl herself?

P She won't. Hey, Lesley, do you have a question? Because this lady wanted more of Lesley. Anonymous wanted more of you.

D Oh, you have a road story.

P She's got a beginner's question. A Rookie Question.

D We brought our cool pants today, didn't we, Lesley?

P Serene's wearing pink hot pants and Lesley is wearing what? Lily of the Valley pants?

D They're not pants, though, they're those spandex things.

L Yeah, they're flowers. It's my costume now. I'm in my summer costume – flip flops and colourful leggings.

D Very nice.

L My question is to revisit potatoes.

P Oh, okay, darling.

[00:54:43]

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[00:54:43]

L What about the white sweet potato? I know it's so difficult for me with potatoes.

P A white sweet potato? Where on earth...? In Australia and New Zealand they're called yams. Do you mean yams?

L No, I don't. Okay, alright, in Sprouts, which I don't know if you all have Sprouts, wherever everyone is, but I've never seen them before but their skin is yellowy golden and their flesh is white but it's not as potatoey as potato. It's...

D Aren't they called Yukon potatoes?

L In Sprouts they're called white sweet potatoes.

D Oh, wow.

L And then I ordered some because you know how I'm going to be a potato farmer now? Because why not?

P Yes, you are. Right.

[00:55:29]

S Can I have your greens? What are you going to do with those greens?

L Serene's asking for my greens. I don't... Yeah, of course you...

S Potato greens is an African delicacy.

D The green part that grows out the potato?

S Oh, yes.

L You 100% can have them, as soon as they grow. I ordered some called O'Henry's potatoes and they were white sweet potatoes.

P I can't even find them anywhere on the net. They're not bringing them up. All I'm saying is, listen, I'm sure they're probably better than the starchy fluffy Idahoes. You know what I'm saying? They're the ones that plump up your blood sugar. So, I don't see why not, Lesley. I can't find any sweet versus regular but...

L Thank you.

D Good question, Les.

S But the more colourful the more antioxidants, when you get to the sweet potato.

P That's true, yes.

D Okay.

[00:56:20]

S Like purple are the best.

P Purple are amazing.

D Purple sweet potatoes? I've never seen one.

S They rock, they're so good.

P And purple regular potatoes are excellent too.

D Where do you get purple potatoes? I just want one to eat.

P Aldi's has the bags of little golden, little purple and little red.

D Oh, you're talking about the small circle. Are they the small circle purples?

P Yeah.

D Maybe I have seen those.

P They're the regular purple potatoes, which have also said, hey, occasionally you can use those on plan too. Because we don't want to demonize things that God made.

[00:56:53]

S Yes, like we're not against honey. So many people have said they're against honey.

P We're for raw honey.

S We're so for honey. I have a teaspoon nearly every day.

D Yeah, I pour honey right into my mouth every day.

S Now, that's not what we're for but that's awesome.

P Well, he's a man that burn... He has a weight under problem rather than a weight...

D Yeah, I actually use it to gain.

S Yeah, I know but I'm just talking for our women.

P Yeah, no, exactly.

[00:57:15]

D Yeah, that was a bad example for the gals.

P The seasons. Can you stop derailing all of our podcasts?

D I'll try.

P We're 53 minutes in and we must say goodbye.

SP Your home is important. That's why Geico helps make it easy to save on homeowners' insurance. Because home is more than just a place. Home is where you have a cute little reading nook for those rainy days when you want to curl up with a good book. But you don't even read, so you just sit in there during thunderstorms and scroll through memes on your phone and laugh in the darkness. The Geico Insurance Agency could help protect the dark meme-filled corner you call home. Call Geico and see how easy it is to switch and save on homeowners' insurance.