



Trim Healthy Podcast with Serene and Pearl
Episode #127 - All you Need Are These Three Things to Be
Trim and Healthy

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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

[00:00:00]

Announcer An interesting creature inhabits the flat, arid plains of many an automobile dashboard, the Bobble head. It's most agreeable and will nod along to anything, despite having no brain function. But when the Bobble head hears how Geico not only saves people money but also gives them access to licensed agents 24/7 online and over the phone, he'll nod even more vigorously because he knows you should switch. Because yes, switching to Geico is a no-brainer. Easy Bobble head, easy, you're going to get whiplash.

S This is the PODdy with Serene...

P And Pearl.

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

D Women and men, boys and girls, welcome back to another episode of the Trim Healthy Podcast. I've been gone last week, but I'm back. Do not fret, my children, Danny is here, and we can't wait...

P Not only are you here, you are glowing, in your iridescent shirt.

[00:00:50]

D I wore the brightest shirt because I'm feeling the brightest I've felt in hours.

P Oh good, Danny, holding your banana...

D I brought my banana.

P He's holding his banana and he's like using it as he speaks. He's lifting it up in the air and emphasizing with a banana.

D And this podcast is, of course, with Serene, Pearl and little old me, Danny. Hey, Les is here. John's here and...

P Solly and Gedi.

D No Solace, but I want to call you Ged.

P Yes, Engedi is her full name.

D Engedi... I was looking for the full, yes. I know Gedi, but I wanted Engedi and so my brain froze completely. Engedi is here, what a beautiful girl.

P And Serene is not speaking because she's trying to give herself penance and discipline.

[00:01:33]

S I was looking for coals to put ashes all over my face.

P She said for penance because Serene and I were having a sisterly discussion actually, as we do, about certain dietary things that, you know, research and stuff that we're discussing. We weren't quite seeing eye to eye, so I was like Serene, I want to tell you about what I'm feeling. And so she's like, oh, and I'll tell you what I'm feeling and so then she talked for 10 minutes about what she was feeling. And I said, okay, thanks. I just didn't get to do what I said I was going to tell you. And so Serene felt bad, apologized to me...

S Yes, I did. There's a trait...

P Isn't that the beauty though of her personality because she blurbs, but then she apologises.

S But there is a trait in the Campbell lineage and that's a trait that just... It's painful to not let the tongue move. It's actually pain... Like actually that whole introduction, I had things to say. Pearl, thank you for talking about the banana and matching the shirt because my brain was screaming it out and I couldn't say it, but it was important information...

P But you couldn't give yourself 10 minutes penance...

S But it was important information that the banana matched the shirt and the loudness and the obnoxiousness of it all and he was using it like a monkey would when a monkey would be preaching, you know. He was like holding the banana and like: Yeah...

[00:02:45]

- D It does look good together though, a banana with this shirt.
- S Yes, but he's shining today, Danny, and I wanted to say that. My brain was screaming. His shirt was so incandescent it was just shining rays of...
- P Do you feel like your two minutes of penance then you feel justified?
- S It felt like two millennia.
- D Millenniums.
- S But it was to say sorry. Pearl sorry my darling Pearl.
- P It's alright, Serene.
- S She had things to say to me. She wanted to share her heart and I didn't listen because I was very thorough in sharing mine.
- P I love it. That's what I love about Serene though. You have to forgive her for everything because she just blurts stuff out, but then she's so repentant.

[00:03:22]

- S But in honesty, I wasn't aware that I wasn't listening to you. I thought that I was listening to you the whole time, but in retrospect, I wasn't, but anyway...
- D That comes with the... What do you call it?
- S With the Campbell lineage.
- D Yes.
- P Oh, that Campbell's our last name.
- S Campbell means crooked mouth, by the way.
- P We were Campbell's. People don't know that, Serenie.
- S Oh, our maiden name, yes. I made a name as Campbell.
- P Hey, anyway Serene, you brought some goods today. You brought a great subject as you walked in before we got to arguing and I loved it. So I had something to share and we're going to put mine on the shelf and go with yours, Serenie. Let's bring it.
- S Well, hey, I mean mine can go on the shelf too. I might need it for penance.
- P You want to blurt it out.
- D It's too late, Serene. Let the tongue move.

[00:04:04]

S Okay, so, okay... Freedom... I was on a walk on Sunday afternoon...

D She was on a walk.

S And Pearl and I had already been in a discussion...

P Oh, that was the beginning of our argument.

S That was the beginning of our argument and I'd left Pearl pretty heated. It was actually nice, but I think our souls were a bit heated. I was a little bit like, do you know what? I'm not sure about all this. So anyway, instead of going over to Pearl's house to have a yarn, I thought I'm going to listen to some audio on my walk then I won't feel tempted to go...

P Tainted by Pearl...

S No, I won't feel tempted to go and talk to Pearl to feel the air space. So I was listening to a bit of Billy, good old Billy Graham, yes. I haven't listened to him, actually never.

D Old Bill Graham...

[00:04:51]

S Even though I mean I totally love the guy, he wasn't in my era, but in my father's era... My father just loves him, but my son, the other day, came in from gardening and he was almost shaking. He was like Mum, I heard this voice. I was listening to like audio scriptures on, you know, on the Safari on the Internet and it came to a close. And it must have been the next thing on whatever, on this page, and he said... I got goose bumps all over my body. And the guy's voice, it's like the movies, Mum. It's like the movies. And it's got such power behind it. And I'm like: Who is it? And he's like: I don't know. I've never heard of the man. And I looked it up and he's like It's a B-B-Billy Graham. And I'm like...

P Wow...

S Yes and it was an old, old, old, old message from way back but see, that anointing still carried.

D You can receive Christ as your Lord and Saviour.

P That's right.

S That was amazing a good accent.

P Yes, that was similar to the way he talked.

D That was nice.

[00:05:49]

S It was amazing. So I decided to listen to good old Billy on the way, on my walk, and it was about three things. All you need is three things. And he was talking about how

he grew up and about how he grew up on a farm, as did most of middle America. And there was just two ruts that you'd call a road. They had no television, no radio. They didn't even have a radio. They didn't have indoor plumbing. They occasionally had electricity, but not all the time. It was just hit and miss.

S They got up at 4:30 every morning. 4:30 every morning their Mum fed them breakfast because they had to milk the cows, and they didn't know any better. And then he was like, you know, looking back. The Department of Human Services would have to come out on all of America, you know, because this is not the way of life. This is not good enough living, right. But he says I never knew of anyone who committed suicide in our town. I never knew of like... I heard people whistle, you know, as they went about their work.

S He said we were the happiest children alive. And he was talking about a quote that he heard from his uncle or whatever. He used to say true riches... I'm sure the uncle got it from somebody, but I don't know the name right now, but true riches is knowing what you can live without. That's true riches. And anyway, so he went on about three things, three beautiful, spiritual things that we need, like we need in life. We don't need anything else.

[00:07:10]

S We need the blood. We need the cross. We need faith. And he went and talked... I don't actually remember his actual three things because I was just so... I only got to the first one which was the blood of Christ because my walk was a little bit short. It was hot and there was chiggers and ticks. Anyway...

D Tiggers and chicks?

S Yes, so one thing I probably can't do without is a good old natural tick spray out in our area. But anyway, it got me thinking. So as I was driving over here quick to the PODdy, I was thinking about what we're going to say today, and I was telling Pearl we've got to simplify, you know, what... A lot of people think, hey, you know, I forgot to put my order in this month to Trim Healthy Mama, so I've got no baking [inaudible] and I'm all out of collagen. I'm all out of such and such. I'll just have to just eat normal because I can't do it without these things. But I think there's probably only three things, Pearl and I think... We've got three things, that's all you need, to do the plan. Pearl, take it away.

P Yes, I loved that. What are the three things that you need? Serene, at first, she said... I was loving what Serene was saying and I said, so Serene, what are these three things? Tell me, tell me. And she said: Well, I don't know yet, but I'm thinking one of them is a mouth. One of them is a stomach and...

S One of them is a brain.

[00:08:21]

P Yes. And I'm like: No, that's not it, Serene. But she's like: What? I thought to myself, what are the three... Let's simplify Trim Healthy Mama down to the very basics, the fuels, right.

S This PODdy... Just to interrupt, Pearl, then you're going to go ahead. But this PODdy is all about how to simplify.

P Yes.

D And may I add right in this moment...

P Yes, Dan-Dan.

D That's something I've learned so much from you gals is really simplifying because I like to sometimes go to deep, you know, like over think, you know. My son's that way too. We kind of obsess about things and just being a part of this has helped me kind of chillax.

P Thanks, Dan. I like your hair today too.

S And is that an electrical thing to zap yourself when you get too ADD and then...

D It's to zap one of you actually. No, this is, yes, an ADD toy that I can squeeze and fill so I don't have to run circles around the building.

[00:09:13]

S Okay, it looked like electricity was going to come out of there. Anyway, Pearl, go ahead.

P I think the three things what do you need for Trim Healthy Mama? You need a protein, any protein, any healthy protein, maybe the only protein that we say you probably wouldn't use is like a soy protein concentrate or something like that, even you've got sprouted tofu you're okay, but just a protein. Think of any protein. What have you got? You've got a fish. You've got a chicken. You've got a bean even though there's not as much protein in beans, but hey, there's protein in there. You've got a meat. You've got an egg. What have you got? You've got protein. Then what else do you need? That's number one, right.

S Yes, so if you don't have the whey and the collagen and all that stuff and all the pizzazz stuff, all the chocolate whey and all that...

P It's all gravy.

S Yes, it's like Billy Graham. He didn't have indoor plumbing, but we're sure glad for our indoor plumbing. But hey, he didn't even know that he missed it.

P I know. When we first started, Serene, did we have all this?

S No, and still to this day, Pearl, you and I don't have it. Just to be honest...

D You don't have indoor plumbing?

[00:10:06]

P No, I have...

S Pearl and I aren't big product people, you know.

P Oh well, I have collagen and whey protein in my house, darling.

S Yes, no, I have it in my house, but personally, I'm not a big taker because I just like simple. I'll just throw a fillet of salmon and have it over salad or have a sweet potato with chicken.

P Yes, and at the end, we'll talk about our three things meals, okay.

S Yes, I mean my children, they dig the chocolate protein. They'd have it all day.

P I'm using, you know, I'm using collagen and Trimmie's and stuff like that, and a little bit of my protein sometimes if I have a shake or whatever. You're right. So let's think about your protein. I'm not talking about special ingredient proteins.

S No because we're simplifying.

P Exactly.

D Are you guys unselling your products right now?

[00:10:41]

P Yes, we're unselling.

S Because that's the integrity of it all Dan, it's like we really want people to know they can do this. They could have done it back in Billy Graham's time, before the Internet and ordering.

P That's what I'm saying. You can do it if you only have a piggly wiggly store.

S If you have a brain and a mouth and a stomach...

P Okay...

D You guys are so honest.

P The next thing...

S You don't even need to own a book. You can go to the library.

P Mm-hmm. The next thing, number two, I said is do you have a veg?

S Thank you.

P Alright.

S Thank you.

P That's what I go to next, okay. Now, I know we've got the carbs, fats things coming. Those are number three. They're piled together.

[00:11:15]

S Yes, because they're the fuel.

P But the next thing I'm saying is have a veg because that's going to make up a big part of your plate and it's going to give you your nutrients and your vitamins. Of course, your protein is too, but it's those needful things, right, to cleanse, to get rid of toxins, to put chlorophyll in you and all those catechins, xantheons and all those things.

D Xantheons?

P Yes.

D Are xantheons good?

S Brrrr... Hey, I'm trying to make the noise of a chainsaw. Can you do it for me?

D I couldn't make a chainsaw...

P Come on, Danny, if anyone can make a chainsaw...

S You can do it. That's it.

[00:11:49]

P There you go. Thank you, Dan.

S I'm chain sawing over boxes right now. Can I chainsaw over a box?

P Yes, please.

S Where's your veg at breakfast? I'm just chains awing it.

P Okay, but sometimes you don't have to have it...

S I know, sometimes you don't, but I'm just chain sawing for a second. Since I added veggies to my breakfast, my whole diet has changed because do you know what? It was a paradigm shift in my head about the importance of these things.

P Yes.

S I kind of thought: Well, you know, I'll have them later on in the day and blah, blah, blah, blah, blah. But when I told myself: Hey, veggie at breakfast... Where's my veg?

D Oh, that's a good one.

S It changed my honor of them.

D Yes.

[00:12:21]

S You know?

D I'm feeling this.

P What about if you're having your oatmeal? You don't bother, right?

S Well, no, maybe not on an oatmeal breakfast, but my neighbors are giving cucumbers away...

P If you're having an egg, you will.

S Like they're coming and dropping them off at the doorstep like stray cats. And I just chuck one in on the side after my oatmeal, you know. It's just some good fiber it keeps me full. It's great.

D That's interesting.

P Any veg, and let's just talk about how simple veggies are, right. I love and we've done PODdies on this before, but I love the... If you want to be so simple, I love the cabbage. I love pre-shredded cabbage in a bag. I love the old lettuce. These are basic things. I love the zucchini squash.

[00:12:56]

S Frozen spinach chucked on the griddle in the morning next to fried eggs.

P Yes.

S Oh, the squash that's coming off like stray cats, you know, like thrown over the neighbour's fence in summer, grating it up on the grater and chucking it inside my omelette crepe.

P Oh no, we've been given the same squash and zucchini because your neighbours are my neighbours and I'm just steaming them up every night, put a little coconut oil, salt and pepper. Yes, Dan-Dan...

D My ADD heard that the stray cats that the neighbours chuck over the fence end up chopped up and on my griddle. That's what I heard.

P No, it was Serene doing an analogy of the zucchini being like stray cats, too many of them.

D Okay, so the zucchini is...

P Instead of murdering those stray cats... You know how people used to drown them which is very mean?

D Oh, that's horrible.

P They'd give them to neighbors.

[00:13:36]

S Well, talking about animals, the reason why I took the last big five gallon tub of them was because he said if you don't take them, I'll just give them to my cows.

P Not cats...

S And I couldn't bear it. I couldn't bear them going to cows instead of my children. So I said: Pearl... Look at Pearl's glass of water.

P Yes, that's my...

S That's where the stray cats are going.

D Yes, very cool.

S She's got it chopped full of chopped...

P We have so many cucumbers right now. I love them.

D Yes, it's a big jar of water with zucchini and lemons.

P And I just keep them out and the thing... My children go around and grab them like carrots and chomp on them.

[00:14:02]

S I don't put them in the fridge because the fridge would fall apart and not work anymore how many you'd have to stuff in there, you know, just keep them out.

D I have another hey. It's in context. You said xanthan. I've always seen xanthan gum...

S Not like xanthan gum, xantheons... How do you spell it? It's those things in veggies and some other things that's just potently...

D Okay, we're not talking about the xanthan gum?

S It's a carotanoid, yes?

P Fights free radicals and things like that, yes.

D Okay.

S It's the color of the shirt, the things that are the color of your shirt, Danny.

D Okay, these are the things that are in the berries and give them their color?

P Yes, and anything purple and anything blue and anything red and anything orange.

S Shout out to purple sweet potatoes again, people.

P Mm-hmm, or even purple white potatoes but that's no such thing, purple potatoes.

[00:14:42]

- S See, I'm telling you what, the chainsaw is over, Pearl, and we're back.
- P Okay. Dan, you want to contribute, I think. So what veggie are you doing that you didn't used to do?
- D Don't you give me some little nod of contribution?
- P I want to hear from a person who's changed his diet.
- S But don't just talk about how you go and eat fistfuls of spinach. We want to have a little bit more flavour flair.
- P I know that you are... What's it called now, Instant Pot Dan?
- D Instant Pot Dan here.
- P What are you having your salmon with? You're Instant Potting salmon all the time, right?
- D Yes, salmon, rice...
- P Okay, rice... What veg are you having with it?

[00:15:19]

- D Veggie is either spinach with a little oil, salt, lemon on that.
- P Yes, and that raw spinach?
- D Raw spinach, yes, because I love the ease of taking a handful of it and dropping it on a plate.
- P He's still at handfuls of spinach, but still, that's good. I mean...
- S Yes, at least it's not going to the cows.
- D I will cook spinach up in my eggs. So my green veggies are going to be usually... And I love what you said about veggies in the morning because it's so true. I think I've always been like, yes, I'll finally muscle my veggies down at dinner when I've got other savoury things to eat with it, but let's not do it first thing. Let's give the old belly a break, right, but you're right. I like putting it in first. It does set it up differently, but... So I'll cook it into eggs and then at night, greens will be peas, broccoli...
- S Good old boy of America, peas...
- D Peas and broccoli.
- P Yes, but that's awesome. Even though it's very simple, that's okay. He's consistently doing it.

[00:16:15]

D I've got to eat the same thing over and over because to think about new is to stress me out a little bit.

P Exactly, but that's okay. Eventually you'll incorporate little more new here, little more new there.

D Yes, because then it won't be a big deal.

P But what you're doing, what you've learned to do is be consistent with those veggies...

D Yes

S Yes, totally

P And that's what we're saying, basic stuff from your grocery store or from your friend who's trying to get rid of their zucchini and cucumbers.

D Or their cats

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

[00:16:45]

S Serene.

P Oh, we've just been so blessed by Grove, just in the family life. Like it's changed the way I feel. Serene, do you feel this way about your children doing dishes?

S What happens if your six-year-old or your toddler says, Mummy, can I help you do that? And they're putting their hands in these chemicals and little bodies concentrate things and it's just not okay.

P If they're putting their hands in the sink, my hands too, in a bunch of toxic chemicals, I'm like: Do the dishes, kids, but then I'm like, oh man, am I being a nasty mother telling them to put their hands in chemicals? Now, I'm like: You do the dishes because I know that these products, the dishwashing liquid, all these things, they're not going to be toxic for our children and for my hands. Grove Collaborative is an online marketplace that delivers all natural home, beauty and personal care products.

P They come directly to your door and their goal, just like Trim Healthy Mama, is to make living a healthy lifestyle easy and accessible for you and your family.

S You go and buy your natural products at a regular retail store, you're paying for that retail space and it makes you think that, oh, I can't buy natural products because they're expensive. But if you buy them at Grove, they're actually, they're affordable.

[00:18:02]

P Grove takes the guess work out of going green in your household. Every Grove.co product is guaranteed to be good for you, your family, your home and the planet. So you can save time reading confusing labels when you're at the grocery store and your children are having a meltdown or you don't have time to read labels.

S Yes.

P For a limited time, when our PODdy listeners go to Grove.co, that's Grove dot C-O, slash Trim Healthy, you will get a free five-piece spring cleaning set from Mrs. Myer and Grove. And that's a \$30 value, PODdy listeners. So go to Grove.co, that's Grove dot C-O slash Trim Healthy to get this exclusive spring cleaning offer. That's Grove dot C-O, slash Trim Healthy.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P-O-D-D-Y. And another thing, because we started out this whole conversation today and it was involving childhood and children, that's a big thing I tell my children. My boys are so good about their protein now because it's vanity, you know.

[00:19:11]

P Yes, mine too. They just want to build muscle.

S Yes, it's just all about their muscle, man.

D Preach...

P That's why Rocky got up this morning... I used to say where's your protein? When he was younger... Now, I'm saying... I was like...

S Where's your veg? That's what I say.

P Where's your veg? Because they've got the protein thing down and I was like... I made them up some beef and rice and I was like, look, we've got all this, you know, cucumbers here. Why don't you just have some. Won't you have some lettuce with it, Rock? He was like, Mum, I've got my protein. I need protein right now.

D Right now.

S So funny... And the concern on their face is very...

D Got an emotional teen...

S Got a furrowed brow... But listen, cucumbers are great for children. Once they bite into one and take a few bites, they're absolutely addictive. My children are going around eating them all day now.

[00:19:53]

P What about a good old holding onto and chewing on a good old carrot like Bugs Bunny?

S Yes...

P Kids love that.

S That's part of our childhood, Pearl, a good old carrot when we were hungry. That's what we got.

P Yes.

D Same.

P What we got...

S I'm hungry... Grab a carrot.

D Grab a carrot.

P But do you see how there's nothing fancy about these veggies? Totally doable.

[00:20:08]

S Just doing a little thing that's not too fancy, I just cut the cucumbers really quickly and put it in a salsa prepared jar which is my cleaned out salsa jars. It's like our containers at our house, and I just put like jung ja jung jung of apple cider vinegar in the bottom of it which is probably like three tablespoons.

P Right, jung ja jung jung.

S And then one heaped teaspoon of Gentle Sweet if you don't want to do products because we're simplifying. I don't care. It's just a dressing. I put like...

P Go buy your Truvia.

S Yes, go buy your Truvia. But don't put stevia extract in it. It doesn't work in this ingredient.

P Okay. What are you making here, pickled carrots?

S No, listen, and I put one teaspoon of MCT oil but no special ingredients. I've only just started doing that. I never used to, so don't worry. Simplify and leave it out. And a few pinches of salt and a few shakes of black pepper and then I add the sliced cucumbers and I just shake the jar a few times in the morning, leave it out, and when I walk past the counter, I shake the jar. I just eat them all day for candy, but I send my husband everyday with a salsa prepared jar of cucumber. It's got one big cucumber in it.

[00:21:05]

P Well, that's delicious. Now, we have to go over that again because I'd like to do that. Now, let's do it in a ways every time you give a THM ingredient, I will sub you with one anyone can use. Watch me do it.

S Okay. Jung jung jung with apple cider vinegar. I've never measured it.

P Okay, no, hold on. What goes in the jar first?

S Apple cider vinegar, raw with the mother.

P Okay, before cucumbers.

S Apple cider vinegar.

P Three tablespoons of apple cider vinegar.

S Yes, it's probably about three.

P Two to three, people.

S Only quarter of a cup.

P Two to four, people.

S Okay, and then I do a heaped teaspoon of THM Gentle Sweet.

[00:21:35]

P Okay, one heaped teaspoon of Gentle Sweet or any crap sweetener

D Yes, say it like it is.

P Sweetener from your grocery store.

S You can get it at your local joint.

P No, Truvia, I'm not crapping on them. They might just have some GMOs.

S Okay, don't do Stevia extract, peeps. I'll tell you why. I tasted my mum's...

P Any Stevia blend.

S And she does Stevia extract, and I can taste the... We don't want it in this thing.

P We want it mild and gentle sweet to taste, so if you're using Pyure, that's stronger too. Only use about half to three quarters of a teaspoon.

S And now it's probably like a quarter of a teaspoon of mineral salt or just sea salt, Hains from Walmart.

P Okay, let's try not to do Hains, but let's...

D What is Hains?

S But what if we're Billy Graham, Pearl?

[00:22:12]

P Himalayan salt, you can get it any grocery store.

S Okay, well, I was trying to Billy Graham like out with the rut road.

P Even if you don't have Himalayan salt, any old salt would do you.

S Yes, black pepper to shake...

P Any black pepper to shake.

S From your Grandma's shaker.

P From your Grandma's shaker will do.

S So that was black pepper that was done and that's it people. Oh, one teaspoon of MCT if you want.

P Well, we don't have to use that. We can use olive oil.

S No, don't, yuck because it's... We don't need oil. If you don't have MCT, leave it out.

P Leave it out, people.

[00:22:41]

S Because sometimes you want the... I love olive oil, but I don't want the taste in this.

P I don't mind it.

S Slice the cucumber...

P Avocado oil would work.

S Slice the cucumber, stick it in the jar any old how, give it a shake, shake it around your kitchen for just a couple of minutes.

P Oh, so there's no water here.

S There's no water. The water comes out of the cucumber. And so I just stick it in my husband's lunch box like that every day and just before he eats of it, he gives it a shake and then the dressing goes all around each cucumber.

P But I would just like snack on that. Danny looks like he's finding love for the first time.

D But what do you do? Is this is a drink or is this a...?

S No, this is an eat...

P This is like a...

[00:23:16]

D This is like a pickled treat?

S Yes, but it's not pickled with all the pickle junk like the white vinegar that's from corn. Like what's that stuff that we always talk about?

P It's your healthy form of... It's a yummy way to use up cucumbers.

D We're talking about healthy pickling almost, right?

S Well, instant.

P Yes, instant pickling is what we're talking about.

S And raw.

P Instant, raw, light, pickling...

S And you don't have to do time for fermenting.

D Now, how deep does it go deep into the pickle or is this more of a topical flavoring for the pickle?

S No, it tastes great and it goes in.

[00:23:43]

P We need a name for this recipe. Do you know what? We're going to do a vid or...

D Yes, this is legit.

S Nancy...

D Let's call it Nancy.

P Why?

S Because I got it from my Mum. She actually cuts up onion in it. My Mum grew up like this.

P We had those every night and that's why I'm...

S But she used to put honey in it, raw honey in it.

P Yes, she did.

D Can you call it The Nancy?

P You could. Guess what? You could even do raw honey because one teaspoon, what's that going to do?

S No, totally, exactly. Billy Graham would have had it. He would have had his own bees.

P Yes. If Billy Graham did it...

[00:24:07]

D I like my cucumbers with honey.

P Love it... Okay, so we talked about any veg and we'll actually talk meals at the end, but veg, any veg, okay. Now, number three, mates, is your carb OR your fat.

S Your fuel.

P Your fuel.

S Where's my fuel?

P Okay, so where's my fuel? I've got my protein. I've got my veg. Now, where's my carb or my fat if I'm losing weight or where's my carb and my fat if I'm...

S Like today.

P If I'm not wanting to care about losing weight...

S Like today, right, because Pearl's onto me. I'm nursing a baby round the clock and my toddler and my baby, I call them my twins because one's very advanced and one is super genius. My elder toddler, but...

[00:24:44]

P But he needs constant watching.

S But he needs constant watching, and so they're like my twins and it's taken weight off me.

P Yes, because Serene pushes them in a stroller all day...

S To keep them safe in one spot, but anyway, the point being is I'm onto crossovers and we're going to do a PODdy about the importance of Crossovers and they are on plan. But anyway, you might want to do both.

P Yes, because Serene's lost too much weight.

D Get this girl some peanut butter.

P Dan-Dan, I know.

D Get some potatoes.

S No, but you see fat doesn't put weight on me, see, only the combining of fats and carbs.

D Fats and carbs together.

S I can do a lot of fat and not put weight.

D Maybe that's my answer.

[00:25:17]

P Yes, I've told you that many a time Dan-Dan.

S Maybe you could read THM.

P Yes, there's a book.

S We'll get that book for you.

P It's called Trim Healthy Mama. It talks about fats and carbs.

D I've heard of this book.

P It talks about separating them from weight loss and then to maintain weight or even to gain, yes, there's this thing called a Crossover.

S But do you know what? You could go to your library and look and see if they have one or maybe we have one.

D You guys might have an extra. Give me that old one with the old cover.

P Okay. So let's talk about your carbs or your fat you're going to do healthy versions of both. So let's just say on Trim Healthy Mama, my carb here, my fuel is going to be my carb.

[00:25:48]

P I'm going to keep it as smart carb. So I'm going to use either a sweet potato, a fruit, a bean...

S A bean or quinoa, an ancient grain...

P An ancient grain?

S Sprouted grain bread.

P It's going to be so jolly delicious...

S And please do not...

P Man, I love my carbs.

S Do not misunderstand Trim Healthy Mama. We love carbs. We embrace carbs. They rev fat loss actually. We have never been ashamed of carbs. When our first book came out, it was like when all the other low carb movements were going and maybe we got lumped in because there was certain meals we pulled back on them. But we're only ever carb conscious so we don't spike our carbs or at weight loss time, removing them so we just burn the fuel or fat. But we embrace carbs. We want to shout it out again. And we don't just stick to berries because that's not even enough. That's like a non-starchy vegetable.

P And your low carb wrap at your grocery store, that's not a carb.

[00:26:40]

S That's not enough carb either. So remember a good old mango in the summer or some tropical fruit. Remember some watermelon at 4th of July.

P Guess why you need your carbs? I know many of you maybe, you know, you struggle with diabetes or whatever and you're thinking, but I can't do carbs. Carbs sing lullabies to your adrenals and you need healthy adrenals to lose that weight. You need healthy adrenals to speak to your thyroid, to speak to your liver, to do all of it and so see what you can do. Some people say I just feel tired after E Meals, and that's your carb meals for those who are new. Play around and see which carbs work best for you. Maybe you're an apple girl and you do fantastic with an apple in your meals. Maybe you're not a mango girl, but guess what? Maybe you are a mango girl and you just don't know it.

S Maybe, yes, exactly.

P You could try it out. Beans, maybe you're a lentil girl. Oh my goodness, love lentils because they're so high in folate. Anybody with an MTHFR mutation... If you've heard of that, lentils are one of the like almost the third highest foods in folate in the world. There's like 350 mg of folate in a cup of lentils, people.

[00:27:43]

S And I made the most beautiful lentil soup the other night and I seasoned it with rosemary because I had ground lamb in it...

P Serenie, that sounds divine.

S It was divine.

P So there's your carb, alright, or if you're in weight loss mode, you can have fuel with a fat for an S Meal. So what are your healthy fats? Maybe it's an avocado, maybe it's a fatty meat.

S Right, maybe it's the olive oil from Italy where Pearl just came back and everyone doesn't use butter. They dunk in the olive oil generously.

P Yes, or maybe it is some butter, you know, maybe it's coconut oil, so that would be your fat. Do you see are any of those things specialty?

S No, or it might be Gouda cheese.

P Can you get any of those things from your grocery store?

S I bet Billy Graham could have got all of them, maybe not coconut oil.

P What would Billy Graham say, Danny?

D He would say I like my cucumbers like I like my Christ, every day and always.

[00:28:36]

S There you go.

P He's good. He's good.

S He's good. He's good. He's good. And that's your three things. Let's go over them again. Your veg, where's your veg, number one?

P No, that wasn't, it wasn't number one, baby girl.

S Yes, it was... Oh, it was your protein. Where's your protein? Where's your veg, number two? Number three, where's your fuel? Fats or carbs or both... And listen, you are definitely on Trim Healthy Mama. You are part of the gang if you do live on Crossovers. You are not like, well, I'm not doing Trim Healthy Mama now because I'm at goal weight. No, you still have to watch that you're not spiking your blood sugar because that actually is dangerous for your adrenals too because that causes your stress hormones when you spike. So you want to hit the sweet spot in your diet.

P Yes, and for some people that's really to the very edge of the 45.

S 45, exactly.

[00:29:22]

P Some people it's not though, but I know that Lesley had her hand up before you, Dan-Dan. Rookie question...

S But before rookie, I want to talk about more simple or do we do rookie now?

D Ladies first.

P Well, she's got a rookie that relates.

S If you've got a rookie that relates, you come now. P-Salm, come to my phone.

P Rookie relates, come on Leslie P-Salm. You know, Leslie used to be called co-producer Lesley, and then she got switched to Leslie Pops because she's like Mary Poppins...

P Yes, but now she's Leslie P-Salms.

L Serenie's head is underneath this microphone.

P Yes, Leslie P-Salms.

L He's probably going to edit this out.

S That's all I need, mate. You keep your good sovereign water.

[00:30:04]

L I'm so happy to be next to Serenie. Hi, I have a question.

S I'm going to be Proverbs because I'm right after you.

L Proverbs and Psalms... I was trying to simplify this in my head even more.

S We'll tell you the meaning of that joke later.

P Serene, people probably didn't even...

S After Psalms in the Bible, so I said I'm sitting right after you so you can be Psalms and I'll be Proverbs.

D And I got it and I pointed at her silently and gave her this big thumbs up, like that was brilliant.

S And Lesley Psalms looks at me like: I don't plan to find it funny so, you know, but that's why you're Psalms.

D Go ahead, Lesley.

P Go Leslie Pops.

L I'm so sorry. I totally didn't get that.

[00:30:45]

D That's fine.

S Genesis, Exodus...

P Leviticus, Numbers, Deuteronomy, Joshua, Judges, Ruth, first and second Samuels, Kings, Kings, Chronicles and Chronicles, Ezra, Nehemiah, Esther, Job, Psalms, Proverbs, Eccliaastes, Song of Solomon

D Still going? No, we're still going.

P Daniel, how was your Job. It was so Zacchary and Malachi.

S We got \$5 back in the Billy Graham day when we could say from Genesis to Revelations. That's what that is.

P Dan-Dan...

D I don't know the song, otherwise I would have joined.

S And we went and took that \$5 and we didn't spend it on Trim Healthy Mama food. We went to the corner store and bought milk drops.

P Okay. Leslie Psalms do her thing... We're just showing off now.

L It's no longer a relative question. It was so far away.

D My turn...

[00:31:32]

L No, no, I was trying to simplify even more. Where's your veg?

P Where was your protein first?

L Okay, but I got that one.

P Oh okay...

D Come on, teacher.

P You're back to where is your veg?

L Where is your veg? All veg isn't veg though. Some of it's a carb, right? Like in my brain and then I was like, are all fruits carbs? Like where's the rule there?

S That was a good question.

P Okay, Les.

L Rookie...

P Okay, Rookie...

[00:31:57]

S Rookie was quite intelligent because people are going to...

P Okay, I want to say that 99% of veggies is veg what we're talking about. There's only a handful in the thousands of veg that aren't veg. They're a carb...

L Do tell...

P You want to hear them? Corn, white potatoes...

S Sweet potatoes...

P Sweet potatoes, even though they're so healthy and then there's a few that most people don't really talk about... No, not really carrots. We'll talk about those, but things like rutabaga, cassava...

S But rutabaga, I find... Parsnips, but I think rudibaker is less carby than a parsnip.
P Yes, but it's still on the sort of carby idea. It's not non starchy.
S They're rooties.
P They're rooties and they're starchy.
S But radishes are not starchy.
P No, they're not a root. So think of all the thousands of veg. These are like five or six...

[00:32:40]

S Carrots, when cooked, raw carrots, that's fine.
P Yes, but if you've just got a few cooked carrots, they're not...
S No, I'm not worried about them then.
P That's it. Good question, Les.
L And all fruits are carbs.
P All fruits are carbs, babes, except berries which are not very carby.
S Yes, blueberries would be your most out of the berries, but if you're just having a smattering, I wouldn't count that.
P But all fruit and then think of berries a bit differently, except...
L P-Salms out.
D Do I get my question now?
S Oh my goodness, don't tell me you're like coming to the water and saying P-Salms?

[00:33:13]

P We like you to say P-Salms.
S You said Psalms, that's like...
L Psalms, Psalms, Psalms...
S You forgot the P.
D That was fast. That was fast.
S You're acting like you were raised in church.
D That was silent.
L P-Salms out.

P We like you Les and P-Salmy.

L Go back, find it and make it louder. Hear my Ps...

D So I have a question in context as well from everything you were just saying.

P Yes, Dan-Dan.

D Just for the new in the room which, by the way, is me, always, just...

P For those who never learn.

[00:33:41]

S You're very clean shaven today, Dan.

D That's why you think I look brighter. I don't have the darker facial hair, I think. Crossovers, could we just revisit what is a Crossover?

P Okay. You start with your protein and then you matchy matchy carbs and fats.

D The same grams you mean?

P No, they don't have to be exactly the same. It's just like...

D Amounts...

P You've got like plenty of fat, plenty of carbs.

D Okay.

S Like you have a good, nice, good-sized sweet potato. I'm not talking about a tiny one and I'm not talking about a giant one that's like ridiculous either, like some Cracker Barrel and it's like the size of your whole long plate.

P No, Cracker Barrel ones aren't bad. I'll tell you which ones steak houses have the ones that are like plates long.

[00:34:19]

S Plates long, mate.

D Yes, yes, so we're talking...

S A fist, a good fist.

D So scrambled eggs with cheese...

S Sweet potato with like a real...

P Hold on, let him finish. Scrambled eggs and cheese plus what, Danny?

D Plus a baked potato with butter and salt.

S Scrambled eggs and cheese is not a Crossover, but if you have scrambled eggs and cheese with that baked potato, then it's a Crossover.

D Yes, exactly, okay.

P You've got to have the carb or two pieces of sprouted toast with it, you see?

D Now, let me ask you this...

P Or a piece of fruit.

D Is that for maintaining or is that for gaining?

[00:34:48]

S It's for maintaining and gaining, depending on the person.

P You, to gain, that wouldn't make you gain.

D What will?

S I don't think necessarily anything because listen, no, I'm trying to speak to you. Does the potter say sorry, does the clay say to the potter, why'd you make me so? Danny, you're a healthy looking man.

D Thank you.

S Maybe you're not going to look like the guy that turned green. What's his name? Incredible Hulk, but you can be healthy. Now, you don't want to drop under and there's certain things you do to stay at the max for you, but your max... You don't want to like get a fatty liver over trying to like get too fat.

P No, but I do have help.

D Which I think I did get, by the way, earlier.

[00:35:28]

P I do have help for him. Whenever you do a crossover, you do a heavy one and so your fats would be ones that are a little harder to break down like fully intense lots of nut butters, along with like white potatoes versus sweet or if you do rice, you need a full cup versus even three quarters of a cup. You need... You know, you're a burner of fuel, so you need lots of good carbs and lots of good fats.

D Got you.

S Yes, yes, exactly.

P However, your gall bladder doesn't love fats right now, right?

D Correct, so I'm going light on fats.

P So you can go lighter on fats...

S And just heavier on...

P Make them heavier, make them nutty if you can because they're harder to break down.

D Which means the gall bladder works less or more?

S Well, it's just not instantaneous.

P We always find gall bladder a little bit more problematic than like nuts, right Serenie?

[00:36:18]

S Or they have the roughage in it or if you like it, it's just kind of like...

D Okay, they don't have to go to the gall bladder.

S Don't quote us on that.

P Yes, don't quote us.

S But I feel it in my soul.

D No, no, but do you know what? That makes sense because I've actually thought that before like if I'm going to do fats, let me go for nuts rather than oils.

S Or an avocado, the food where the oil is in it...

P Yes, it's like the body has to take time. It's not like instant.

D Yes, like drinking oil.

P To the gall bladder, right, and then the gall bladder can play up a bit.

D Which is what butter is and like avocado oils and stuff.

[00:36:46]

P Yes, those are pretty instant there, so...

D Okay, I'm with you. I'm with you.

P So I think I'd go... You know, I buy this wonderful almond butter and cashew butter off John here, producer John, but he gets it from someone else. It's the most amazing stuff.

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

S Serene.

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[00:37:49]

S This is the PODdy with Serene...

P And Pearl.

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

S Okay, so can I just keep simplifying onto the simplifying because this whole PODdy is about simplifying, right?

D Yes, please, this is good. I'm learning.

P Yes, darling.

S Okay, so, you know, we've learned a lot. We've learned a lot. Danny, you've learned a lot. Producer John here has learned a lot. We've all learned a lot here on our health journeys.

D He literally just looked up for the first time.

S No, not from us. I'm talking from all of us on our own health journeys. We keep learning, right. We keep stumbling across information. Producer John here, he's like a genius on all things inside the blood, inside water.

[00:38:27]

S Like he's kind of Mr. Science Head, right. Everyone out there now with Google and all that... We've got a lot of information out here. That's what I'm trying to say. I'm not trying to say, we learn a lot from Serene and Pearl. That's junk. I'm just saying information is out there and as we go along on our health journey, we get a lot of information upstairs, okay, and it starts to swim around.

P Yes.

S And that, in itself, is freedom, but it can also be chains of condemnation and shame and oopsie. And that's what happens to me sometimes is, oh, it's 12 o'clock. I know what happens when I don't get to bed at 10, cortisol turns on blah, blah, blah, blah and blah, blah, blah, blah, blah. And instead of going to bed as a happy soul, I go to bed in the shame of the cortisol.

P Condemnation...

S Yes, totally.

P So the shame turns on more cortisol.

S Yes, and so today, you know, it's summer and my children are in and out and in and out. We don't have a screen door inside of our door and the flies were everywhere. And I knew I was feeling cortisol as I was eating because I couldn't bring the spoon to my mouth and properly whack the fly off my food and hold the baby at the same time. It was a real conundrum.

[00:39:38]

S It was causing cortisol and then my children were like throwing pillows off the couch and it was getting on the floor where my toddler was putting his sweet potato, like throwing it off his high chair. And there was a lot of cortisol and I ate and I can't remember chewing. And then I had cortisol for half an hour. Oh, that blood just wrecked and I'm probably not burning all the fuel properly and my metabolism is probably all up in a loop because my I'm all wound up.

P Because of all the info upstairs.

S Yes, because of my info.

P Yes, because you knew it.

S Because I knew it, so beforehand, I probably ate like a billion miles an hour too, but I was a happy lark. Now, it probably wasn't good for me and the information is good for steering me in the right direction when I had choices to make. Okay, I could speed through this. I thought, okay, I can try and relax. Okay, this is good information to steer me, but once the evil is done, the information becomes poison to me. So I'm trying to simplify it to you guys and say, hey, this is great. Let it lead you and guide you, all this information on your health journey, but don't let it be shame to you because you are more blissfully, ignorantly happy before.

P Yes. You don't let it be shame. Here's what I want to say too as part of the simplification. And, you know, Serene and I are learning and we're all still learning. We haven't arrived here at Trim Healthy Mama yet. God forbid that we say this is the only way. It is a helpful way because we tried so many other things, but to say that we've arrived and couldn't learn other things, I think, would be awful. So Serene and I are still learning things and we were just arguing about it this morning.

P But here's one thing that we both agree on. When you learn some new information, this is good for any of you too and I'm going to speak to the believers here and people that aren't believers. Whatever you learn and read in a book because there's so much good information, you don't have to digest everything in a book if you don't agree with it, but one of the principles you're going to take away, do they line up, I always say, with the word of God? Okay, so if someone says. Well, we weren't created to eat meat or meat is bad, I go to the Bible and it says the exact opposite and then science tells us we were born with hydrochloric oxide...

S Acid yes.

[00:41:46]

P Yes, acid, hydrochloric acid. You can't, you know, get your B12 anywhere other than meat. So they line up. So I think, okay, put that on the shelf. There's such a thing as probably too much meat in the diet. Let's get balance with veggies and all that. But let's put that on the shelf for now because that is no longer simple. That is just man's conundrums that go round and round. If you're not a believer, and you don't really want to turn to the Bible, look at history. I mean that's what they've done for thousands of years. Yes, and countries and nations that thrived, that weren't all full of Type 2 diabetes and things like that...

P And the same thing with carbs, if you hear, well, Keto is the only way to go, you know. It's a healthier way to go. We don't need carbs to thrive. Look in the Bible. It's going to tell you carbs are good.

S Refresh me with apples, it says.

P It's going to tell you that we were created for them because, you know, it says right there in Deuteronomy: The fruit of the grape and the harvest of the field, the grains... And then look at history if you don't want to look in the Bible, same thing.

[00:42:52]

S And if it says, you know, dairy is not a very good food and blah, blah, blah, okay, if you've got an allergy, hey, you need to walk out of that and heal for a while and get off of dairy for a while. Yes, sure, mate, but if not, I mean I love it how it says in Deuteronomy also, you know, I give you goat's milk, enough for your whole household and to refresh your maidens. I mean it's very clear. And back in those days, livestock was currency, camels, cows, goats, all of that and they ate of the dairy and they ate of the butter and the milk and the curds and the whey, and it was cultured.

P And we're also unique, you know. Some of us do thrive, thrive, thrive with dairy. Some of us, we choose to eat some of the other foods and maybe we don't thrive with dairy, especially pasteurized dairy of the modern day.

S Especially because these days it's very hard for people to get the raw...

P Or certain people have gone through different things. Certain people's livers are there. Certain people's livers are over there, but still, we can't throw it out and we can't say, well, dairy is a bad food.

S No, we could say for right now maybe it's not good for me.

D For me, it's not good, for me, right now, for sure.

S Right, exactly...

D I'm totally dairy free.

[00:43:55]

S And also, you're also probably not having saucers of raw dairy or raw goat's dairy which is a lot easier to digest than cows, you know. And so there's a lot of different aspects of that argument. You can throw the whole baby out of the bath water, but raw dairy is a very different animal.

P Yes, it is.

S You know, and then, of course, cultured and then, of course, goat or sheep.

P Right.

D And if you listened to our last UNshow if you want to hear about the best form of dairy.

S Oh, breast milk, oh man, I'm telling you what...

D Human milk, the milk of humans. Do you know they're milking them?

S What's that?

[00:44:29]

D Well, no, they aren't.

S They aren't, but mothers are.

D They're milking themselves. Their babies...

S Solly has something to say about it.

P Ah, she was going to talk about it because she likes the milk.

D Technically, all babies are like a human dairy factory.

P Yes, look at her little chubbiness. Look at her...

D She looks very cute today.

S We need the cholesterol in animal foods, the good cholesterol.

P You should take a picture of her, Dan-Dan.

D Yes, I'm going to get it.

S You know, because it helps nourish our hormones.

P Yes.

S And that's something I learned when I went all plant vegan for years and years.

[00:44:59]

P Hey, real quick before we go... We've really got to go. We've got four minutes, but I would like to give you all some... Oh, look, cute... Really... Danny's getting a picture of her.

S So let's just cat as you're saying that.

P Oh well, I can't do it. You cat first.

S Okay, go because I want to listen to you and I'm in penance, go for it.

P I was just saying really basic meals. What have we got? We've got salmon with sautéed zucchini and a salad on the side. We've got a sweet potato with like a little touch, because it's a carb, a teaspoon of coconut oil seasoned with salt and pepper. We've got a salad on the side and maybe we've got a lean chicken breast.

S I love tuna with sweet potato. I don't know what's wrong with me, but I just love it.

P I love tuna. What other basic meals have we got? We've got some roast chicken and we've got green beans and maybe another veg or salad on the side. These are all dinners, you know.

[00:45:47]

S Broccoli, yummy, yummy, yummy, yum.

P That's an S meal if you include the skin of chicken. What else have we got? We've got...

S I love a good E meal with a sprouted sandwich, you know, and you could do just a delicious, delicious, delicious... I actually like cottage cheese on the toast, sprouted toast, with hot sauce and black pepper. It's delicious.

D I had to give it up. I had to give it on up.

S But you loved it.

D But I love it. It's the best.

S But you could make a sandwich, Pearl. You could make a...

P Sandwiches are so easy.

S Yes, what do you do for your E sandwiches because I just make them like Crossovers for my family now, so...?

P I love a little... I love... What do I put on there? I mean I was using a light Laughing Cow Cheese for a long time. I've sort of gone off there now. I do a light smear of Tahini. I love Tahini. For any of you who do not know what that is, it's a sesame paste or an almond butter and I'll just put a teaspoon on my toast.

[00:46:37]

S And if you think that sounds weird and you've never eaten it before, you eat it every time you have hummus.

P Oh my goodness, it's so good. And then I do lots of salt and pepper tomato, lettuce and tuna. That's like my favorite E sandwich.

S That sounds luscious, Pearl.

P It is, and I've been back to making my own Pan Bread made with oatmeal, Serene.

S Oh Pearl, lovely.

P Yes, it's very lovely.

S I like that. I remember when you and Meadow used to make that like 17 billion years ago.

P So oatmeal is another basic, jolly food, come on, for breakfast. You don't have to...

S Oh, Billy Graham was probably raised on that stuff.

[00:47:09]

D I eat oatmeal every morning with my Mother.

S But he probably called it porridge.

D Oh, porridge...

S Back in those days, they called it porridge, didn't they?

D What a poor word.

P I don't know if they did call that in America. We called it that growing up.

S Because we're from Scotland descent.

P Come on, Serene, I gave you my basic meals. What are some of yours, loves?

S That I have at the home that are pure S and pure E, is that what we're trying to say?

P Yes, not from any special ingredients, just the three.

S Oh mate, in the morning, it's just a couple of eggs whisked up with my favourite spices, thrown on a griddle. You could throw it on like an iron skillet for Billy Graham, you know, if that's all you've got.

D An iron skillet...

[00:47:44]

S And then I grate up my veggies. I throw either spinach on the other side of the griddle...

P And you grate them to cook quickly, right?

S Yes, so on the other side of the griddle where the eggs aren't, I throw on like either frozen spinach, not and or. This is or, so I either do spinach or I do grated zucchini or grated summer yellow squash or I do like grated eggplant or whatever. And then I flavour it up delish, put it inside the egg crepe...

D The iron skillet...

S And roll it and wrap it up and I smother it with Deep S oils once it gets off and onto my plate. And that's my fave breakfast, but I just do love a really yummy, yummy, yummy, yummy good bowl of oatmeal too from time to time.

P I do...

D Oh, on the oatmeal note, maybe this is off the planet. It's probably not. I think, no, maybe it's a crossover. I think it's a Crossover. You tell me. Throw some cut... While it's hot, put in cut strawberries or fruit in oatmeal.

P That's not a Crossover.

[00:48:43]

S No, that's perfect. That's E and that's really good.

D That's an E Meal?

S That's delicious. Yes...

D Man, let me tell you. When I was little, they had this oatmeal company. It was like the oatmeal in a little individual bag that you make quick oats like for breakfast. So they'd have that, but then they had this little thing called Flavor Swirls where they had this very sugary jam-like sauce that you swirled into it...

S Wow, this sounds really bad. Make this good stuff.

D It was really bad for you. It was total poison, but it was ripping off...

S Pearl's Sweat Pants Oatmeal?

D Yes, it was ripping off that thing that your taste buds crave which is oatmeal with fruit in it. So when I first had oatmeal with fruit in it, I was like 37.

P Wow, and now you love it, yes. That's probably real good for your gall bladder, hey?

D Is it?

P Yes, it is.

[00:49:28]

S Yes, because oats absorb that excess like fat in your intestines.

D Oh, and it helps the fat go down?

S Yes.

D The excess fat...

S In your intestine, oats are an incredible soother and absorber.

P Yes. They are a soother of the whole digestive tract.

D Do you know what? I eat oatmeal and I put in your collagen and the other gut healer, fixer...

S Gelatin

D Gelatin

S Together? What do you know?

D Well, I do one or the other.

S Yes, one of the others.

[00:49:56]

D Yes, but usually when I'm healing, it's gelatin and now it's gelatin, yes.

S Well, my favorite quick S Meal for lunch is a salad with a salmon fillet and I do this now in the air fryer, thanks to Kris, head coach Kris. And I throw it in and it's this five minutes from frozen to done in seven minutes.

P I want to know your air fryer salmon, is it the same way as Kris showed us on that video we did?

S Yes, I just do that, but I just do it with salt because I flavour it afterwards, salt and the spray, coconut oil spray...

P And how long do you cook it for because...?

S 10 minutes actually. I say five, but that's the Campbell thing too. They blab their mouth.

P You put a fillet in the air fryer because I tried it Chris's way and I messed up, okay. So...

S I do 10 minutes.

P 10 minutes from frozen?

S Yes, and I don't switch or flip or do anything.

P No, no flips, no flippies, and just some salt and some spray of oil...

[00:50:41]

S On either side or both sides.

P And then afterwards you season and put more oil?

S Yes, oh yes, thank you very much.

P Yum, and with a salad, see, that's a nice easy meal. See, having the best meals are easy from any grocery store meals. You've got your one, two, three.

S I baked the other day because it was my wonderful Esther and Arden's baby shower. I am so excited, people. But usually, Pearl, I don't even use our baking stuff. The other day you were having a little tummy ache and I'm like, oh, Pearl, you might be just, you know, some people are more sensitive than others. She goes, what, It can't be. I don't even use the sweeteners very much.

P No, and sometimes when I'm into like festive, like Christmas time and all that, I'm baking and...

S Your daughter does. We're not saying they're bad. They're very healthy. They're great. What we're trying to say is you don't need them, people.

P No, you don't need them. They can make life fun and when you're coming from other things and you're feeling deprived, then please enjoy them. But if you just want to know how to basically eat the one, two, three, that this is so easy. I hope we've explained it.

S Yes, simplify your life, people. All you need is three things, a mouth, tummy and a brain.

P She wants to go back to hers.

S No, I'm doing penance. Pearl, what's yours again? No, I'm joking...

[00:54:03]