



Trim Healthy Podcast with Serene and Pearl Episode #198 – Your Trim Healthy Future Meet Rashida

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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 · R = Rashida

[00:00:00]

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S This is the PODdy with Serene...

P And Pearl.

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

D PODdy people, it's the Trim Healthy Podcast. Welcome back. We're so glad you're here. Serene's here, Pearl's here, I'm here, John's here...

S Pops' is here.

D Lesley-Pops, with the bell ringing off the hook today. And we have a special guest today.

[00:00:38]

S We do.

D My good friend...

S And the special guest has a special guest along with her. But the special guest did a wet flurge, and so she's attending to the wet flurge.

D Yes, my good friend and the gals' relative, Rashida.

S Pearl just spilled her coffee.

P Yes, my coffee on...

D It's chaos. I'm trying to introduce the podcast. Come on.

S You're doing good, Mimer. Look, Danny's sitting here.

P With the maybe.

S He said to his daughters... What, how old are your daughters?

D Gosh, I don't know...

S Make it good. Just go lower.

[00:01:08]

D They're between six and ten, collectively.

S So he said to them, whatever you pick out for me from my wardrobe today, I'm wearing it. And he obeyed. He's wearing a necklace, it's long and hangy, with little-girl beads. They obviously made it.

D Baby blue and pink. Yes, they made it.

P Yes, they made the beads for you.

S And then he's got these linen, white pants with his white miming shirt, and Converse... What are those mimes called that do those mimes? They climb up...

D They're called mimes.

P No, there's a name.

D They're called mimes, Serene.

S No, there is a name for the mimers.

P But, listen, can I stop you guys on the rabbit-trails already? We're doing a podcast with a purpose today.

[00:01:42]

S Excuse me, she was changing a wet flurge. I was helping out.

P Oh. Oh. Ouch.

D The Wet Bandit struck again.

P Hey, do we have here? Our niece, Rashida, the author of... Do drumroll.

D You asked for this once before.

S I know, and you failed.

P I want a drumroll.

D And I'm not...

P You should've been practicing.

D Capable... You want me to roll my tongue, and that's not a drumroll sound.

P Do a special drumroll. Come on now. What do we pay you for?

S Every man born on this earth can do a machine-gun and a drumroll. They're just born with it. And if you're not, I'm worried about your masculinity.

P She's already worried about your masculinity, so now she's going to be double-worried.

[00:02:15]

D I'll give you a minor chord, which is way better than a drumroll.

P So Rashida, our niece, the author of...

S He's so Mexican.

P Yes.

S Like the cheriachi band, mariachi band.

P Trim Healthy Future.

S Trim Healthy Future, people, if you didn't understand Pearl.

D Now, this is her new book, right?

P Yes.

D It's called Trim Healthy Future.

P It is the book of Trim Healthy Mama. It's not just Rashida's new book. It is the official. We haven't had a Trim Healthy Mama book out in years.

[00:02:43]

S No, this is it, people.

D Let's go.

S This is not just like we're publishing some other people now. No, this is the Trim Healthy book.

D Yes.

P And, oh, my goodness, would you like to at least say hello, Rashida, now that you...

S And can she explain about this, she's got a special guest too, so they understand the wet flurge, so I'm not just some psychopath?

P How old is your baby, Rashida?

R 4 Months.

D Oh, we can't hear you, Sheeds. You're going to have to come up.

P No, you've got to get your face in the mike.

R Four months today.

S Pull your microphone closer. This is the future.

R Okay, there we go.

[00:03:12]

S Yes.

R Okay.

P And this is Roland and he's so rolling with fat rolls, his name suits him.

S And as soon as she arrived here, she changed his diaper, like a good mum, not a Hilltopper. And then we went to press Play on record, and the wet flurge came, so that's why I was doing my best, Pearl, helping out the team.

P Oh, good girl, Serenie.

D Hey, Serene, for about five years, whenever our baby's diaper got so full that they pendulum swung it around down there, we called it an Allison diaper.

P Yes, that's because Serene's babies...

S Exactly, that's how you make them last, and that's how you budget.

D And we learned from you, because we were going poor on diapers. And we learned you don't change them until they fall off.

[00:03:56]

S Hey, it's a quarter a diaper. It's 25 cents, people.

D You know, you know.

P And that's what we're talking about today, the future of things. Future gets brighter. Look, Rashida is our niece. She changes straightaway, and so does my daughter, Meadow, so they're better mothers.

S I'm mad when the diapers come with a special turn-green or turn-blue wet signal.

P You ignore it.

D Uh-uh, don't tell me.

S Don't let me know. I want to just decide when it's fully pendulum-swinging. Now, poops I will change immediately, but pees, you've got to let the pendulum swing.

D Yes, you let it swing off.

P All right, so let's get back to topic.

D No, I want to hear about this book now.

P Now, you go back with Rashida, so when she was a little baby girl, don't you, Dan-Dan?

D Yes, we've been friends since she was a baby, and she didn't really say much. She just looked at me, like there's an older person in my house.

[00:04:41]

S Now, be honest, Danny. She didn't say much, but she did something else. She cooked a lot and didn't say much.

D She cooked a lot, and she was one of my favorite young people of all time, because she was so sweet, and she actually liked me and she laughed at my jokes.

P All right. So today we actually want to get you all... Because it's happened, by the time you're hearing this podcast, the pre-release is happening right now. This book is about to go live, we hope, November... No...

D You going to give a date?

S 5th.

J Physical book.

P Physical book, December 15th.

S Oh, in time for the Chrissy?

P In time for Chrissy. And I just want to say, because I worked on this with Rashida for like a year and a half now, and, Serene, you've done your part...

[00:05:29]

S I've done my part.

P Not as much as my part.

S But I'm telling you, I didn't get the migraine headaches, like Pearl. She's Mrs Organized.

P No, there was a lot of... Right, so you...

S I was watching my pendulum swings. I was making sure.

P Rashida has poured her life into this book, and I am so proud of it. I am so excited for you guys to get your hands on this thing. It's going to make your Trim Healthy Future so brilliant. And I promise you that we're going to actually have Rashida talk too and shut our mouths soon. But, Rasheeds, you did this mostly while pregnant the whole time. When did you first start on the book? And get your mike right in there.

R Well, right before I started, like a few months before I started...

S Closer.

R Closer? Okay.

S I sound like your Mum, closer. Shoulders back.

[00:06:18]

R I was talking to Aunty Pearl. I was like, what if I wrote a Trim Healthy Mama Cookbook, recipe book? And she was like, oh, I'll talk to the others. I think that'd be so cool. And I was like...

P And I was lying, though, because Serene and I years before had told you, you'd better write a Trim Healthy Cookbook for us, and you were like, oh, yes, but you didn't, and then one day, you...

R Yes, it wasn't my time.

P Yes.

R So I was like, it'll probably take me five or six years to do, because I was thinking they took that on their first book. It's just like, no, give yourself a year, and then it'll be a year and a half to two years. And she was right. And so I gave myself a year, and it's been a year and a half, almost two years now. Because I got the whole recipe part done within a year, and then we had to add more in, a little more in.

P Isn't it amazing? I see cookbooks on the shelves, right, and now every time I see a cookbook, I think differently about that cookbook. Nobody knows what goes into a cookbook unless you've done one, right?

[00:07:16]

S And I want to say too, people who have written cookbooks may not be literary, like Shakespearians, right, but I'm telling you, we think of every word that we're going to put in there. And I believe it should still be classed as literature.

P Literature, and, also, when you're making a cookbook that doesn't involve gluten, pretty much, most of the time, for the baked goods, doesn't involve sugar, it doesn't involve soy, it doesn't involve all these normal things, it means you make

that recipe probably at least ten times, sometimes up to 25 times, because it's all different. And so I just put my hat off to you, Rashida, because you were pregnant a lot of the time. You have two little girls already, and they are wildcats.

S They're basically like twins.

R Yes.

S Yes, how many months apart are they?

R 15.

P Rashida would go to the gym not just to go to the gym, she would put them in the little childcare thing just so she could write in a recipe or something.

S So she's sitting sedentary in a corner, writing, while the rest of the people are on the treadmills, just to get the childcare.

D Oh, you used the childcare at the gym...

[00:08:17]

R Yes, at the YMCA.

D Which comes with the membership?

R Yes.

D That's so brilliant.

R I would get my two hours in every single time.

P And the other thing you did was, I was always like, so where are we on this recipe and that recipe? And she's like, okay, soon I'll be able to tell you, because I'm getting in the car and put the girls to sleep in their car seats, so they can be contained. And I've got my computer with me, and I'll do it from there. And she'll be parked on the side of the road, working.

D Ladies, are you paying attention? New mothers, just take notes on this. This is Masterclass Mom stuff right here.

R Oh, yes, I take them on drives, get them to sleep, and then I could actually focus on typing out things. Because otherwise it would just be hectic, and...

[00:08:54]

P Yes, because creating recipes, and we'll talk about it soon, why you, why are you the main author in this book, Serene and I had some recipes too, we'll talk about the why soon, but the cooking, for you, that's your nature, it came natural. You can go create in a kitchen. But that's just Step 1 of a thousand steps to get it to print. Because you make a recipe, it tastes good, but then it's writing it out. And when you're a wing-it cook, like you are, Serene and I, we don't do exact measures...

S Oh, no exact measure, us. Oh, my goodness.

P So then you had to learn, and then you'd send it to me, and I'm like, no one knows what you mean, Rashida, what you mean by that. Can you please tell me what you mean, because everyone's going to have a thousand questions?

R Oh, yes, that was definitely one of the hardest parts, was writing everything down. I would make a recipe. It turned out great a thousand times. And then I'd write it down, and it would be a complete flop, so I'd have to do it multiple times.

S Because the magic got taken out of it, right, when you had to be straitjacketed.

R Yes.

D That's such a good point. Any time you try to make something repeatable for someone else to do, you've got to get out of your artist head. Because you actually do your recipe, you don't even realize the little micro-changes you make as you're doing it.

[00:10:05]

S Yes.

D You forget to put that down. Because you know when you say a quarter-cup, you just mean around a quarter, and you add a little more, a little less. And then it completely... especially with this type of baking...

S Exactly.

D It changes everything.

P Every little teaspoon of this or that counts and changes things.

S Can we get a little history about Rashida?

P We can, and I just wanted to say, though, for people that are busy, they're on their way to work and listening to the PODdy right now, I wanted to get in what this cookbook's about, and then we're going to talk about the history of Rashida. What it is is Rashida wrote actually about 175 to 180 of the recipes. They're, in my opinion... I'll let you describe them, Rashida.

[00:10:40]

P Rashida is a cross between you and I, Serene, where she's all about the purism and the hiding the veggies and doing all your crazy stuff, but she's so about quick, like me. And she has a very busy lifestyle. So she's between you and me. She's got a new millennial spin...

S She's the bridge.

P She's the bridge. And they're very home style, they're very doable. I think when you open these pages, you're going to think, oh, I can do that. Oh, why didn't I think of that?

S Well, she just has this practicality about her that whenever she comes to the kitchen she makes it easy. It looks easy, but she can actually make it easy for other people too because she's just... I don't know, it's just an anointing on her life. It's amazing. But I just...

P Yes, and so then, Serene, you and I have 12 of our latest recipes in it too, each, so I wanted to say that.

S Yes, we shoved those in.

R Which are so good, I have to add.

S We shoved those in, because we can't help but shove ourselves into everything.

P And you'll notice Rashida's recipes, her intros are so short. Well, you're lucky that there's any intros there. She'd do one sentence, or she wouldn't do any intro, and I would send them back, no, Rashida, sell it, sell the recipe, write an intro. She'd send it back to me, three sentences. I was like, no, more.

[00:11:51]

S And then Pearl told me, okay, you've got 12 recipes in this book. She told me like a week before they were printing it. And so I'm just shoving it out in my brain. And I wrote like thesis before each recipe just to bless your hearts.

P Serene and I wrote ours so long, because we're doing teaching lessons. Because we've only got 12, we made the most of them. But you'll love Rashida's. They're short, they're doable. You'll feel like such a nice break from Serene and I.

S And I'm going to shut up so Rashida can talk. And then Danny, good old Dan, can punch in with his wonderful statements. But I want to say this, you've received a couple of cookbooks from us... Yes, that was Rolly talking. But you're probably sick of our seasonings and our style. Well, this is Trim Healthy Mama at its freshest, because it's a new creativity to the original foundation. You know that our stamp of approval is on every single one of her recipes. This is not knock-offs. This is not just something you found on Pinterest. This is real tried-and-true authority from the Trim Healthy stamp, but it's fresh, because it's new. It's from a new angle and from a young angle.

[00:12:58]

P And what would you...

S I sold these in my sleep.

P Before we talk about your history and why you, why Rashida, how would you describe this book, Rasheedies?

R I don't know.

S Oh, good way to sell it. More!!

P Sell it.

D This is a power author interview right now.

R They told me not to come prepared, so...

P I said don't...

R She said, three times, do not come prepared.

D Actually, could I ask that same question differently, though?

P Yes.

[00:13:25]

S Danny's an interviewer.

D Because I've been sitting on my question... Well, I professionally interview...

S That's what he does.

D Celebrities, no big deal. I'm curious, is that what we mean by Future, though? What is the Future part? What does that mean, Trim Healthy Future?

S I don't know.

R Honestly, I didn't come up with the name. I thought it was a great name. And, hopefully, this gets deleted. But...

S No, no deletes.

P Nothing is getting deleted.

D No.

R Yes, well, I can delete whatever I want.

P We don't... No, this is tricky.

D She's holding it to you now.

[00:13:54]

P I might've said that. I didn't necessarily mean it.

D Just because I said it...

P John's laughing at that.

D Don't mean I meant it.

P Because of history.

R Okay, I will say about the recipe book...

D I'll tell you what it means, based on what I'm hearing.

P Yes, but, okay, let Rashida, and then you tell us what you think.

D Okay.

R I would say this book is simple, delicious recipes. There you go.

P But what's the future got to do with that?

R The future? Well...

S Look, she's wearing cool boots and cool jeans. That's what it's about.

[00:14:23]

D She's very fashionable.

S This is like you're going to the hipness of Trim Healthy Mama.

R Well, okay, it was going to be called Trim Healthy Legacy?

P Legacy, yes.

R And that sounds old-fashioned. So I had...

S Yes, it sounds like Trim Healthy Fallopian Tube or something.

D Wow.

P I had lots of names...

S It just sounds wrong.

P And Rashida just dissed them all. She's like, no, that's that, that's that. And then when I said Trim Healthy Future, she's like that... Because there is a reason, yes, Rashida.

R Well, what was your reason?

[00:14:51]

P Oh, major reason. You're the future. Serene and I, we'll always be here, right?

S We're your aunts.

P But this is generational. Trim Healthy Mama now is starting new generations of health. It is birthing into babies and into families who are going to take that and pass it along. And so we wanted to look at that like you're the next generation passing this along, like Meadow is, and our other daughters, but you have a bent for writing recipes.

P And then the next thing is people coming to this book who've had histories and their own generations of maybe obesity or maybe just health issues, their future

can be trim and healthy. And these are the recipes that are going to get them there.

R Yes.

S So when you open these pages, you know, aha, this is my future. I don't have to fall back on all the things that were my pitfalls before. So this is something that's looking ahead. We're not looking back. With this book, you're looking ahead. And it's not just that we are passing the baton.

Many of you have incorporated this Trim Healthy Table. You started incorporating it with your families. But now this is going generationally for you too. You're going to be passing this down the generations. And that's exciting.

[00:16:00]

R Yes. And even for people around my age, that even haven't had health issues in the past, can start their future being healthy and eating well for their...

P Exactly. Young Mums, yes.

R Kids and families.

S Rashida did Trim Healthy Mama through all of her pregnancies. She looks like a health goddess.

P She does. She does look like a health goddess. We'll try not to hold it against her. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene.

P Buffy makes bedding that is earth-friendly and cruelty-free. Their products are made using only sustainable and recycled materials, which makes them as soft on the planet as they are on your bed. And let me tell you, Buffy is soft. It's a special kind of soft, Serene.

S Oh, my goodness, Buffy is like a cloud. Actually, that is the name of one of the Boofies, is Cloud Boofie.

[00:16:53]

P Yes, we call it Boofie, because that's what our Lesley-Pops calls them.

S Yes, I tell you, I own two Boofies, because I can't do with just one. I have to have one in my little TV, not that I do TV, but little movie room.

P You never do TV.

S And one on my bed.

P Yes. And have you got the Breeze, their latest comforter?

S No, because I just love the Cloud.

P I bought the Breeze.

S I'm a Cloud follower. That's just my...

P Oh, okay, you're a purist.

S Yes.

P It is a comforter made entirely from 100% eucalyptus fibre to regulate the temperature and keep you cool and comfortable all night long. You see, my husband hates to be hot when he sleeps.

S The other thing about eucalyptus, Pearl, it uses ten times less water than cotton to grow. And its fibre is produced using recyclable, earth-friendly solvents. So I'm telling you, it's the purest of the pure. And I love it. It's really made my bed this... I love the Cloud, but you like the Breeze.

[00:17:44]

P Well, back to the Breeze, the Breeze regulates temperature. That's good for any woman who has night sweats.

S But my Cloud feels regulated.

P No, I think it is. I think the Cloud is, but I think they did extra with the Breeze.

S Well, it's made my bed a nest. I feel like it's a nest.

P Yes. It's hypoallergenic. Serene, did you talk about that...

S Yes, I did.

P How it's high thread count shuts out dust, mould, mites, for healthy sleeping?

S Yes, it's amazing if you have allergies or asthma.

P Yes. So why not choose the 100% plant-based bedding that's better for you and the earth. Buffy offers a free trial.

[00:18:14]

S That's what I wanted to talk about, and I'm glad you mentioned it. A free trial, for goodness' sake. You can try the comforter on your own bed for free. If you don't love it, just return it, at no cost. Wow.

P You're going to love it.

S Yes.

P For \$20 off your Buffy comforter, visit [Buffy.co](https://www.buffy.co), B U F F Y, or call it Boofie if you want, and enter trimhealthy. That's \$20 off your Buffy...

S Boofie.

P Your Buffy/Boofie, and enter trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P What were you going to say when you heard the name Trim Healthy Future?

D Well, you were talking about how she's like a bridge between you and Serene. And I thought about how many, like me, I'm so not... In my heart, I'm a purist. I want it, but I need a purist cook, because I'm not doing it. You know what I mean? I'm not cauliflower and nothing.

[00:19:17]

S You ain't no purist, then.

D Yes. No.

S I'm just teasing.

D I value purism. If I had it my way, every meal in front of me would be utterly pure. Absolutely everything is from the earth.

S Like our mother Pure.

D Pure, very pure.

P Pure.

D And so in reality, in practice, I'm a Drive-through...

S Sue.

P Due, Drive-through Due.

D Due. I was thinking of a male version. Yes, and so I feel like there are so many people that...

[00:19:47]

S Drive-through Stu.

D Stu, that's a man's name, yes. I feel like there are so many people that are that bridge, if you will, type of personality that needs it. So that's what I heard when I thought about the future, the future...

P And I think you did, actually, pretty well, Danny.

S Well, just think, for long periods of time, in different places, you have a certain place, and then there's another place. But in the future, they bridge it. You can get to another place.

P Place?

S Listen, what I'm trying to say is...

P Place?

S Some people who aren't...

P You're usually so poignant.

S Okay, listen, I am so poignant, yes.

[00:20:31]

P Look at you.

S You know what I'm trying to say? See, there's an island, right, and it has its own kind of flora and fauna and its own kind of feel. And there's another island. And the future is the fact that these are bridged now. Pearl, you don't have to be a me, you don't have to fit into a category. Now there is a bridge that combines it all...

P That's going to for you.

S And makes it easy to traverse between the two. How deep can you get?

R That's good.

P Yes, she's like, okay, that's good, Aunty, now.

S Simple, delicious recipes. That's what Rashida was just like...

P It's so different between us. But one thing I have to say... Look at Lesley-Pops.

P She said, stop, Daniel. What's Daniel's second name?

[00:21:14]

D I feel like it goes really well with the...

S Naturo, isn't it?

D Taco.

P Dan, you're Naturo.

S It's not Naturo. What is your middle name, Dan?

L Arturo.

P Arturo

D This has been a secret.

L No, it's not.

S She called you Venturo!!

P Dan, you're Arturo.

D This is a secret. It's like a woman's age. A Spanish person's middle name is a secret.

P Okay, but since the PODdy's not about you today, let's get back to Rashida.

[00:21:37]

S Can I talk more about Rashida?

P Yes, we're going to tell the history.

S I want to tell everybody who she is.

P Why Rashida.

S She's our wild, long, redhaired kayak three miles out into the ocean and spearfish sharks.

D Like her mother.

S Our sister, Vange.

D She's Vange's offspring.

S Who's an incredible cook and who eats super-super-super healthy, but she can't write recipes, because she's off catching dinosaurs.

R Yes.

D Constantly.

P She is.

[00:22:03]

S She gave birth to this food virtuoso. And, literally, we think that her umbilical cord was a wooden spoon, and she was mixing up concoctions even in the womb. She came out, and, literally, she started, as a two-year-old making, mud feasts that were all gorgeous artwork and everything. Literally, she was at my house...

P We tell this story in the intro. If you got your books so far, those of you that got the... I think some of you are getting a nice pressie with the pre-release, and you're going to get the e-version too, all for freesies.

D Nice.

P If you're in the pre-release, and if you read our intro, we talk about that too. Serene, sorry to interrupt you, but I had to set the scene.

S No, I was just saying she's not just like, oh, she's a good cook and she's grown into this since being some kind of young woman. No, this was her from birth. It was like her purpose from life, besides her other wonderful purposes. But it was just she, from a little, tiny girl, she'd have to get a stepladder to reach up to the counter. And her parents, for Christmas, would buy her Japanese special knives and special cooking... I believe your fourth birthday, you got a kettle and all these different barista tools and everything like that. She's just been cooking for forever. But I remember, Pearl, I want to stop taking the show, so, Pearl, do you want to talk about when our Granddad Bowen came from New Zealand?

[00:23:20]

P Well, yes. This wasn't forced on her. This was so her. She just couldn't stop cooking as a little child. So we would have these big hilltop birthday parties for all the children, and she would bring these beautifully decorated, with real icing, cakes...

P I know, but I'm setting up your story with this one. She would bring these cakes. She was four. And they looked like amazing cakes, little cupcakes. So her cousins would grab one and bite into it, and they were mud. She had gotten real icing and put it on mud, just because she was so desperate to cook. So Vange was like, okay, enough with this mud, let's let her have real ingredients. And it all started from there.

S She became the cook of the household. Vange said, I love to cook, but I'm going to sacrifice this, because I need to give her the full leash. So she became...

D No, Vange will outsource to her children.

[00:24:11]

S Yes, and now, though, the children, since Rashida married, are just scrambling to survive, because Rashida has left them bereft!!

P So, Rashida, you're one of ten kids, right?

R Yes.

P So in the intro of the book, we say that your mum gave the kitchen completely over to you to cook all meals by the time you were six. And you said we were wrong. It was by the time you were about eight, seven or eight.

S No, it was six.

P But we remember differently.

S We are the aunties. We have our facts, right.

P What's true?

R There might be some exaggeration in your timing.

P It's been six and eight, then.

R Somewhere in-between there.

P Now, why would a mother do that? It feels like slave labor, right. But it wasn't slave... You couldn't stop it. You were like Mum of the kitchen, and you just started creating all these meals.

[00:25:01]

R Yes. I love to cook. That's one of my passions, is cooking.

P It's just a love language for you, though, Rashida.

S Can I tell the story ?

P Yes, the other day...

S But let me just go back to the story I wanted you to share.

P Oh, sorry, Love.

S Our grandfather came over from New Zealand. He was probably 90 at the time. And Rashida was like...

P 80-something.

S I'm going to put on a feast for this amazing patriarch of ours.

P She was seven or six.

[00:25:25]

S I can't remember the exact meal. I'll just describe what I think it was. But I remember my Mum always gets mad, and she's like, no, it was this. And then I had to have all the exact... But let me tell you what I think it was. I think she roasted a lamb with mint sauce, and she made these pilafs with currants and dates, and she made baklava. Do you remember the meal you gave to Granddad Bowen?

R Yes.

S Okay, you describe it.

R But I did have all my siblings helping me for that one.

P No, that was slave labor. You told them what to do.

S They didn't know how to cook.

R Yes.

P You told them what to do.

R I told them what to do.

P And you had all the cousins going and picking wild herbs and the wild onions and stuff.

R Yes. My cousins and siblings all helped me. But I was in charge.

P And she sounds so sweet, but she knows how to be in charge.

[00:26:03]

R I am very bossy. I do photography too, so I'm very bossy.

S Every single... Pearl, you'd say that.

P Every single picture of the food Rashida took. But when you start cooking, you turn... Everyone's hearing you so sweet. You really turn into Mrs In-Charge, don't you? Yes.

R Yes.

S But I want to say something. She does it with an air of grace, because I love to cook, and I love to be creative too, but if I have a meal that I'm putting on for a lot of people, and there's a time crunch, fruits of the Spirit go out the window, and I'm doing a little bit of a... And I'm doing the sharp exhales. And the shoulders are starting to round and get stiff. Well, Rashida, she's just so cool, calm and collected. She could be just putting on a whole big baby shower or something, and there's 70 people coming, and she just looks like nothing is happening at all. The other day... Do you want me to share that?

P Yes.

S And then I'm going to shut up for good.

[00:26:55]

P No, you're not.

S The other day, this is coming after the PODdy that I shared about the miscarriage, correctos?

P Yes.

S Well, Rashida called up, and she says, oh, I'm going to bring you something. I said, no, you're not. And she goes, yes, I am. I said, I'm not being part of this crime, not being accomplice to this crime. You've got three little children under four, basically, and you're all this new cookbook work that's got to do at the last minute. I said, you're not. And she says, I am. Anyway, she came over, she brought me roses, dark chocolate... She made me this whole big container of green fat balls to make me fat. I know that Pearl put her to it.

P Oh, because you lost weight.

S But they're incredible, delicious, decadent little cheesecakey balls with all the health stuff that she knows I love. She made three different meals. She made me

a curry, two curries, and a side dish. And I could have the options of brown rice or cabbage. And she'd made it all. It was like five different dishes just for me. She made a shepherd's pie crossover for all of our children.

[00:27:49]

P That's the one in the book, right?

S Huge. There's ten children living in my home. And then she's like, I know Uncle Sam's not doing exactly what you do, so she made him an E meal, these huge, four humongous quesadillas with these... There's cheese that Pearl has designed. Oh.

P She used my Instant Cheese Sauce from the book.

R Yes, and he didn't even know that it was not cheese sauce. It tasted legit.

S Yes, it did. And I told her mum, I said, look, I feel so bad. Just if you hear about this, I didn't put her up to it. I know she's so busy, and I promise you I didn't have her serve me like this. And she goes, well, you know what happened, Serene? I came down with the flu, don't worry, it wasn't the C, and she came down with the flu, and she was a bit sick. And Rashida knew about it. Rashida, after leaving my house, went over to her mother's house and did the same thing for them.

P Yes, it's her love language.

S And she probably fed her husband and children before she left on this extravaganza.

[00:28:37]

D Hey, what was it, if not cheese? You said no one knew it wasn't cheese.

P Oh, that's my recipe in the book. It's called Instant Cheese Sauce.

D But what is it?

P And it's not dairy. It's a proper secret. Get the book, Danny.

R It's so good.

P Oh, my goodness, it's going to rock your world. It's going to rock your world. Actually, I say my, my friend, Karen, online friend, Karen. Yes, her name is Karen, and she's not like the Karen that you hear about on the social media, like Karen...

S What's up with the Karen? Is there a bad Karen on social media?

P Yes, there's a bad Karen on... Like Karen...

D For sure. Karen is the poster child for I Need to Speak to the Manager, fussy...

P Yes. Karen's the opposite, real-life Karen.

D The complainer, yes.

P She's a breast cancer survivor.

[00:29:17]

S I should get out and about.

P She's an amazing woman. I'm just inspired by her. But she helped me develop this cheese sauce, because she has...

D A non-dairy cheese sauce?

P Oh, it's so good, and it's instant.

D That's exciting.

P It's instant.

S Rolly did another splurge.

P Oh, Rolly pooped his diaper again?

D Is he going to just sit in there, or are you going to go change it?

R I'm going to go change him, if you guys...?

D Well, appreciate you all tuning in to the Trim Healthy Podcast.

S Hey, we're only 26 minutes in. Come on.

[00:29:42]

P No, I've got lots to say about the book. I want to get practical and talk about some of the recipes. Hey, you're listening to the PODdy with Serene and Pearl. And I'm Pearl. And who are you?

S I'm Serene.

P Hey, the stress of daily life can actually affect your muscles greatly, especially if you sit at a computer a lot, or looking down at your phone a lot. That is not necessarily stress of daily life, but it's stress on your neck and your head.

S And some people are professional, they train a lot. Even if they're not professional athletes, they do a lot of exercise. And that's daily stress that adds up.

P And that's why I use Theragun. Serene, I know you're...

S Because you're a professional athlete, Pearl?

P No, it's because I'm always at my computer, writing for books or content, or just doing stuff for Trim Healthy Mama. And I get tension in my neck and shoulders. And I am using that Theragun every day, because it relieves it, it truly does.

S It's a daily thing and used in my homes too, because I have sons that just really work hard. They have hard-labour jobs. Right now, they're doing concrete work. Ah, just really tears into their muscles. So they get that Theragun out every night. It's a miracle-worker.

[00:30:51]

P Theragun, it's a handheld percussive therapy device that releases your deepest muscle tension, using a scientifically calibrated combination of depth, speed and power. And now it's as quiet as an electric toothbrush.

S It's true. The one that I have is so quiet.

P Yes, its all-new Generation 4 Theragun, it has a proprietary brushless motor so that it's quiet. You'll even wonder if it's on while you soothe your aching muscles with Theragun's signature power amplitude and effectiveness.

S So go to [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy) and get your Gen 4 Theragun.

P Try it for 30 days. There's no substitute for the Theragun Gen 4, with an OLED screen, personalised Theragun app, and the quiet power you need. And it's starting at just \$199. Listen, you might be saying, what, just \$199?

S That's what I said until I had to start taking my sons to orthopaedic specialists for their injuries. And I'm like, you know what, the Theragun wasn't that bad after all.

P If you get a good 90-minute massage, which you need for muscles, you've got that money already gone. But this is something that stays in your house, that you can use daily. And it has been incredible for my home. My husband uses it, I use it, my kids are always grabbing it.

[00:32:09]

S It's fought over, isn't it?

P Yes.

S At my house, it is.

P Go to [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy) right now. Go get your Gen 4 Theragun today. That's Theragun, T- H- E- R- A -G- U- N, dotcom, slash trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P Oh, yes, we're back. Diaper's changed. Rolly's trying to go to sleep. And John, what did you want to say? You said you wanted to say something?

J Yes. When you guys were talking about the title of the book, Future, and what that meant to each of you. and I just had a thought, and maybe this will pique

some people's interest. So I've always thought THM is a lifestyle brand, it's a community, it's a huge community of people. And that community, within that community, it's always seemed to me like recipes from the both of you are the currency of that community. And I feel like, Serene, if you were like a silver-mine and you were a goldmine, I feel like we struck...

[00:33:16]

P Thanks for making me gold.

J Another precious metal mine of recipes.

P Aw.

S Aw, yes.

J And I think that's exciting, because I've watched you guys over the years keep trying to come up with new content and new ideas. And I think the exciting thing about this, and I see the excitement in both of you, we've got just this whole other, like I said, a whole other goldmine of recipes and currency...

P Yes, diamond-mine.

S Yes, she's a diamond-mine.

J To just push us into the future, because...

S And I'm silver.

J Yes.

[00:33:48]

P You stay silver. I stay...

J For what it's worth.

P Thank you, John.

S It was good.

R That was so sweet.

P And, by the way, John is still very much involved in this project, as is Lesley-Pops. Because, as with our very first Trim Healthy Mama book, that original that so many of you came to find THM because of that book, we are going back to self-publishing with this one, our very own Welby Street Press, which we published that first one in.

S Because John and Lesley are Welby Street Press.

P John and Lesley run Welby Street Press. And so we're back to doing it all ourselves. And it's been fun, and it's been crazy.

S And it's very professional, this Welby Street Press. John here has grown his hair out, and he wears an official...

[00:34:34]

P Ponytail.

S Ponytail, which the best of all the publishers and producers must have a ponytail.

D Oh, big time. In fact, you're not really worth your salt until you've got a proper managerial pony.

P And a grey, speckled, salt-and-pepper beard, sort of two-day growth on your cheeks.

D Just looking at him, I would trust him to produce my record.

S Yes.

D And I'm not a musician.

P Yes, you are. You're a drummer, always. Always, Dan-Dan.

D It would be an awkward record.

P Now, this right here, what you're hearing, a whole bunch of Serene and I, and Danny and everyone else, is sort of like the Trim Healthy Future book. Because Rashida does really excellent content, but she just doesn't push her voice into things.

[00:35:18]

S You certainly pushed it.

P I pushed her voice.

S Yes, and I put a thesis in front of all my recipes, for you to be blessed. So the silver-mine can stay in your mind.

P I do want to talk about some of the recipes. You never know what's going to go big with a book, right? So we can think of some things that went big with our first. There were some hits by Serenie, like Fat-Stripping Frappa, and there were the Cottage Berry Whip. They were Serene's, and...

S I know that this is coming to me because I've walked the line of the Bible....

P Good Girl Moonshine.

S Don't toot your own horn, wait for it to be tooted in here, has been the hardest of my humility.

P And then me, and then, no, I had Lazy Lasagna and then Wonder White Blender Bread.

S You to toot thou, you shall...

P And I had some megahits, let me tell you.

[00:36:07]

L Number ones.

P Pearl's Chilli. I can't tell you how many blue ribbons that's won.

S When you walk out of here, are you going to trip over...?

D Toot, toot.

P Tooty-toot. No, I wonder what's going to be big out of your book, Rashida. Because I'm already making some of your recipes, and I have some ideas. There are some really insanely quick, easy things that I think people are going to like, like Jolly Jack Chicken.

S Her husband's name is Jack, by the way.

P Yes. And this chicken, it's like... You know how Vange says Jolly? Jolly good. These make some jolly... So this makes Jack so jolly. It's three-ingredient recipe.

R Yes, so easy.

P Any time my boys are at home now, it's like I make that for them, and they just chow down. You can't go wrong on it.

D Can we hear the ingredients?

[00:36:47]

P No, buy the jolly book, Dan-Dan!!

P You know what I love? I love the chapter of your five-minute meals, those sandwiches, salads and some quick soups, some other things that you have in there. I think those are going to go big.

S I love her, I don't know what they're called, but I just love them. They're not super-thin, but they're a cheese-bready thing. Remember, they were photographed for the front cover?

R Oh, the bread crisps. Is that what we called them?

S Bread crisps?

R Auntie Pearl changed some of my names.

P I did change some.

S Did they have the word Cheese in it, because it certainly tasted cheesy.

R Yes.

S I loved those things. And she had a beet dip to go with it.

[00:37:28]

R Yes, that's there!!

S Oh, it touched my heart.

P She's an incredible dessert maker, but there's a lot of hearty meals in there too. Your skillet meals, your shepherd's pie skillet, beyond-a-joke good.

S And all you bakers, do not feel bereft. She's an incredible baker.

P Yes.

S Her carrot cake, did that get in there?

P Yes, it did. It had to.

S Oh, thank you, Lord.

P Yes, because we've done other carrot cakes and stuff, but hers outshines ours. So she's like, Auntie Pearl, my carrot cake... And she's like, but you've already had carrot cakes. I'm like, sorry, but ours are in the dust. You put yours in.

S Duster.

[00:38:03]

D Really? What's in the carrot cake?

R Carrots.

S I know.

P Danny, Danny doesn't want to spend his money on the book. He just wants you to tell him everything.

D Is there actual carrots or is it like tastes like carrots?

R No, there's carrots.

D No, carrots are good.

S Carrots are good.

D That's good.

P Have you ever made a carrot cake, Dan?

D I've never made a cake.

P No, of course. What do you think? Out of all the recipes in the book, what do you envision when you've thought about it? Do you think people are going to make a lot?

[00:38:32]

R I don't know. I think the sip that Jessica posted, the Parrot Punch, I think they're going to make that.

P Parrot Punch.

R Because little children love it. And it's superfast.

D It's called Parrot...?

R Yes, Parrot Punch.

D That's a great name, Parrot Punch.

R Yes. That's from Aunty Serene. I got all my inspiration from her singing Canary Sip. So all my sips are named after birds...

D Parrot Punch.

R They're birds.

S Birds' names.

R Yes.

S That's awful.

[00:38:55]

P Her drink chapter is literally incredible. Every time you go to Rashida's house, she whips out a drink. She starts you off with a drink. And it just sets the tone for everything. You have a drink made up every day, and it's amazing. But Parrot Punch, kids are going to love it. It looks like Kool-Aid, it tastes way better, and it's full of health benefits.

D Whoa.

R Yes, it's great.

D What's in it?

S I just want to say something about Rashida. She's so creative. Even way, way, way, way, way back when, like when she was 14 or something, she would come, like Thanksgiving or whatever, and bring... She'd be like, oh, I just brought some pizza or something with her. And we were like, oh, great. What's the crust made out of? Egg-whites. She's always been creative with putting health in there too.

So it's not just been about flavour for her, but she's really had a strong tendency towards making it healthy and slimming.

P Yes, well, you grew up with your two aunts doing Trim Healthy.

S And her Mum is a total health crunch.

[00:39:47]

P This is first-generation, I guess, after us, Trim Healthy child now grown up and is passing along to her children, right?

R Yes, I guess.

D What's one of your favorite drinks from the book?

R Mine?

D Yes.

R Ooh.

D Get up in that mike.

R Okay. Well, we're doing a video on it, that apple cider.

P Immunity Apple Cider.

R Yes, that's one of my favourites. And then the cucumber, I honestly... I don't know, I forgot the name of it, because it got changed.

P The Spa Sip?

[00:40:21]

R Yes, that's the only one that's not a bird. I think we were thinking of a bird name, and then we couldn't find it.

S Lark.

R Spa Sip. Yes, I love that one. That's probably my favourite.

P Because it feels like you're at a spa.

R Yes, you feel just so healthy drinking it, and then it actually tastes good.

S Refreshed. Oh, yes.

P A lot of the recipes in your book are interesting because of your husband, Jack, who grew up a southern boy, right? And he grew up with all southern, really yummy but bad-for-you cooking, like...

D Yes, we call it comfort food.

P Comfort food. A lot of Rashida's recipes are comfort food, because you tried to make all these recipes healthy for Jack.

R Yes.

S Well, when he came to you, Rashida, wonderful prince that he was... He's just such an awesome man of integrity, I love Jack. He reminds me of a prince.

[00:41:03]

P Yes, he is.

R Yes, yes.

S He carries himself with just this grace about him. But the only points that he got knocked off from Aunty Serenie was, I think, that he wasn't that much interested in health at all. But you sure like...

R Oh, no, he was, and he was like the... I was like, do you know how to cook, or do you like to cook? He's like, yes, I can cook a killer frozen pizza. That was his way of cooking.

S But he's even health-minded today, right?

R Yes. Now he loves everything healthy, and, yes, he's really good. He's come far.

D Once you bite into the... We're calling it the health train. I just call it food. Because the other stuff's just not food. It's like, oh, you like to eat healthy. It's like, no, I like to eat food.

R Yes.

S Yes.

[00:41:41]

P Yes, so true.

D There's a lot of stuff that will pass through your digestive system that is not food. But, yes, once you get into it, it's just like you get passionate, because you feel amazing.

P Yes.

S So I want to encourage people out there, even if you're just single, this book's going to be great for you. If you're menopausal, and your children have all left, and there's just the two of you, and your husband, or you live alone, this book's for you. If you're a...

P I do want to say keep going about the book, for you, but I want to jump in there, because I am menopausal. I've written a lot of recipes that are in my current lifestyle to tweak for stubborn losers, so there's...

S As was your cheese sauce.

P Yes, so there's a lot of stuff for people who may be having trouble losing. And also I want to say something about Rashida's way she cooks. It's really tasty, but she doesn't do the over indulge in excess fats that you don't need.

S Not a lot of Heavy S's.

R Okay, I will add, I will butt in.

[00:42:34]

S Yes, do.

P Good.

R Well, before I started on this book, I became a Trim Healthy Mama Coach, and so part of my job was to find good recipes that weren't over-the-top heavy. So that was one of the reasons, one of them, I wanted to write this book. Because I was like, oh, I'm going to make it easy for coaches. And I was like, I'm going to label Deep S, all these different things. But it just got so... There's so much work that goes into a book, so I didn't actually get that done.

P Yes, but your recipes are...

R But I did keep that in mind when I wrote recipes for people that are trying to lose weight. And if you're not, I have ways you can make it into a Crossover or a Heavy S.

P The whole book's family-friendly. It tells you what to do for each person in the family. She's so many...

S Can I finish my sentence?

P Yes.

[00:43:19]

S But I'm glad Rashida interrupted, but I'm not so sure about you.

P Yes, so many dairy-free recipes.

S Yes, so let me finish my sentence, and you can continue. So if you're all those people I described before, this book's for you. but what I'm really excited about this book for, and another reason I think it's called Trim Healthy Future, if you are a young woman who's just started on your family, and you're trying to incorporate health with a new husband that may not be interested at all, hates fruit, hates vegetables, and if you have maybe just a few little toddlers and you don't know how to have the time to incorporate health, because you want to now, because you've got these innocent little bodies, and you want to fill them and nourish them up, but it's like you have no time, and you've got this guy with his own opinions, ah, this book is for you. Because this girl has walked that journey. I'm so excited, because my Chalice, daughter, is getting married here soon. And I'm like, forget our books here, you need Trim Healthy Future.

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

S I'm Serene. Butcher Box is giving you something extra to be grateful for this Thanksgiving. Do you know what they're doing? They're offering new members a turkey for free in their first box.

[00:44:30]

P That is so cool.

S I love it. So never be without something to cook for dinner when you Butcher Box as your friend, because there's always meat in the freezer. You've got one less trip to the grocery store. And, better, you have more affordable selection of real meat, not this fake, weird, chemical stuff.

P No, Butcher Box is all about natural, clean, pristine meat. And every month, Butcher Box ships a curated selection of high-quality meat right to your home. All meat is free of antibiotics and added hormones, much of it grass-fed and wild.

S And, you know what, each box has 9lb to 11lb of meat, enough for 24 single serves, packed fresh and shipped frozen and vacuum-sealed so it stays that way. And you can customise your box or go with one of theirs, which I love, because if you just want something different than just a regular old box? You want to custom-fit it, you can.

P You said you love what is theirs. No, I could never imagine you doing that.

S No, I love the...

P You're customising, mate.

[00:45:29]

S No, I love the fact that they give you the option of either. I love that. Either way, you get exactly what you want. It's the best meat shipped right to your door.

P Yes, options like 100% grass-fed and grass-finished beef, listen to that finished part, that's important, free-range organic chicken, heritage pork, wild-caught Alaskan salmon, which is my favorite.

S Oh, Alaskan salmon.

P I love that stuff.

S And sugar nitrate-free bacon.

P Yes. Butcher Box, really, it's actually the most affordable and convenient way to get your healthy, humanely-raised meat.

S Did you know, Pearl, that you get this high-quality meat for just around \$6 a meal?

P Yes.

S That's cheaper than half the fast foods meats.

P Yes. And, as we said, right now, Butcher Box is offering an incredible giveaway to you guys, a turkey for free in your first box. Whoa, that's an entire turkey for free in your first box. Just go to butcherbox.com/trimhealthy. You know how to spell butcher, right. Then put a Box and a dotcom. And then you'll have it. Hey, Serenie, when we first were about to do this add, you had this wonderful song come to your head. I want you to sing it.

[00:46:34]

S Butcher Box is here to stay. Butcher Box is the way.

P No, that wasn't...

S I had it.

P You had it.

S No, the Butcher Box is done my way...

P That's it.

S Butcher Box is friendly. Butcher Box is...

P No, you ruined it. They're not going to want that now. Just go to butcherbox.com/trimhealthy, that's butcherbox.com/trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

[00:47:11]

D So there's a lot of comfort food that we would call comfort food type of recipes.

P Yes, there really is.

D Give me an example.

P Buy the book, Dan.

R Oh, there's French fries, fish sticks, fried chicken...

P And there is that, you know that cream of... It's a real thing. You put the cream of mushroom soup in, and then you put chicken, and it's like a casserole, and it's really bad for you, but it's real simple, but everyone loves it.

D I know what you're talking about, yes.

P Grew up with it, right?

D Yes.

P But you can't... It's full of MSG and toxins and all of that.

S I thought you were telling us what she did, and I'm like...

[00:47:44]

P She's done a knockoff.

S I'm taking my approval off the book if she sticks a can of mushroom soup in that casserole...

P She's done a knockoff of it.

R Yes.

S Okay.

P It's called Creamy, what is it called, Chicken Mushroom Casserole or something?

R Skillet, yes.

P Skillet, yes.

R I don't like the word Casserole.

P No, she wouldn't use the word Casserole.

R It's like everybody dumps all their leftovers into this thing. That's what it reminds me of, casserole.

D It means like pig slop baked with cheese on top.

[00:48:08]

R Yes, it's true.

S That could be a recipe book name, Baked Pig Slop.

R I'm really scared when anybody's like, here's a casserole. I'm like, I don't want to eat that.

P Oh, see, I love that.

R But Aunty Pearl does have a delicious casserole in it, the broccoli, cheesy broccoli...

P Oh, yes.

R Chicken one. So good.

P No, I didn't want to be all menopausal and stubborn loser-ish. I put two things in there that you can expect from me.

R Yes, if you're nursing, pregnant, these are great for you.

P Which was a casserole, and then I did a really superfast skillet meal, because I'm all about the skillet. And it's an E, and it's called... I don't know what these things are called. Because right now, when we're recording this, we don't have the book in front of us, because we're waiting for it from the printers.

[00:48:45]

S Yes, and everything I named my recipes, Pearl's like, no, nope. This is what you can expect from me, a literary masterpiece in front of each one of my recipes, and, of course, the purist of the pure. 11, 12, how many do we have in them?

P We have 12 each.

S 12 each, 12 of the Purist.

P But if you're listening to this as the day it comes out, we're in pre-release, right. You can buy the book pre-release and get the goodies. If you're an international person, it's going to be a little different from you. We can't give you the same goodies, because your international people, hopefully, will have to work with that. It might be different stuff. But for all the US people, you've got certain goodies you're going to get just during pre-release. But if you're listening to this two years down the track, you're probably loving this book by now, and you're probably ready for a new one from Rashida, I and Serene. We think this is going to be, actually, a huge part of the actual Trim Healthy brand of the future.

S Yes, this is not just a one-time wonder for her. She's part of the team.

[00:49:47]

P Yes, so Rashida's part of our... She is Trim Healthy Mama, she is a real Trim Healthy Mama now. And she's family. This has always been a family business. When we first started, it was just Serene and I writing a book. And then our first employee was my daughter, Meadow, sending those books out. And then Charlie came on, and then Sam did the trip all around the world, trying to find these products. And then we've hired...

S And he almost killed himself putting the Willy Wonka factory together.

P Yes, and then we've hired every family member we pretty much could.

S They're all on salary.

P And then all friends, and then Danny here. We have just wanted to do a friends-and-family thing. So this is just a natural...

S The problem is when they need to be fired, you can't fire them.

P You can't fire the... Look how we can never fire Danny. He's still here.

D Just look at me.

P He's still here.

D I know. It's like, what do I even do?

[00:50:37]

S I've even wanted to fire myself, and I can't quit.

P No.

S You won't let me.

D Do you want to hear some drama? I think John and I at one point, I asked him, I was like, so trying to figure out what they wanted me to do, and I was like, so what should I be doing, why am I here? And he was like, he took this long pause, and he goes, we just like you. It was the biggest compliment/insult.

P Your personality is the only reason.

D Yes, it's like, we like you. And it's like...

P Try and do this. No, he can do that. Try and do that...

D It's like, you have no worth, but, man, it's just you're a lot of fun.

P You have brought so much worth to the PODdy, though.

S No, it's you had so much worth. It's just that you could not lower yourself to doing what was out of your creative...

[00:51:20]

P Your worth, look, so many women have been blessed by you, Dan-Dan...

D I just want to hang.

P And all I'm saying is, with Rashida, this just feels such like a natural extension of who Serene and I are, to take this to the next generation.

S Oh, can I say one more thing about her?

P Yes.

S She did all our original videos.

P Yes.

R You don't want to watch them. They're original.

D Oh, those old-schools?

P Oh, they're on the membership site.

S She did every single one.

P All the old-school videos. She was a little teenage girl, and we would all die laughing, and she would be laughing so much the camera would shake. Remember?

[00:51:47]

R Yes.

D That's awesome.

P And then the lighting would fail, or the audio would go out.

R Yes.

S This is not her first rollercoaster with Trim Healthy Mama.

P Yes.

D Dude, that's some vintage stuff. Is that still in the membership site?

R It is vintage.

D Become a member just to go watch the old vintage vault.

P And Rashida's going to have her own corner in our membership site, called Rashida's Corner, where she's going to be doing cooking for you. She's going to bring tips, ideas, recipes, book stuff, all stuff. She is it now.

S Yes, totally.

[00:52:14]

R Yes, I will butt in again.

S Please do.

R I feel so honoured and stuff that Aunty Serene and Aunty Pearl would let me write a book and encourage me all the way through it. And I hope you guys enjoy it and love it. And I hope it'll bless you and your family.

S See how sweet she is?

P That's her.

D So sweet.

R I'm actually not super-sweet.

S She is.

P You are, though.

D Super-Sweet, like the packaged good.

P You are.

S It feels like a church closing sweet.

P I'm so proud of you, Rashida. But Rashida feels like our daughter.

[00:52:41]

S I know.

P I feel like she's my daughter.

S Oh, yes.

P And Vange feels like Meadow's her daughter. You see, our children all grew up here on the hilltop, so they grew up... I don't know, many of you know, but we live on a hilltop, and we all have our own husbands...

S Just so you know.

D Why did that need clarity?

S Because people that live in communities are usually in Waco, Texas.

D Wow.

P It does need clarity. Well, I was about to say, all our children went from one another's homes, ran through barefoot through the woods...

R Oh, wait, I do have to say something funny about... Well, you can delete it.

P Not deleting anything. Put your face in the mike. Face in the mike.

[00:53:10]

R This is totally off topic. I just have to say it. Okay, no, we were at the Ruppels the other night, and Will's parents...

S Mr Will Ruppel runs Trim Healthy Mama for us, and our daughter's marrying their son. It's all weird.

R Now, this is just funny. So he was asking me who I am, and then he was like, oh, and are you related to my husband? He knew we were married. He was asking if my husband was related to me. And Jack was like, I hope not.

P Oh, that's scary. Will.

R I know. No, Will's dad.

P Oh, Will's dad?

S Oh, Will's dad, because he thought this is...

P He thought maybe we all intermarry.

R I don't know.

S Oh, that is so funny.

P You'd have to wonder sometimes. Everyone who comes to the hilltop marries one of our children.

[00:53:49]

S No, we are a clean genetic cult up here.

P Clean genetic cult.

D Clean genes.

P We do need some more genes in here, though.

S But it's true, though. Even right now, I'm not sure tonight if my little girls are going to be sleeping my house or Rashida's mum's house, because it's all...

P All our children grew up... We were their mothers, and they had their own homes...

S They only got spanked by us.

P We didn't allow... Yes.

S Interspanking.

P No, we didn't allow interspanking.

S We didn't intermarry, and we didn't interspank.

[00:54:16]

P But our children...

S You internursed, only in snowstorms.

D Guaranteed.

S Only in snowstorms.

P In the snowstorms, because the mother couldn't get there.

S We don't want to tell them about that. Look at Rashida's face. She's like...

P Who nursed me?

S Don't worry, I never nursed you, Rashida.

P Gross.

S You can look at me again.

D For some reason, I'm close with all my aunts, and I don't know why. I just feel this bond that I don't understand.

P Oh, yes.

D And my stomach growls every time I see them.

S But the sad part about, it was only the boys that I ended up having to nurse.

[00:54:46]

P I know.

S Little three-week-olders, though.

P Some of my boys know that Serene nursed them, and they can't face it.

S It was a snowstorm. My sister was stuck in a snowstorm. She had a newborn baby who didn't want to go Christmas shopping in the big snowstorm. She was going to be back in an hour and a half. Well, seven hours later, in traffic, stuck at the side of the road, and I fed the squalling little thing.

D It's all the same stuff. You guys were eating grass at the time, anyways.

P Just the same stuff. What were we on? Oh, to say, yes, on the hilltop.

D Something about Rashida's book, I don't know.

P No, we were talking about that they ran to one another's houses. They did eat at one another's home.

R Meadow was like my sister.

P Yes.

R She is.

[00:55:19]

S Yes.

P And, yes, so Rashida cooked for my children, because she was the cook of the Johnson house. And so to this day, some of the foods that my children grew up with, their comfort foods, were Rashida's foods, their cousin's foods. It's so weird. But, anyway, I think that's it. Did we sell it?

S We sold it.

P Did we sell it?

S We did.

D I'm sold. I didn't get one ingredient...

S Are you going to buy it with your own pay check, Danny?

P He's not.

D Yes. No, of course not. I'm going to slide one into my bag next time I'm at the store.

P Yes, he goes thieving. If you would see Danny at the Trim Healthy Mama offices, you know he's slipping things in pockets.

[00:55:59]

D I'll steal from you in the open. I'm not even slipping it. I'm like, bye, y'all.

S It's totally out in the open. Like the other day, on our thread about the PODdy, like when we should be here, and everything, Danny's like, what's that family code again? Family gets a discount. What's that family code? He's family.

D Yes, what is that again.

P Yes, but he still thinks he's too good for the discount. He don't want no discount. He wants it for free.

P And we sort of do.

D Sorta.

P Sorta.

D All right.

P Love you guys.

D We're out of here.

[00:56:26]

P We're gone.

S We want to hear Rashida's voice last. Would you go, Rashida?

P Say something last and make it profound.

R Ooh. Well, you told me not to prepare. How can I...?

S You didn't prepare, but you can do a prayer.

D It's improv time. Just go.

S I'm joking.

D Let's get it, Rashida.

S You could sing.

R No.

D You're a big-time author now, say something.

S Do your Grammy Awards speech. Thank you, God, thank you, one and all.

P I want to thank my mother...

R Yes. Well, I wrote that at the back of the book.

[00:56:52]

S Oh, good, buy the book and read it.

P That's true. And, also, in the book you see such beautiful pictures. I do want to brag one more time, to sell it.

S Okay.

P No, not really. We don't really care about the sales, but we do want you guys to be in on the next thing, because I'm excited...

S I'm excited.

P I can't wait to get the actual hard copy in my hands.

S And I didn't have to be the one pregnant and writing the book this time. it rocked. Whoo.

P I know. But my daughter, Autumn, she's 15, she took all the beautiful photos of Rashida's family.

R She did such a good job. And the cover.

P The cover. Oh, can you believe it. All right, so when we were with some big-time, big-time publishing houses, we did our other books with them...

[00:57:33]

S Toot the horn, Pearl. It was big, big-time, biggest.

P Oh, we're tooting today horns of pride. I'm not saying anything bad about them, but they brought down a big New York photography team for the front cover of our last cookbook, Serene. Do you remember that day?

S Yes. Oh, I remember.

P They had computers. They were checking light, with all these numbers, all these gadgets. They had a makeup team.

S Yes, our makeup was sprayed on with airbrush.

P They had assistants to the assistants, right.

R There was like 12 people at least, probably.

P All flew them down. And Rashida was there, because you were helping out.

R Yes.

S It was like a wedding catered, just for the snacks of the people who were checking the numbers.

P Yes, they did catering. This time, we were doing Welby Street Press, we were like, no, Autumn would take the pictures...

[00:58:14]

S That's Pearl's 15-year-old daughter.

L And Lesley can do everything else.

P Lesley can do all that stuff, Lesley-Pops.

D For sure.

S She was the bomb.

P And let's go. So Autumn just hopped in there, took a few pictures. She's like, no big deal. Yes, I think we've got it. It took a day, because we took a whole bunch of other pictures, lifestyle pictures, but we got it. And, guys, guys, I'm proud.

S It's better.

P I'm proud. I'm proud of my little girl, and I'm proud of my little Rasheedies.

S Yes, I'm proud of my little Rasheedies.

[00:58:41]

P And may your future be trim and healthy.

S I'm proud of my 11 recipes.

D All right, Rashida, say something to the nice people listening.

S She did.

R You guys are awesome. And I hope you're enjoying the recipes.

S They're delicious.

P We've got to go, Dan.

R No, I will, okay. A few of you have done posts that you're so excited about this book, and that makes me so happy. Literally, you guys are so encouraging, just in the few posts and comments I've read. I feel so blessed, and I don't even know what to say. But you guys are...

P I know what to say. Be kind to her. If there's mistakes in the book, it's probably me, not Rashida.

R No, it's probably me. I've never done this before, so you should blame me.

P Our audience is so patient, though, with us.

R Yes.

[00:59:26]

P And they're so kind. I said to Rashida there will be things, even though we went through it over and over and over again, we got a team of admins to help, there's going to be stuff.

S There's still pizza piza.

P No, so it won't be bad as our first book.

P In our first book, we spelt pizza P I Z A. It was a typo, and it came out. So it won't be as bad as that. But there'll be things that you might notice, but we'll get there, and we shall adjust. And this is the end of the podcast, the end of the podcast.

R See you.

[01:00:05]