

## Episode 002:

### Eat Happy Kitchen Clubcast 51021

[00:00:00] We'll start this over. Cause I wasn't recording. I am now recording. Welcome to the weekly eat happy kitchen club cast. I am Anna. Vocino your host. As you can see, I don't have any panelists up here with me. That's because I'm going to bring you guys up. I want people to talk. I want this to be a round table discussion.

If you're new to clubhouse and drew, I see a little party hat in there and here comes Bob Zimmer invite as speaker. And uh, when you guys come up here, just make sure you meet yourself up. And then we're going to talk about easy weeknight meals because it's Monday night and some of you have already had a rough start to your week.

And I don't want that to be a rough start to your week. I want you guys to feel empowered and I want you guys to feel like you can just grab some stuff out of the fridge and start making it because you can, if you have stocked up your kitchen, if you have some spices and you just kind of buy some regular meats and veggies and herbs on the regs, you can pretty much make any variety of meals tonight.

I'm doing something super simple. I'm Browning, a [00:01:00] pound of ground beef. I'm pouring into meat, happy kitchen, tomato, basil marinara. I am going to roast some asparagus with some pine nuts and my, and I'll provide the cheese from a husband. He can put some cheese on that and, uh, that'll probably be the extent of my meal.

Very simple. Full-fat ground beef going to get full. And then if I happen to get extra hungry, I always add in an extra side of avocado. If you're new and you're starting this an extra side of avocado will be your lifesaver because you might not get full like a used to, because you're not stuffing your gob full of starches because those starches used to get us pretty full.

So I just want to throw that out there. I'm making a super easy dinner. It was yesterday was my I'm going to Bob. I'm gonna make you a moderator by the way. So in case anything happens and I get disconnected, you can run this room. Hi Bob, by the way. Hello. Hello. Good evening. Happy birthday. Thanks. Thanks for being here.

You're welcome. Um, thanks. Yeah, yesterday it was my birthday and [00:02:00] mother's day. So it was a big, uh, combo day of, uh, lots of pressure on my husband to do lots of things for me. Um, that's his own self-imposed pressure. I'm not, I'm not a big pressure filled person. I we're at that age where we don't need anything, we don't want anything.

We're good. We've accumulated stuff. We're getting rid of stuff. So what I like to do is eat a nice meal, have a nice experience. And then when he turns 50 this year, his family's coming into town. Lucy, our daughter is coming into town. So what I thought would be fun because I still really believe very strongly in birthday cakes.

I still believe in birthday cakes, even though having done nsng slash Quito for what? Nine years now, 10 years, I can't, I can't even keep track nine years. I think. After doing this for so long, I still believe in birthday cakes and celebrating. I think a cake is a nice thing, but as most of you know, I'm not, I'm not tolerating the dairy and the eggs.

So I've been told not to have them for a little while, [00:03:00] maybe forever. I hope not. So I was like, well, what can I do? Cause I definitely can't have gluten. What can I ha, what kind of a cake can I make? I have to make a gluten-free vegan cake. And I, it, the recipe off the internet. And I was like, okay, that looks like the photo is always, yeah, nice.

Right. And by the way, I haven't made a recipe from a food blog in over a decade, if not longer, because early on and my career, I would make other people's recipes. I didn't understand why they wouldn't work off of a blog. And it really drove me crazy. And because of that frustration, I always had the work ethic of I'm going to test my recipe so many times so that you guys, when you use my recipes, you know that they're going to work.

And so I go and I pull the recipe off the internet. I'm like, this looks like it'll work. Although it did look a little strange. It had a lot of baking soda and baking powder in it, I guess, to make up for the fact that there was no eggs to bind things and nothing to make it rise. [00:04:00] Right.

You guys, it was a nasty cake. It was nasty. What I should've done was make my own version, but I, I didn't, I don't know why I didn't do that. Why wouldn't I make my own lemon cake, for example, um, and just do it without it. I dunno. Why wouldn't I do that? That's the big question. Why wouldn't I do that? If I still believe in birthday cakes, why don't you just make it yourself?

I didn't. I pulled a recipe off the internet. It was trash garbage. And then I feel like it was almost like the universe or God or your way or whatever you want to call the greater forces that be. Getting revenge on me because I felt like this will keep me from eating off of a cake for a week. Cause it was so gross.

I couldn't eat a whole piece. And then last night I threatened to throw it out. And my husband who we always joke is ASA G all sugars, all grains was like, don't [00:05:00] throw it out. And I said, it's a disgusting cake. He's like, it's a cake. I don't want you to throw it out. So if you think after nine years that I don't understand the family dynamic of when one person does low carb and the other person doesn't I get it very much.

But anyway, that cake is still in there. I have, I want no part of it because it doesn't taste good. If it tasted good, I might have a problem, but, uh, it can sit in there and not taste good. So that was my, that was my big foray into trying to have a cheat day. I had that. That was it. It was not very exciting.

Uh, I did, I did have some alcohol at dinner. I had a scotch and soda. And then I had a little, uh, after dinner drink that I think had some sugar, like an MRO. I think that has, it's like a liquor. So that was my big, exciting thing. And, uh, if you think that that's crazy because you're new to this, I promise you, you're going to get to that point where you're going to be like, you know, I tried to have a legit cheat day.

It was mother's day my birthday, and I literally couldn't get there. I just [00:06:00] couldn't get there. And that's okay. And now of course, I'm really glad that I didn't get there and I'm back to my little keto bore way of eating. And so I want to open this up to you guys, Bob, how you doing? What's going on? What are you making for dinner tonight?

Oh, well, I am making my wife's number one. Favorite recipe out of, um, which, which one is this? So you're happy. You're literally cooking right now. I can hear it. I, yes, listen, listen, this is there you go. I just put the chicken in a chicken tikka masala,

but I know, but the way that I do it a little bit quicker, so mine's ready in about an hour. Um, but I've just got back from the store, literally big Texas rainstorm here, soaking wet and just threw the chicken in and I'm getting the ingredients out and it should be a good dinner. We did go out for mother's day, had a nice and SNG steak house.

And that was fun. But I think she'll like this better. Oh, I love this. I love the steakhouses. That's definitely the easiest place to get nsng [00:07:00] stuff. And people generally don't, they don't bug you, you know, if you just get a steak, they don't, they don't mess around with you. I love, I love that you have the sound.

Okay. It's just potatoes. It's good. It's like the potatoes for the potatoes. You have to stay away from the sides. There's a new, really fancy, fancy high-end steak house down the street from us here. And it's good that it's really too expensive because we won't go to that much, but they were very, I said, I don't want bread crumbs or carbs in my sides, and I don't want dairy.

And they made everything. They have like, uh, well, it was creamed spinach and they took the dairy out. So they basically gave me sauteed spinach, but it was the best sauteed spinach I'd ever had in my life. But it was also like \$17 or something insane. So I was like, I'm never coming back here again, but I love this place, but yeah, you're right.

Favorite is when, when you try and customize the order and then the head chef comes out or the kitchen manager comes out to find out, is this truly a food allergy or is this a way of eating preference? And I love when that happens, because they're there, [00:08:00] they're honestly concerned because if it's a food allergy, they want to make sure that they completely separate everything.

And if it's just a way of eating concern, it's not as important. Right. That's very true. And, uh, I legit have the food allergy thing and I actually still feel kind of guilty asking for that because I just know what a pain in the ass it is in restaurants. At some places, they are very conscious of it. Like if the chef or the owner has somebody in their family or their spouse has a food allergy.

But I, I kind of feel like a hymen as a whole, however, I've gotten very sick from restaurants. And by the way, once you get sick, if you clean your system out with nsng, which a lot of us have, and then you go back to trying to eat something, it won't make you feel great. Like it, you will feel it. And so a really good way to tell, uh, in the restaurant, if they're really giving you what they say, they're giving, you know, I've I've I remember the, the story about the world I've been there.

I've written the world. Train myself. [00:09:00] Whirl is whirl is just this, the seed oil concoction that's meant to act like drawn butter, uh, typically served at red lobster ish type places. And, uh, boy, you get that in your system after cleaning yourself out. Oh, it'll clean you out too. It's not fun. Especially if you think you're dunking things in drawn butter and it turns out at some emulsified.

Seed oil shitstorm. Cause you gobble it. You're like, well, that's great. That's delicious. And then you wonder why you get an upset stomach or, or get really sick. I want to invite you guys to come up here. I want to hear what's going on with everybody. How your week is going, how your nsng plan is going.

Angelina, come up here, Leah. I want you, Oh, somebody raised their hand. Let's see here. Donna Greene. Donna, I'm bringing you up. And when you, when you guys come up, uh, Donna, but you accepted when you, when I'm bringing you guys up, mute yourself. Donna, tell me what's going on and keep [00:10:00] raising your hand. I'll keep bringing you guys up.

Donna, let us know what's going on with you. Check in with us. Let us know. We want to hear hi. Yeah. Hi. So I, um, I like Hasselbeck chicken. I don't know if you know what that is. It's um, you take, um, cream cheese, cheddar, cheese, bacon, and jalapenos, and new slip chicken and put it like in the splits of the chicken and bake it.

Well, this tonight I wanted to do something that would last the whole week, so I just made it into a casserole. So I did a nine by 13, cut up the chicken and cubes, put all the toppings on baked in the oven for 30 minutes. And I have a meal for all week that I can eat. It was so easy to do. And it was, you know, easy prep things I had in the, in the frigerator and freezer.

And it just was wonderful. That's great. And I do want to thank you. You reminded me. Yeah. That Hasselbeck chicken is awesome. And I think that if you guys just. [00:11:00] Make sure you're grabbing some meats from the store, grab some vege from the store and then grab, you know, if you can tolerate the dairies, get your dairy things, because those are great for flavor.

Make sure that your, your spice cabinet, your dried spices and herbs are well-stocked and you can make any number of variety of things. Try to stick to stove top. But what Donna was talking about, the hassle back, you can just, as long as you prep it real quick, just roast it in the oven really quick. I want everybody to resist the urge to feel like, Ugh, I'm so tired.

It's the end of the day. I'm going to get takeout and just say screw it because here's what happens when you get the takeout, it's going to come with the fries and when it comes with the fries, you're going to, you're going to steal some fries. So I'm trying to just try to keep everybody on the plan on the, on the plan.

That's what we're all trying to stay on the plan and, uh, Nathan, what's going on? Hey, how are you? I'm doing wonderfully. Well, nice to hear your voice. Thank you. Thanks for inviting me up. Of course. [00:12:00] Um, yeah, tonight I had a, um, one of the things I do, I sometimes I buy a Chuck roast and cut it in a few pieces and then just have it as a steak.

Um, so I did that and I cook it in bacon fat. Um, and then, uh, I had some, uh, liverwurst, um, just to kind of top everything off. And, uh, I know one thing you were talking about too, that, uh, I like to kind of share with too is, um, we actually had a kind of Memorial service slash early mother's day, uh, for my grandmother who passed away.

Oh yeah. That's nice though. I'm glad you got to do that. Yeah. Yeah. Thank you. Um, so, and, uh, they had the, the event and my mom, she kind of lives, uh, a more lazy kind of Quito, kind of with what we have. And I asked her beforehand, cause they're going to have food at this. We had an account at a cabin here in Northern Wisconsin, on a Lake.

Um, and, uh, I kind of asked her, I said, you know, Is the food they're going to be, [00:13:00] um, keto friendly and she said, no. So I knew that going ahead. So basically my game plan, then when I go to a lot of events is I pretty much eat beforehand. And then I just don't have to think about it. Um, and there was all kinds of temptations there, but, um, I've been in SMG for about a year and a half now.

So when I have that game plan and I stick to it, it's pretty easy, but I did have actually some like vegetables, like some cauliflower and broccoli and stuff. Um, I think I had some salary too, but you know, for the most part, I w I had my meal before I went and I always find that's a good, effective game plan when I'm going out to, uh, now that we're going to more social gatherings, not COVID kind of receding here.

Um, it's just a good strategy that I have, and I haven't really had to practice it a whole lot in the last year or so. So I kind of had to kind of think ahead and I, that was a good reminder to do that. And I'm Nathan and I'm done speaking. Yeah, that's amazing. I know that it's not easy. We we've kind of fallen [00:14:00] into some, maybe some really good patterns.

Now that COVID has gone on long enough. It's almost like a lot of us went down the rabbit hole of comfort food and then came back out. Now, Nathan, Nathan scheduled, Nathan did all the pandemic just nsng and losing weight. And how much are you down on Nathan? 135. Um, no, it was, um, actually I have to calculate my head cause I just dropped another three pounds this weekend.

Um, but yeah, so it's like one 20, two, 23. That's amazing. Yeah. So I'm about to 12 ish pounds away from kinda my re-evaluation goal. So congratulations. That's awesome. Yeah. So a lot of this now that stuff is reopening. Cause I'm thinking of that too. And I would love to hear from everybody and Leah and Megan, we're going to also talk to you guys and find out what's going on.

Get your, get your check-ins and how everybody is handling. Getting social again, like I had, I had a few [00:15:00] dinners, a friend surprised me on Thursday to go to lunch. And, you know, my husband's aware of all the things that I'm thinking of. And as in G being number one, like I really don't want to stray from it.

And I don't want to have, uh, five days in a row, even though I love feeling celebrated for my birthday. And mother's day, I don't want to have five days in a row where I'm just like, screw it. Like I wanted to do the one cake, which was the

disaster cake and that was it. So, you know, planning ahead looking at stuff and it was a surprise.

So I couldn't really look at stuff. So for me, it's like, I am trying to look at menus of where we're going. I'm trying to really like plan this stuff out and it's it's I forgot what it's like to go and be social. And I think that's a great, great tip of just if you can, especially if it's a buffet situation and it's not a seated dinner, if you can eat beforehand, that will go a long way to help you not to eat the things that you don't want to eat.

So that's [00:16:00] great. Nathan, Leah, how are you doing? Hi, how are you? I'm wonderful. It's great to hear your voice. Yeah, thank you for having me back on and happy belated birthday. You know, I've been, um, I've only been on here once and I shared my story to the nsng page and the last year I've dropped about 70 pounds and it's.

Kind of become an obsession, but now I've kind of slowed down with the weight loss. I would love to drop another 10 to 15 pounds. I noticed though in the last month that I was going up a little and I'd go up a pound, I'd come down two pounds, I'd go up three. And it got really frustrating for me. So I was really trying to plan ahead and schedule meals.

And, you know, I'm a single mom with three kids. I'm constantly on the go getting them out the door to school, getting to work. And I realized, okay, I was skipping breakfast. So maybe that was it. You know? So I really started to plan some of the recipes that are in your cookbooks and [00:17:00] other things that I found on the nsng Facebook pages.

Just no joke. A week ago, I started eating more pushing myself to eat breakfast, lunch, snacking in between, but making sure it was all nsng and really making sure that I was eating dinner, which was another thing that I started to notice. I was kind of not doing well. I was just snacking on a slice of Turkey or pepperoni or something like that.

But it wasn't enough. I will tell you, and I don't know if it's a coincidence, but in the last week I have been eating so much more. I have been so hungry and I'm down four pounds in about, in the last week. That that's amazing. And I'm so glad that you shared this because this is a very common thing that happens.

Um, hold on. I'm bringing up Leona and talking at the same time. So Leah, will you walk us through a typical day of what you're eating when you're adding food back in, instead of fasting. Yeah. You know, it's funny because before I started doing nsng, I was trying intermit fasting where I wouldn't [00:18:00] eat in the morning.

Cause it's just so easy for me to skip breakfast, um, now, and it's very easy to get tired of, of eggs in the morning, but I, I felt like I was getting tired of eggs. Um, I really like your, your, your morning scramble that you have with the peppers and the garlic, everything. I just throw all that into my eggs with some, a little bit of heavy cream.

And that's been my go-to for like the last couple of weeks, but really it's just, you know, eggs in the morning with some piece of meat, whether it's. Bacon or sausage I'll even sometimes make that meat the night before and just heat it up and take it

with me to work. Uh, for lunch, I'm packing, you know, like rolled lunch meat with lettuce or leftovers that I've prepared ahead of time.

That's been one of my biggest goals in the last couple of weeks is just cooking enough. So whether or not my kids are, I finished it at dinner, I have it the next day. Be it fish, be it steak. I just make pork chops over the weekend. And I made four big ones and I still have two [00:19:00] left for this week. Um, and then dinner time, it's really the same thing.

I'll make a green. So like last night I had broccoli. I also made Brussels sprouts ahead of time with a few artichoke hearts and standing garlic. Um, so that's probably a normal day for me. Um, and I've just been eating a lot of that, but really trying to focus on the carnivore diet more than anything, just for clarity for my sake.

So when you say, make greens in advance for dinner, so you you're making the greens and having a meat at dinner, correct? I am. Yeah. So I'll eat. Yes, correct? Yes. That's awesome. No, that's, this is all good to know, because I think that what you're bringing up is an issue that's happening with a lot of folks having plateaus.

And sometimes this is, this is where it's the N equals one experiment. Meaning like you have to try different things for your own body because literally everybody's different and you might go down the rabbit hole of intermittent fasting and it might work and then it might not, you know, and you just don't know what's going to work for you.

[00:20:00] And so I like that you bring this up because I think the first place that people go to is to the intermittent fasting. And I, and I love fasting and I love intermittent fasting, but I have also found for myself that in the morning, skipping that that breakfast does raise the cortisol I found because it's been tested and, and, and, uh, if your body is stressed out, it's amped, it's amped up and it's not going to want to drop weight.

And so there's something about it, keeping it fed and keeping the cortisol low and keeping your stress low, that, uh, that that really could work. So if you're, if you are listening to this and hearing yourself in Leah's story, I lost a bunch of weight and then I started plateauing or having the up and down fluctuating, which by the way, a pound or two pounds here and there fluctuation doesn't scare me at all.

It used to scare me, but Oh, no, we don't want to go on the rock. We don't want to trend in the wrong direction. It won't. But like you said, if that, if that is now made you kind of bust through a plateau, so you stop going up and down. If you go up and down and up and down [00:21:00] for months and months on end, then you know, it's a definite plateau.

So if you hear yourself in Leah's story, maybe try adding back in some meals because it's, I don't blame you guys. I'm the same way of like, okay, well, if I do this, maybe if I do this, but also restrict some food, maybe that'll work more better for me. And for some people it might, and for you, it might not, but you don't know till you try different things.

So Leah that's freaking awesome. Thank you for bringing it up. I really appreciate it, Megan. Well, hello. Hello friend. How are you? I'm great. How are you? I'm

wonderful. Thank you. Thanks for being here. What's going on? Um, not much. I did carnivore this week. Um, I know I wasn't going to weigh myself and then I decided about Thursday.

Well, I should. So I kinda know, and I was down five pounds on Thursday. I don't know when I'll weigh myself again, but today my scrubs were pretty loose. So I'm excited. So [00:22:00] question for you. Congratulations. Um, do you want to stick with the carnivore? Is your plan to like w what do you feel like doing? Okay.

So I did have vegetables yesterday. We had like a little taco bar, so I did have, um, and I miss. That, you know, um, things with dinner besides just eat. I do miss that. So I think I echo effort through may. So I'll go all the way through may. I don't know if I will continue or not. I feel great. Um, so I'm, I feel like I'm sleeping better and obviously broke that stall a little bit and lost some weight.

And, um, I'm down to just one cup of coffee now a day, and that's more comfort, but even I totally dairy free now, too. I didn't even put cream in it and I just totally fine. It's good. [00:23:00] So, and I actually, um, and halfway through my coffee today, I felt a little jittery, so I didn't finish it, but yeah, I am liking the results.

So what we learned from Jackie Jones, our clubhouse last week, which is now up at my site, At Anna vaccinia.com. You can go listen to that interview is that carnivores, technically is if it comes from an animal, you can eat it. So if you can tolerate dairy, have you can have the heavy cream and she has, uh, some cheeses and some eggs and things like that.

But it sounds like you're doing even better without the dairy, which obviously is a familiar tune to me. I think I do a lot better without dairy. I noticed when I add it back in, cause I've done that for a year. I think it was last June. I gave up dairy and then went through the summer, additive back in, took it back out and I noticed a huge difference in inflammation in myself and how I [00:24:00] feel.

Um, it doesn't make my stomach feel so great. So cheese is pretty much been out for a while, but um, heavy cream was this week. I didn't have heavy cream, which that's pretty big for me. And I still cook with butter. And sometimes I like to eat better because butter is a delicious, delicious food because butter, it's kind of like a little candy bar.

I mean it's and otherwise gold straight off this, if, if there was nobody else living in this house, I could take the brick of Kerry gold and just eat off of it. Like an animal, you know, I have no shame. Yes I could too. It's quite delicious. But yeah, it's interesting. Cause you, you have done that experiment and, and it's funny because I feel like, Oh man, cause I get feedback from all a lot of different people all day long, every day for many years in a lot of different ways.

And one of the [00:25:00] biggest points of resistance are when somebody realizes that they feel better not having dairy, they'll do a dairy free experiment, maybe like a couple of weeks or something and then they'll come back and there'll be like, I've given up so much. I don't want to give up dairy and I'm like, I hear you, my temper tantrum with finding out, by the way I found out the week before my mom died in 2014, that all the blood tests came back, that I'm not supposed to have dairy that it's triggering the celiac response.

It's basically been until, I don't know, a few months ago, maybe four or five months ago that I finally made peace with like, you really, this is you're hurting yourself. And so it's funny how, like the dairy thing kind of gets people sometimes more than it does even cutting out sugars and grains. And, uh, all I have to say, is it fine once you get to that point?

Where if you, if you feel better without dairy. You're going to feel better without dairy, and you'll [00:26:00] finally make peace with it. So just know that if I'm talking about this and it feels like shocking or annoying, or, you know, why doesn't she shut up about this? It's because by the way, five years ago, when I started to bring this up, everybody in the groups were like, you're crazy.

Why wouldn't you eat the butter? And I was like, I want to eat the butter. There's nothing more that I want than the butter, but now more and more people are realizing that it's it's might not be the best food for them. So Megan, thank you for being honest. And yes, the heavy cream is probably the heavy cream and butter.

My two favorite things. I can't believe I'm saying this because I probably lived exclusively off of cheese. When I first started doing it as a G, it was such a wonderful treat. So that's awesome. I'm glad to hear the carnivores going well. Can, can you just real quick, Megan, walk us through what you're eating in a day on carnivore?

Sure. So, um, I adopted Jackie's, um, bone broth latte thing. So I have that and it's [00:27:00] bone broth and she puts eggs in hers and butter and she frosts it all up. Um, and it's good and salt. Um, I started adding salt and I like it better and it's pretty good. I made bone broth last week, so I'm sitting pretty on that.

And then, so for lunch, it's usually whatever protein I had the night before. I just make a bunch of it. Like I made, um, chicken, chicken thighs. So I made like, uh, I don't know, 20 of them and I brought five or six of them to work and I had two, two and a half of them. So that's what I had for lunch. And I'm having a ribeye when I get home for dinner.

Ribeye is my favorite carnivore dinner because it's easy to make and it fills you up. Yeah, exactly. It's pretty great. Now, let me ask you, how did you prep your chicken thighs for today? [00:28:00] Um, I put them on the smoker, just salt and pepper. That's it? I don't know. I really like my trigger. Um, so it, they just have great flavor and you don't really need a lot of spices.

So I typically go with salt and pepper, um, on that. So yeah, nothing hard, like super easy. It's like super, you don't even have to think about, it's like, okay, what, what meat am I having tonight? When I was doing carnival, I prepped a lot of the lemony chicken thighs. Cause I got like the lemony flavor in the chicken skin, but di wasn't eating a lemon.

You know what I mean? Like not eating the lemon. Um, yeah. I'm with you on that. I also did. I would take, this is you can do this anyway. You don't have to be carnival to do this, but the boneless. Skinless chicken thighs. Cause sometimes it's hard to find bone in skin, on chicken thighs at the grocery store.

Believe it or not. It's kind of goes along with that American [00:29:00] fascination with low fat, they tried to take all the good things off the chicken thighs. Uh, so

sometimes if I just find the boneless skinless ones and I don't feel like making a fancy thing, like a chicken tikka masala, like Bob is making for all of us for dinner tonight, I will, I will literally throw them in with salt and pepper in the instant pot.

You dump about a half a jar of salsa on there and you do the instant pot and it turns into like shredded taco meat. And then you can just scoop it out with, uh, uh, a slotted spoon. So you don't really get the salsa chunks or anything, but it's flavored really nicely. And it's an easy thing to eat for, for carnivore.

And then if you want to make it extra sick and twisted tapa put a fried egg on there and you have eggs and chicken. Is that weird? Is that like. Is it like a snake swallowing its tail. Okay. Problem. You know, what I do too, is I make your, um, uh, taco seasoning and I use that a lot as well [00:30:00] on chicken thighs.

It's really good when you cut them up in little chunks and stuff. Well, and that's an a thank you for bringing that up. Cause you know, I'm developing the spices and we're just waiting for the spice manufacturer to be already. Um, cause we have everything ready to go. We have the taco seasoning, the barbecue dust and the dill, which is the ranch seasoning.

And uh, I have experimented with all three of those, just literally throwing them on meats and throwing them on the grill, throwing them in the instant pot and just having it be easy because I want the meats to not be intimidating. A lot of folks come to nsng and they haven't cooked a lot. And I want it to be, non-intimidating just jump in their throat, flavor, the meats, and grill them, flavor the meats and fry them in the pan, flavor, the meats, and throw them in the instant pot and feed your family done.

Right. So Megan, thank you so much, Leona you're here. Hello, Leona you to a place where you can chat with us. Oh, hi. That's okay. The fancy button at the bottom. I know. I know. [00:31:00] How are you? Thanks for joining. How are you? I'm wonderful. It's lovely to hear your voice. Oh, well thank you for having me. Um, my, uh, I'm kind of actually following along similar to what you, and making it just spoken about.

I'm doing kind of a keto bore. I am, uh, getting ready to do some extensive blood work to find like food sensitivities and things like that. And um, so I am currently on. Well, it's kind of a keto bore slash auto-immune auto-immune protocol and not everything on autoimmune is actually innocent. G uh, there are things that are allowed, uh, like root vegetables and stuff that I wouldn't normally have.

So what I'm trying to do is just find the common denominator between both, uh, both food lists and then, uh, just choose that. And I have to do that for a couple of [00:32:00] weeks or so. Um, I normally didn't do dairy anyway or very, very limited dairy. Like every once in a while I would have cheese, but then I would still have butter and eggs, and I'm not even allowed to have those now and which really bums me out because when it comes to cooking for myself, I really like to keep it simple.

And if I was hungry, I'd throw on an egg or two, you know, and, and that took care of it. And I didn't have to fuss with anything. And now I can't do that. So I switched to. Skinless boneless chicken thighs. And those are relatively easy to throw on, you

know, but, uh, in a frying pan real quick and takes about the same amount as, as some bacon.

And, uh, so that, that was the switch I was, I had to make. But, um, regarding the that's, another thing is, I don't know what to attribute it to whether this limited mint, uh, food lists that I can have, or. I [00:33:00] also bumped up to three meals a day because I have to take some supplements, three meals a day or three meals a day.

And I didn't normally eat three meals. I would eat one to two. And, uh, but now I eat not a full meal, but just enough food to buffer my stomach for the supplements. And I've lost like five pounds since April 29th. So, so whatever is going on. And like I said, I don't know what to attribute it to, whether it's the new food list or supplements or the no eggs, no butter, you know, like, I don't know exactly what it is, but there's gotta be an amount of inflammation that, that was there enough.

Cause I can't do cuff. I can't do coffee. I have like 10 questions for you. Are you ready? Okay. Right. Okay. Number one. How long have you been doing AIP? The autoimmune protocol. Um, since, uh, April 29th. Okay. So [00:34:00] that's almost two weeks. Can you have, can you, are you not allowed to have red meat or pork on it?

Uh, I can have red meat and chicken and fish. Um, they didn't say I could have pork or not have. Okay. So there was a couple times I have had bacon, but then I made sure it was nitrate-free cured, you know, stuff. Yeah, maybe. So. That's why I tried to keep it simple and I still have only had it like twice and each time, half the amount I would normally eat just in case I'm not supposed to be having it at all.

Have you weaned yourself off of coffee completely. Did you have to do that or are you just having little bits here and there? Um, I'm not going to tell on you, by the way, this is only being recorded for the website, but I'm not telling on you Leona and I have the same doctor, so I'm not telling them don't worry.

Um, no, for like the first four days, [00:35:00] I allowed myself to have about four to six ounces just to make in, to ward off any kind of caffeine withdrawal headache. But now I don't have, I've just been having tea and, um, uh, I didn't get any caffeine, uh, um, caffeine headaches, but I need to clarify too. I used to drink like three to five, very large cups, like.

Three to five grand days a day. So, um, to, you know, that's why I was worried about it, but, um, I haven't, I haven't had any of that. Uh, and I'm down to just tea and I'm doing okay. And I'm shocked. You're telling me though, you're, even though you are on this restrictive, the autoimmune protocol, by the way, everybody is a, is a version of an elimination diet.

It's kind of similar to whole 30, but it's even more strict. Like you can't have, there are certain foods that are known triggers of autoimmune. And if a [00:36:00] doctor suspects, you might have an autoimmune disease, this is one way of being able to see. So you eliminate all these foods, the night shades, the dairy, the eggs, the citrus, the things that would be typical chocolate.

Uh, you know, et cetera, et cetera. I didn't realize coffee was a trigger. Cause if somebody, you know what I mean? That's, that's where I draw the line. That's where I draw the line. That's why I allowed myself at it first. And I decided, no, I need to buckle down and do exactly what needs to be done because I need to find out what things are going on.

So yeah. No, and I, listen, I admire that because Leona is texting me and I'm like, Oh, I don't, I don't think you should give up coffee. But then she was like, no, I have three to five large, large cups. I was like, Oh, that's why she's telling you to do that. Okay. Listen to your doctor. They don't listen to me.

I'm not a doctor. Um, but no, I think that that's amazing, but I will say this. If anybody has to go on a strict elimination diet or anything that your doctor tells you to do, some people are doing FODMAPs. That's another variation of it. [00:37:00] And a FODMAPs is an acronym that stands for some common things that mess with people.

Uh, like oligosaccharides is the, Oh, and FODMAPs and oligosaccharides are onions, leeks, shallots, garlic. And sometimes those can have people have a reaction. And if there's any sort of leaky gut or autoimmune going on, sometimes your doctor will tell you to do this. So I would say, I know you're trying to stick to nsng G2, but like, if you need to eat a root vegetable, cause you got to get full, eat the root vegetable, you know what I mean?

You're not, it's only temporary. You're not going to break the bank. And I D I, I want to see you get full, but it sounds like you are finding enough to eat. Uh, I am, it's, it's a little bit of a juggle because I ended up beating in some cases sooner than what I anticipate. And so, you know, it's kind of a learning curve, right?

Um, my concern though, with things like allowing potatoes is like, if we know potatoes and sweet potatoes, ultimately turn to sugar because they're starchy, then isn't the sugar [00:38:00] inflammatory as well. If I'm trying to get rid of as much inflammation as possible, shouldn't I not be having, are you insulin resistant?

Do you, does your blood work come back with, with high fasting, insulin, high fasting, blood glucose, high A1C, hemoglobin A1C, then your product, then you're probably not the candidate who, uh, that type of thing is going to inflame. She's probably looking for something else. However, I will say this sweet potatoes are I've.

I've never heard of anybody having a food allergy to sweet potatoes. If you ate them all day long every day, you would certainly pack on some pounds. Absolutely. Like I'm not, you know what I mean? I'm not going to pun intended to sugar coat bat, but what I'm saying is when you're on a restrictive thing, like you're doing and you need to get full don't rule it out.

Because sometimes it's the same thing. Like what, uh, what Vinnie was talking about on an earlier podcast from maybe like two weeks ago [00:39:00] where a woman was asking about, uh, getting calories on her brother who was going through chemo and D and couldn't really digest meat, couldn't digest. Certain proteins was having a hard time with it.

And he was like, just get calories in him. And so, and I'm, I know you're not in that stat, that dire of a medical condition, but what you, what will wind up happening is that if you go too restrictive, then you like the rubber band bounces back the other way, because you wind up needing to eat something and then a binge might happen or just, you know what I mean?

Something might happen to interfere with your progress. And I would say, eat the sweet potato. If you're home. I agree. You know, it's not going to be the underworld. Yeah. Okay. Yeah. I know you're doing a good job and you're always following by the rules and, you know, okay. Leona. Okay. So cute. I love you to pieces.

Um, but thank you. Yeah, of course. And by the way, Oh, my last question for you, is this, are you [00:40:00] going to be taking a blood test for food allergies soon? Uh, I think that's next, uh, next on the list right now, um, she had me take some of the other initial tests and I think, yeah, narrowing it down. Ask her what foods you need to eat before the blood test, because now you've done this amazing job of cleaning out your system and tamping down your immune system.

You might actually have to eat some of the things like I had to perform my last endoscopy. I actually had to eat gluten for four weeks and then I know, and he was like, he was like, now you just don't only need to eat like a little tiny portion. I was like, okay, well that's not going to happen. If I'm an eat gluten for four weeks, I'm gonna eat gluten for four weeks.

And I did. And sure enough, I have celiac disease. Shocker. Yeah. It's an interesting thing. When you go about this thing, cause you're, you, it's almost like you have to eat the [00:41:00] offending foods and some people, by the way, who go nsng feel so good. They then don't want to go in for the test because it's like, I don't want to have to eat the foods that Tampa my immune system again, because it's not pleasant.

Right. Um, so thank you for sharing all of that and I'm sure you got peoples brains are spinning. Well, thank you. Thank you for having of course, Brian. Brian are you there? I'm gonna keep singing until you unmute shy. I like it like, like the song. Um, hi, I just wanted to, hi, I thank you for having me on. I didn't realize I was up so quickly and I was doing stuff and here I am.

Um, first of all, I wanted to wish you a happy birthday and a happy mother's day. Thank you. Yes. Um, and second, I was just going to also chime in too. We were talking about, um, you know, carnivore. And one thing that I wanted just to kind of share [00:42:00] is that, you know, I got a comment the other day from somebody, it said, you know, you know, carnival were so expensive with all the rib-eyes and this and that.

You know, what I have for lunch every day is top sirloin. That is probably, I would say maybe five 99 a pound or, or somewhere around it is cheap. And if you cook it and you, you do, you can. You work with the top sirloin and you get your, you know, your protein and get, you know, sometimes you get a nice little fat cap on it too, and that's actually not bad at all.

And I just know if you, if you had any comments about that. Well, yeah, and I'd love to hear other people chime in. Let's just have a discussion here because, uh, how, how do you guys save money at the grocery store? Basically, because I agree and I think Jackie Jones is tip last week of she really sticks to ground beef patties.

That's what works for her. And I know it works for her budget. It works for what she wants to eat and, and you have to figure that out because if I get a grasp, my favorite, favorite grass fed ribeye here [00:43:00] in my local grocery store is, uh, from carpenter farms, a couple hours North of where I am. And they're in the freezer section here.

And they're hard to come by and they are \$27 each. Okay. Well, I'm not going to eat a \$27. Ribeye every night for dinner, as much as I want to. I'm just, it's not going to happen. So yeah, being more cost-effective that the bone in skin on chicken thighs are much less expensive top sirloin. What a great tip and trick anybody else want to chime in with good, good money saving carnivore tricks.

And I also wanted to say this too. Um, I've been doing a lot of, uh, cooking with, um, Suvi, um, and that is such a time saver. You know, you, you, I'm not sure if you've been experimenting with that at all, but you know, the top Sterling, for example, you know, assaulted up, um, let it sit in the refrigerator for a little bit to, you know, drain off, uh, some of the, um, I think it's the myoglobin that the, you know, get that nice and, um, You know, get the liquid [00:44:00] out of it and then bag it up, cook it um, for, I put mine in overnight, it's it sticks with the same temperature and, um, and you put that in the refrigerator after it's done and it's, it's their rates to be seared, uh, the next day.

And, um, I don't know. It just seems it's a very easy cost effective way of getting that protein in. So I just wanted to share that too. We have to be cost-effective because you just spend all your money on the machine. You know what, they're not that bad. I mean, I knew you were going to say price, not at all.

Um, you know, it's a, it's a small little investment, but I mean, it just, I can't tell you how much. Time it's safe and it's every time you cook something, you cook it to perfection every single time. And when you're spending money on, you know, whether it be, you know, grass fed grass finished beef, you want to make sure that you are, you've got that, that, that, um, you know, medium rare or rare, whatever it is.

You're like, you want to make sure you get that on point every single time, especially [00:45:00] if you're spending money on, on the beef. I think that's awesome. And I I've just brought Susie up here because I know Susie's going to have some tips on, on, on the meats, on the meats to get I'm putting you on the spot, Susie.

But I also think that I would like to see a jets and sharks level fight between the AirFryer people and the Suvi people. That's what I am living for. Susie, are you in a place where you can talk and tell us about, uh, cost-effective meats?

Well, I I'm kind of ambivalent earphones keep going in and out. I apologize. We can hear you things up here. Okay. I can hear you guys. Great. Thanks. Um, I w I D I'm a Costco fan, so I look to see what's on sale at Costco, and I buy the Costco because

it's very good quality meat, and it's very good. Um, you know, the marbling everything's great.

And [00:46:00] if you get it at the right price, you can get really great prices. Um, but also I go to the, I scan the local grocery stores and the butcher shops to see what's on sale. And then we try and, um, stock up on that. So buy one, get one free or things like that. So London broil, those are great. Um, but I'm the same way.

I, Oh, you know, they also, they also book, um, rib-eyes as Delmonico sometimes. So you can sometimes get them some cheaper as well. But I went to this group. You may want to stock up on your chicken. Um, if you're a chicken fan, uh, get it in the freezer because with the, with the stimulus checks coming out and, um, being cheaper to be unemployed and on unemployment than it is to work a beer, there are a lot of people in the packing plants who have quit their jobs and are collecting the stimulus and the, the, uh, unemployment.

And so there's going to be a, [00:47:00] um, there's going to be a shortage of chicken and it's, you may want to get your, if you're a chicken fan, you may want to start buying it now, before the price goes up and the shortages begin, girl, that's a good tip. That's something I never would've thought of. Yeah. Yeah. I didn't even even think about it either.

I, it was even on a weather network last week. I've heard it from customers, but then, uh, it was on a human on the weather network. So there were warning people to, to watch it. There's gonna be a shortage of chicken wings. Okay. I'm, I'm writing this down for the show notes too, but listen, if you didn't tune in live to this clubhouse, you don't know this tip, so we all watch it on the wider network, unless you watch the weather network like Susie does.

I mean, honestly I love the weather network, so I'm kind of right there with you. Yeah. Yeah. So, um, I think I just scour the sales around it. I will tell you, I had an [00:48:00] interesting experience. My daughter graduated with her masters this weekend and we were thank you. And we were down in Virginia for her celebration and we went to a Brazilian steakhouse, which I was so excited about.

Well, it must have been the chotsky Brazilian steakhouse, uh, because it was not very, they forced you to do, they waited and waited to serve you the proteins and they forced you to ch which meant. If you were gonna, if you were hungry at all, they were forcing you towards the salad bar, but I was waiting and waiting and waiting for the beef.

They only came around with beef once and, uh, the other stuff was all very cheap and et cetera. So you really got to look into those places before you go to see what they are. Was it so go to chow? That's the only one I bought. No, no. Fogo is awesome. That place is bad ass. Yeah, no, this one was cheapo. Do something.

I know, I don't know what it was called, but it was not very good. But the idea thing was I [00:49:00] saw Brazilian steakhouse. I thought I'm in and Nope. So I think your point in the very near the beginning was very important to do your research before you go. I mean, that's, that's something too that you're the menu you might be like, Oh, that's okay.

But if you don't read Yelp reviews and see, and it's so funny because we're such a specific little subset of folks, aren't we all where we're like, if we all went to that steakhouse, we would easily have a standoff with them and it, it would be no problem. And we would immediately, but when you're with other folks, and then every time you go to Fogo de Chao you're with other people who aren't, who don't necessarily eat the same way.

And they're all like making meat sweats jokes, I'm like, no, I'd much rather have the meat sweats than the, you know, Brazilian cheese bread. Well, yeah. And that's the thing they don't, I think that Brazilian cheese bread in some of the meat that they were serving, I think it just was, I just think it was just a poor, poor man's Brazilian steakhouse.

And just goes [00:50:00] to show you, you got a buyer has to be aware, and that's why you asked about meat deals. Look around. In fact tonight, I saw on Twitter, some woman in Ontario, but there, uh, killed a half a kilo of, I think, as a T-bone it was wagon T-bone for 85 bucks, half a kilo. And so I T I tagged, uh, an Ontario cattlemen about that, and he goes, first of all, she bought, you know, it came from the U S so there's an exchange issue.

There is Wagyu. And the third thing she said was to try and buy locally and go to the local butcher shops. And, um, they call them avatars up there and can try and buy locally. And he, he had some prices that he quoted, but it's going to get ridiculous. You have to look at country of origin, et cetera.

That's why I brought you up here, Suzy. Because I know you'd have the [00:51:00] tips, Megan. Thank you. Thank you. Thank you so much, Megan, you have a family, you got kids who eat. What, what do you do? How do you, how do you budget that out for the grocery storage? What do you look for? Well, um, well there's some meat that they get and some meat they don't, what does that mean?

That comment, by the way, there's some meat they get and there's some meat. I know. So there's like this butcher and we go to him and um, they make these pork chops. These smoked pork chops. I'm not going to share those. I don't feel bad at all. I'm not sharing. Oh, it'll be wasted on them. Come on. It would be totally.

I mean, my husband's lucky. I do share because I don't want to with him either, but. They are the best thing I've ever had. So I do get those once a week and then Costco, really, you can look at the price [00:52:00] of Costco. I'm like their price per pound. And I just look to find out, okay, what's really on sale. And I, I do that.

I think their meat is great and I do Subway mine as well, a lot. And then I just take the little pack out of the refrigerator and cook it up. So that's what I do. And then we do like hamburger bowls is what I call them. And I have all the toppings and they can make their hamburger or the way they want it.

And I just eat the meat. So it's pretty, that works well too, but usually I'm going to Costco and I get my meat there except for the stuff I do get at the butcher. And then, um, the chicken I buy there as well, and I just cook it all for the week and we're not buying junk. We're not buying anything else. So if you think about it, It's not as bad as it could.

I'm not buying any junk. Right. Cause I'm not buying any junk food. I'm cooking carnivore. And everybody hates how I cook because they [00:53:00] want to eat. And they like it too. Really. They love it when I cook. So, um, when you really think about you're spending \$5 for a bigger Doritos, well, I'm not doing that anymore.

And then how much Doritos? Cause now all that filler stuff. Oh, I don't know. But I'm just saying I probably, they probably do a few years, but yeah. I mean, there's no cookies. There's no nothing. There's no processed food in my house. And sometimes my kids will look in the cupboards and think, um, mom, we want something to eat.

And I was like, well, you can go buy it. You guys both have jobs. You're old. I mean, okay. My kids are older when I say that, um, they're like 22. And if they, if you put them down, work food and they want, listen, they're 12. Now they got to earn a living.

Yeah, exactly. So that's what I do. Well, I love that. Thank you, my place. And I, and I kind of feel like with [00:54:00] kids, it's like, I don't know. I always told Lucy as like, you have literally the rest of your life to eat whatever you want. And if you leave this house and you go crazy bingeing on junk food, you know what you'll make yourself feel sick.

And it won't last that long have at it. See what happens and talk about a reversal. That kid, that kid was a noodle nugget kid. I tried my best when, when she was a baby, I tried to make the homemade baby food. And then it was, she just, she didn't want it. And then I was like, she, she won. So I really admire parents who get the kids to eat all the nsng foods.

You guys are my heroes. Good job. I'm giving you a Pat on the back. Bob, you have teenage boys. I know that you go through the food in the house. Would it? How do you, do you ever have to limit them or be like, hold on, wait, I know you're hungry. Like, what do you do for snack? Like how do you feed? I don't understand.

[00:55:00] I only have one man who lives in the house and he eats so much food. I can't imagine having several young men in the house. Well, yeah, it is a challenge. And especially when they, they like what you make. So I've actually doubled up the tikka masala tonight because I've got one boy that actually came home specifically to eat this.

He was going to go out to dinner with his friends. Um, I've got the other one that's just sitting here right here, going when's it going to be ready? When's it going to be ready? So, so, so yeah, I mean, if, if, if they have their favorites, I'll, I'll try and make their favorites as much as I can. I mean, my, my youngest, son's a, uh, huge carnivore.

Uh, we usually try and do a Tomahawk every Thursday. We make one, uh, and it feeds the family. So, you know, you talk about the \$27 cut on me, but that feeds for, um, and, uh, and I'll usually make a, like a strip along with that or a Kansas city or, uh, or just a smaller ribeye. So that there's enough for everybody in case he's really hungry, uh, like after lacrosse or whatnot.

But one of the, um, the things I [00:56:00] wanted to mention too, uh, you know, Susie kind of touched on it was that locally farmer. So our, our COVID story here is

that when everything's shut down restaurant wise, A friend of the family had a uncle who has a farm, a cattle ranch up in Northern Texas. And he was supplying restaurants and his, uh, his business basically dried up overnight, uh, in March.

And, uh, he's shifted to do residential deliveries. So, um, we're getting, you know, the, the, the grass fed grass finished. Uh, he, he usually slaughters every other week and he brings it literally frozen and vacuum sealed packs to my front door. Um, he will actually do custom cuts. So all those tomahawks, they normally don't cut them that thick.

I like mine super, super thick, and he'll always try and get me the thickest ones. Um, I want, I like my hanger steaks. Each steer gives two. I usually try and get two out of each shorter. Um, but the prices, the price, or less than you're going to pay per pound at the grocery store or Costco, because there's no middle man.

[00:57:00] It's basically just him. Uh, so my recommendation is, you know, if you can venture out of it a little bit and find a local farmer, uh, it's becoming a lot more popular now. And, um, the, the values there, plus you can get custom cuts if you want custom cuts, um, right, right to your door. And as long as you've got a meat freezer than, uh, you're, you're good to go.

So I, I, I try and keep it stocked with, uh, with everything that, that the boys like. And, uh, th th th the other cool story. Um, I spent older son, he's always just been the, you know, the Jimmy deans in the microwave for breakfast and the, you know, just, just eat garbage. And I taught him how to cook. Um, and, and now he will, he'll come downstairs and he'll, he'll, he'll fry up the bacon, he'll find the sausage, he'll fry himself up some eggs.

Um, and, and I always tell him, it's even, even if he is making something that's not nsng or, or, or really good for him, he's at the stove. He's actually cooking something from scratch. And I always tell him, I'm so proud of you. I'm so proud of you. That is fantastic. That's a life [00:58:00] skill that most of your friends don't have.

So that's all I got to say about that. That's incredible. I love that so much. And, and yeah, I, I, I found a local, uh, farm around here called Motley crew farms here in the Santa Ynez Valley. I don't know if anybody listening is there are a few folks I know who are fans of the podcast who live in the neighborhood.

I see people in the neighborhood now it's kind of fun. Um, and, uh, you know, like I saw, I saw the chicken that I cooked the other night from them on Instagram click click, like, and then he, then he was my chicken and, uh, it was pretty great. It is. I like that. But, uh, yeah, if you can find any local people, I always always support that.

And I just want to be clear that \$27 ribeye that I was describing was not a Tomahawk. It was just my ribeye. Just for me. I'm not sharing that with anybody. I'm with Megan. I don't, I don't like to share my food. I don't know if it's because I'm an only child or because I'm married to somebody for 22 years who has brothers.

So he's used [00:59:00] to like stealing everybody's food. I don't become very protective of my food and my old age. Like, I just don't like anyone taking my food.

And, but to the flip side of that is that I over cook and over order and over make stuff. So there's always guaranteed to be enough food. So I don't have to share.

And I just want to say real quick, hi to back, and then we'll land this plane, but back how you doing

you, there you go. That's all right. I know everybody has to deal with the unmute. A little fingers got in the way. All good. Hi, how are you? I'm fabulous. Thank you so much for having me. It's so wonderful to hear your voice go for it. Thank you so much. I am going to piggyback on so many of y'all. All right.

First of all, um, Anna. I am an over cooker all the time. I pull out so many different cuts of meat and cook and good, just so I can have so many different things sitting in the refrigerator so I can nom on them at all times. Uh, [01:00:00] um, Bob, I'm going to go ahead and piggyback on what you were talking about with the, uh, the locally source farms.

I am so fortunate enough to be in a community. We live in a rural community, so I have, um, access to so many local farms. I have my, my farmer that I get my, my pork from. I have my farmer that I get my chicken from my, my, uh, my beef from. And it's so phenomenal. And it, like you said, it's such a fantastic way to save money and it really is.

And if you are able to. Dig into that and have those resources. It's such a phenomenal way to save money and provides, I mean, give back to the community by local. I love it. I'm Brian, I'm a soothing fanatic. Everything I cook is Suvi. If I'm cooking a steak, I'm all about it. Because like you said, you can't mess it up.

You can take the worst [01:01:00] cut of meat and it could be the cheapest cut of meat and you can severe that thing. And it's the most amazing thing. Just sear it off. And like, you could take a \$3 piece of steak and just make it into like a filet. So amazing. Um, so yeah, and my biggest thing, my husband thinks I'm nuts for this, but one of my biggest.

Beef wont protein saving tips is I love a good Chuck steak. I love a good Chuck roast. So I'll go and I will buy from either my local farmer or even if I find it at Costco, what have you? I will get a big Chuck steak and I'll cut it a big Chuck roast, sorry. And I will cut it into steaks and I will IQF those things.

So I can just cook them up like a ribeye because the fat and the meat marbling are so amazing. And that's such an inexpensive cut of meat. And it's just like, I don't know. I just love it. But those are my [01:02:00] tips. That's awesome. Ben, thank you so much. And you got me thinking too, uh, since I got that meat grinder attachment to the, to the Cuisinart, uh, what's it called?

The KitchenAid mixer. Yep. Um, which was inspired by Bob because Bob was making a burger blends and meatballs and stuff and sausages. And I was like, I need, I have this \$450 mixer. That I have not used in 10 years since doing nsng time to get the attachment. Now I've been making the burger blends. That's another thing I like to do is like, whatever meats on closeout, you can probably grind it up and either use it in a meatball or burgers or sausages.

Um, yeah, we'll do that as well. It's amazing. So amazing because you have control over the ingredients, do yep. And I like making my own sauce and eat happy too. I have two different sausage spice mixes, so you can just make it to your heart's content, you know? Amen. Thank you so much. I really appreciate it.

And yeah, we're gonna, we're gonna, we're going to land this [01:03:00] plane. This is the weekly eat happy kitchen. Clubhouse. I hope you guys join us every week. Uh, for those of you who did not raise your hands, I hope you got some value out of this, but I want folks to feel encouraged to raise your hands. Even if it's just checking in, just chime in.

I love to hear your voice. We all love to hear your voices. I've seen most of you on the Facebook group. So getting to hear your voice, I'm an audio person, you know, so getting to hear your voices is really, really important and special to me. And thank you to everybody who's participated here, please. Come back.

Next week also joined the NSN G a F uh, weekly. W what would you call it? Megan? Leona, the Omega is gone the weekly check-in. Would you say the clubhouse check-in they have that here, uh, Thursdays at 5:00 PM Pacific. So make sure you guys, uh, chime into those. I know that clubhouses interface is a little wonky.

I was messaging, I think, with Susie earlier, about how annoying, uh, sometimes these things don't show up. So make sure you're following [01:04:00] me, make sure you're following the folks up here on the panel, because we host a lot of groups. If you guys want to host your own group in the eat happy club, you can do that.

Let's all get together and have a chat find do it. That's awesome. I love it. I want people to be using this club and using this room also because the more you do that, the more it pops up in other people's algorithms. And you know, we're on this, this big plan to take over the world, right? We're taking over the world.

You want to get the word out to people and I it's really important to me. And it's really important that you guys are participating in this because. It keeps me on task as an individual, but it also helps the greater plan of getting the word out and getting more people involved and, and kind of demystifying what it means to eat real food.

That's really all I want to do because people hear keto or they hear no sugars, no grains, they freak out and I want to make it not so scary. And so having this community here is really important to me. And I'm glad that everybody is here. I'm glad everybody's participating. Definitely raise your hand. I want to hear your voice next time I'm calling y'all out.

So thank you [01:05:00] so much. I'm an, a Chino, uh, just be here every Monday, 5:00 PM Pacific. If you can make it. And, uh, I think next week we're going to be interviewing a proper chef. We're going to be interviewing an nsng chef. Uh, so come join us for that. And if not, if she, if she bails, we're just going to be checking in and having a good time.

So thank you so much, everybody. Thanks for participating. And we'll see you next time. We'll see you on the internet by kids. Thank you. Thanks guys. Bye. Thank you.

