

006 EHK Clubcast 60721

[00:00:00] Welcome everybody. It's Monday clubhouse time. I'm here with Mila Furman. Private chef caterer at is, is your, is it at girl in the kitchen girl? And that girl and the kitchen is in my profile. Okay, great. We're going to be talking about your story. I want to hear all about it. I want to hear about your nsng journey.

I want to hear about cooking for a family. I want to hear tips. I want to hear everything you guys, this is a huge honor to be able to have a legit chef on the clubhouse. So I'm really thrilled that you're here. And, uh, I just, I, you know, you and I have offlined a lot, so I just want to, for whatever bits and pieces you feel comfortable sharing, I would love to hear your story.

The run-up. That you have to innocent. Gee, I figured as much, but I was, I was hedging it. I was trying to be polite. I know, I know. I love it when people do that to me. And I basically say I always am and always will be an open [00:01:00] box. There's very little that I won't share. So ask away, well, let's start with your, your beginning story.

Like how did, how did you come to food? How did you come to low carb? I know that's going to be, you know, take your time. Explain, and, and everybody who's listening. Uh, if you have questions because why wouldn't you? We have a keynote private chef here. Uh, you might know me live from the group, uh, from either my eat happy kitchen group or the main group, but, um, she's a very busy lady.

Doesn't always have time to post. So if you have questions, make sure you bring them for her, but we're going to devote probably the first half of this to just, I want to hear your story and, and, and everything. So just tell us about your childhood, lay it on us. So I wasn't born here. I was born and the former USSR and the Republic of Moldova, which is basically at one point was Romania.

And then it was multiple of them. It was Romanian, long story short. I always like to say I'm Russian. And when people try and dig [00:02:00] deeper, I tell them I was born in Moldova. Um, I came to the states when I was seven and I came with my mom, my brother, my dad, my grandmother. And, um, I had always had a really, really interesting relationship with school and by interest in, I mean, like I didn't eat as a kid, so which in a us Slavic countries and embarrassment, because if your kid is skinny, that means, um, basically you're doing something wrong.

So I was always the scrawny scrawny child that never ate. And, uh, somehow along the way, I decided to be a really great idea for somebody who doesn't eat much to become a chef. Right. Did you not eat because you were a picky eater because, okay. Yeah, like I just, I had no desire to eat and when I did want to eat, it was always like I'm Jewish.

And so for me, it was like, I need to eat Jewish chickens too with, um, Like [00:03:00] noodles. And then if we, and I can only eat that for two days, then my mom would have to make it fresh again for me. So my poor mother and my program are they're really torture were tortured by me as a child. And now my three and a half year old sometimes does it to me.

So I'm paying, I'm getting a lot of payback, but that being said, revenge, lots of revenge. Um, that being said, I always had this really weird connection with food, even though I didn't like it. I was always fascinated by how they made it. And I always used to say that I thought it was really interesting that when every 11 and 10 year old came home from school and watch cartoons, I would plant myself next to my mother and watch the real chefs of the world, which was like only on public access.

And my mom and I would watch these weird chef shows together, which was things like she never intended on making, but she would always send me, she'd always pick up tips and tricks. And so. It was, I think that's when she kind of established that you don't have another future, like your future is food and I'm in high [00:04:00] school.

I took a, every single culinary course. There was, by the time I got to my junior and senior year, I was Cree. I was involved in a program that created their, their courses for like advanced students, because problem. And at the time my school district actually had one of the best in the country. And so like, they thought it was really interesting that there were still advanced students who wanted to have more and more education on story short.

There's a really great culinary school here. And my mom was. Just aching for me to go there. And I was a super girly girl and, um, my, my high school senior year, we went on a field trip to this culinary school and I looked at one second at the girls and I'm like, oh, they're not wearing makeup. Their nails are done their hair.

Isn't done. And they look like they haven't slept in days. And I told her, I came home and I told my mom like, mom, I know. And my mom said, okay, whatever makes you happy. And so I did like a bunch of other things that year was like my senior year of high school. And I realized that I was [00:05:00] just going to go to like a local university and become, wait for a business woman.

I just wanted to be a business woman.

yeah. I just knew that I could dress like Heather Locklear from Melrose place. And that's what I wanted to do. I wanted to be Heather Locklear and then somebody told me that she's not in business. She's in advertising. I'm like, okay. Advertising sounds really cool. And then somebody said, well, you'd be really good in PR PR and communication.

Like that sounds really cool too. Okay. Went to high school, went to college. And unfortunately that first year, um, my freshman year, my mom got diagnosed with cancer and sadly I lost her at the end of that year. So right before my 20th birthday, um, actually it was sorry, two weeks before, uh, two weeks after my 20th birthday, I lost my mom.

Sorry. That's okay. It was devastating. Um, it was really devastating. Um, [00:06:00] it's been almost 19 years and you know, it's still like rubs you the wrong way every single time. You just think about that, but about, uh, I would say like a few months before my mom got really sick, um, before we even knew she was sick, I told her that at the time I was working for this really cool makeup company and I said, you know, mom, I think I want to.

Go BNS petition. And my mom worked as a nail technician and that's the Titian her whole life in America. And my mom looked at me. My mom was one of those people that everybody loved her. She was gregarious, but my mom could say like eight words and you just understood what she meant right away. And she looked at me and she said, no matter what you do, no matter how many times you change your career, you will never depend on anyone.

You will always stand for yourself. And that's what you have to strive for. And like at 90 I'm like, okay, mom, whatever. Right. And now, I mean, 19 years later, those words rings so true to me. And, uh, my dad said my mom was basically like literally on [00:07:00] her deathbed for one week in our house. Like the hospice came in and she was from radically wake up.

And, um, she told my dad that Mila has to go to culinary school. And so my dad told me this the day after the funeral. And as soon as Shiva, as soon as we sat Shiva, if anybody doesn't know in the Jewish tradition, we said, Shiva for seven days following the person's death. And only the immediate family sits at home.

And basically that's the opportunity for you to mourn because we believe that you should celebrate life and not worn it. So you're supposed to mourn it more during that time. And so as soon as Shiva was over, I literally went and enrolled and Kendall, I got accepted. And when I did get accepted, the first number that I wanted to call was my mom's of course.

So that's kind of like up to culinary school, went to culinary school, the hardest thing of my life, um, because I was doing it without having my mom to confide in and to talk to, but I had my then boyfriend now, husband, we, [00:08:00] as I like to say, he literally put me off playground. Um, they've been together for almost 19 years, so long story short.

I was always really interested in food, but I was always really interested in science and, um, nutrition. And I remember taking a nutrition class in culinary school and it was such a crock of shit. Like the worst. And I was like, what do you mean? Like what, what was the approximate sense to me? Like a lot of it was like, it's literally the same shit we've seen up to now.

Right? Like calories in calories out, Keene. Why is the ultimate perfect protein? And by the way, this is when nobody knew what Kainoa was. This is when keenwah was only in the hippie dippy section of whole foods. And maybe some other like granola stores, you know, but in Chicago it was like literally only one whole foods had it in like a very like kind of hippie area.

And so like, I was listening to this teacher and I was really like interested. And I was like, okay, well what makes a [00:09:00] person like unhealthy right. Fats? And for me, those like, so like that can't be right, because like, I literally grew up eating like copious amounts of dairy with like lots of fat in it because my parents just wanted it.

My mom just wanted to put some weight on me, you know, and I never gained weight. And like, I'm like something doesn't make sense here. And I was just, I never really dug deep into it, but at the same time, I was always really active. I was a dancer up until 20. When I bent down, I couldn't bend my back up again.

Um, I was always working out at the gym, like I've had a gym membership, I've done weights since I was 15 years old. So for me it was always like, you got to eat healthy, you got to work out like there, that was it. Right? Like this all you can do, there's nothing else. And if you do that, you're fine. And so basically fast forward, I had a really interesting career.

I did the corporate world. I did, um, the culinary world. And then I had this job where I worked for massive conglomerate that was inside [00:10:00] corporate, um, cafeteria. So if any of you guys work in the corporate world, you have a cafeteria. Sometimes it's the duck. So sometimes it's just Aramark. I worked for compass group, which is the biggest, one of all of them.

And so my job was, I was hired to be a marketing and catering manager, but I went in there and they're like, well, nobody is eating at our cafeteria. There were over 3000 people in just my building alone. And I was responsible for that building on three other buildings. And they're like, we're not, they're not, you know, the people who are having meetings, they're not getting food from us and blah, blah, blah, blah, blah.

And so I straight up said, look, something is obviously really wrong with the cafeteria. And when I looked at it, I'm like, there's no nutritional anything. Like it was crap. I'm like, you're using world. You're using ho like, even back then, I knew that like those horrible hydrogenated oils, I would not be good for you.

Right. Like, I didn't know about canola or safflower or GrapeSEED back then, but I knew that like these horrible hydrogenated oils were not good for you. And I said, we got to switch the [00:11:00] olive oil. And I said, look at this, like, everything on the hot bar is fried. You know, like let's get some proteins in there.

Let's get tons of bright, beautiful steamed veggies with a little bit of like olive oil or like God forbid real butter on it. Right. And we started transitioning and the amount of business that I was able to bring in, because I was able to bring in this incredible bright rainbow of food that people were suddenly wanting.

Like you realize the people wanted this and they didn't know they wanted it. And so I'm like, okay, so definitely healthy food is here to stay. And definitely like, there's something to be said about eating leaner, cleaner, whatever. Right. This is before keto. So like fast forward, two years later, I started, I was working at a corporate America, not in the culinary world.

And I had a friend of a friend who asked me to cook for him because he was a bodybuilder. And I was so not about [00:12:00] this life, but. I missed cooking cause I wasn't doing it professionally and some extra money never hurt anybody. So I decided to do it and I learned a lot from him. And so this is right. This is like nine, 10 years ago.

I would say that was the first time I actually heard about keto and ketosis and I still didn't understand it completely, but I knew that, oh my God, you could actually survive without carbs. What nobody taught me was what we learn or what I learned from Vinny, which is there's this horrible thing that we call the keto flu.

Right? That is just the hydration. So I remember like my first experience with keto was I wanted to lose weight again, all my stuff is always driven by vanity. I gotta be

honest with you. It wasn't until like maybe four years ago when I really started listening to Vinny that I was like, okay, you know, maybe I need to consider like doing this for the right reasons and not just to look great.

I really want to feel great. Cause there were many times that'd basically starved myself. And I looked [00:13:00] fantastic, but it felt like I was dying. Right. So fast forward I learned what keto was. It wasn't for me because I did it for four weeks and I just felt like shit all those four weeks. And I wish I knew what keto was, but I remember the bodybuilder just told me, you're fine.

Just eat fat, mind you. This guy is like, you know, I don't even know 250 pounds obviously, full of steroids, testosterone. God knows what else. So, uh, about, I don't even know, seven, eight years ago I started working for another, um, Another company. And I got pregnant January 1st, 2017. And then I decided that, you know what, screw it.

I really need to work for myself. Cause I never want anybody to dictate my, my pregnancy. I started working for myself by, because I was a blogger already. I started working for myself, just creating my own blogs. And somewhere along the line, somebody approached me and said, Hey, guess what? Um, I have a client who wants [00:14:00] you to cook for them.

And I'm like, I don't want to cook for anybody. I'm not, I don't want to do that. You know, I looked at it as a really negative thing and my husband who's always been and always will be my number one supporter turns to me and said, listen to me, you're like spending eight hours a day meal, like experimenting with recipes in our kitchen.

Why don't you just go get paid for it? And he said, you know, at the, at the end of the day, there's nothing but good things that can come out of it. And so I did, and I remember May 1st I was five months pregnant. I had one client. And by Memorial day, which was roughly four weeks later, I had seven and I was like, oh shit, I can not sustain this without having to take a break.

And my, I basically started hiring people and I actually put health forward, but not in any sense. The only thing that I did was I promised my clients that I would cook with good oils and good food and everything was fresh and nothing came from [00:15:00] a box unless it was like a pasta and nothing came out of a can unless it was a canned tomatoes or beans.

Okay.

Healthy food, no shitty ingredients. No, none of that. No. You know, if I have clients who are gluten-free, I had clients who were kosher keto, wasn't a thing yet. And so I basically did that. We got really, really big. And in the back of my head, I was always really passionate about that science of nutrition and all of a sudden low and behold, July of August, 2018.

By the way, I will tell you one other really interesting tidbit when I was pregnant with my first in 2012, I worked for corporate America at a sedentary job, and I was nauseous with her all the time. And all I wanted was carbs and I gained almost 80 pounds with her. And I just, you guys know I am five, four 80 pounds on me.

He's like I was in so much pain. I was in a discomfort and it took me [00:16:00] like about 10 months. I mean, I lost my 30 pounds of it right away, but those other 50 pounds took about nine months and an additional like nine months after I started dieting. So like it was a year and a half process to just lose that weight and.

I was like, okay. So with my second, I just won't eat as much, except for the fact that I forgot how bad cravings are. But the interesting thing was in 2017 with my second, I was super active. You know, I was, I was cooking for clients until I was 38 weeks pregnant. Like my client came in once my belly was so big that I couldn't reach the faucet on her side because she's such a big thing.

And she was like, okay, this is ridiculous. Please go home. I can't have you for cooking for me anymore. So like, you're gonna have a baby on my floor. And I only gained 35 pounds with my second. The crazy thing was my, I was, oh, I should also say I also went vegan in between that. And that's a whole different topic.

I went vegan for about a year and a half and I actually did really well. [00:17:00] However, I sort of working out heavy. I need more protein. And so that's how I became pescatarian. And so by the time I was pregnant with my son at 2017, I was a pescatarian, a dairy free pescatarian. Oh, great. Loved to, you know, really enjoyed my life.

When I became pregnant with my son, the only I could not look at fish, I could not look at carbs. I could not look a dairy. The only thing this little man in me wanted was steak and bacon and chicken on the bone chicken with the skin on butter. It was like, this kid knew I needed to go keto. Right. It was like, he knew because with him, I only gained 35 pounds.

That's it. Are you already familiar with nsng and with, uh, this podcast by then? Okay. So I didn't learn about that after, until after I had, I had my son, so he was born September 6th in 2017, and I really started to dive into Vinnie and July, but by, by like complete happenstance, I [00:18:00] heard him on Maria Menounos show.

Um, and then I just started following him and I was like, oh my God, this guy knows what the fuck he's talking about. And. I liked him because he was raw and he was angry and he was unpolished Jelic and he just said how it was, you know, and sometimes we all need a little tough love. And I actually got on a call with him and I, we, it was supposed to be like, what?

I don't even remember what his consultation, like 45 minutes. We stayed on the phone for almost two hours talking. And, you know, I explained to him my whole story. He's like, oh God, you were a vegan. I'm like, come on. Don't hate me. I'm like, I was the kind of, I went vegan to like help with my allergies.

Cause I used to have really bad seasonal allergies. I wouldn't be going for that. And he's like into, to help. I'm like it did. And so we kind of dissected it. I started talking, I started joining all the groups and talking to all you guys. And then I was really stubborn about one, about a lot of things. I was really stubborn about giving up my artificial [00:19:00] sugar.

So I was addicted to Splenda. And I was not willing to part with it because my biggest joy in life was my coffee experience. And I could not have coffee in the

morning without cream or sugar. I could deal with it without sugar, without cream, but I couldn't deal with it without something sweet. It's not like the desserts I crave or anything like that.

And so I think like within the first, I think like six weeks, I lost like five pounds and everybody was noticing how much weight I lost. Now, for me, mind you, somebody in that point who thought I had like 15 to 20 pounds to lose? I'm like six pounds. What the fuck is this? You know, I'm literally like killing myself, really trying to get in ketosis and this and that.

And by the way, Anna, and I've had this discussion many, many times it is extremely difficult for me to get into ketosis unless I go strict carnivore or I fast for 72, 48 to 72 hours. Somewhere between that point, I'll get into ketosis. And I remember I was talking to Vinny. I'm like, I don't feel the symptoms.

I don't [00:20:00] feel the symptoms of ketosis. I don't feel it. I'm six weeks. Then I was sitting at dinner with my husband and equity and I, we had, I remember I made this amazing short rib with creamy cauliflower and I go to my husband, like, you know what I'm done? He's like, what do you mean you're done? I'm like, I'm full he's.

Like, I don't think I've ever heard you say those words. I'm like, no. Um, and that was the first time that I realized like, oh my God, I'm actually satisfying. Like, there was an anomaly to me because before then, like, I may be the skinny girl, but I'm extremely, extremely, um, let me put it to you this way. If I like what I'm eating, I freaking eat as much as the next guy.

You're a voracious reader. Yeah. If I love what I'm eating and I'm enjoying it. Oh my God. Forget about it. Right. I'm going to eat it. So I realized that the next step for me was to do intermittent fasting, which he said may or [00:21:00] may not work for you, but I would try it. That was it. And it was like really tiny little changes, however, and I'm looking at him now and I look back at myself, I'm like, holy shit.

It is such a process. Like it doesn't happen overnight. First of all, I'm also 38. Now. I know that's not 48. And I know it's not 58, but I've also had two kids and things are changing. Absolutely. It's starting, it's starting. And it's like, it's already, it was harder for me to take off the weight after my son, who I gained weight half as much as with my daughter.

And I was 30 when I had my daughter, I was 35 when I had my son. And it's truly like, I'm just like, we're really screwed. And by the way, I'm also like very hormonally. Balanced right now. Cause I get testosterone pellets and I get like right now I'm going for blood work to see if my adrenals are back up.

Cause my adrenals crashed and that's a big as I'm sure. Uh, Anna, you [00:22:00] know, that's a big, big deal, right? When your adrenal, when somebody actually tells you that your adrenals are down and dead and it's why you get that like two o'clock, one o'clock lump sometimes. Right? That's like, but for me it was like consistent.

And I realized this like, I dunno, nine months ago that I wasn't as clean as I wanted to be. I wasn't eating really well. And I think like to come full circle, yes, this is a

total lifestyle and you got to put life into living a hundred percent. And I don't think that I'm really as negatively affected if I have like rice once or twice a week.

I don't think that's going to count me. I do. However. Notice that I don't do really well with dairy anymore. It just bloats me and it inflames me. And like, even my skin looks different. It just looks like brighter when I'm not on dairy. And I think like the general bloat in my face and my whole body goes away when I'm off dairy.

So I like in February I [00:23:00] went dairy free and basically carb free with the exception of, I would do berries occasionally. And I did it for like a month. Cause I'm working with a functional medicine doctor who Anna, you know, those are, are, are magicians, right? Like nobody can touch a functional medicine doctor.

Um, and she basically was the one that told me your adrenals are shot. Your testosterone is still super low. Your, you know, this is low. This is so we, she, we had a lot of hormonal support, adrenal support, et cetera, et cetera, but going low carb dairy-free and dare I say it leaner. So like. I did check. She could she'd let me do chicken thighs, but boneless, skinless, chicken thighs.

Um, lots of fish, lots of salads. Lots of I could do olive oil. I could do a little bit butter. Cause we're like, she doesn't really consider dairy butter as inflammatory. So we changed the way I ate. I felt [00:24:00] better. I really looked better. And then I decided to experiment and slowly add those things back in.

And it was like a perfect storm. Like everything came back, I think w two pounds didn't come back, but I feel as crappy as I did, like before I started it. Okay. I'm going to interrupt you. I'm going to interrupt you. Cause hold on. You're saying a bunch of different things and I really want to get clarity because I want everybody to understand what you're saying here.

And I want to understand what you're saying. So first of all, I'm going to go back to the coffee. Did you quit the Splenda? I did. And then what happened after that? Did you miss it? I started. Were you okay? Did you survive. I survived. So here's the interesting thing. I did it for a year and a half. I did it for, without anything, just heavy cream.

Then I realized that the heavy cream was like stifling me. And so I found this really, really clean, um, Stevia and monk, fruit and whole in a Costco. And I talked to several of my doctors and physicians. And for me, it's not [00:25:00] like a sugar craving. Like I'm not triggered by cravings. This is something I really enjoy.

And so I said to her, do you think is gonna, you know, affect me negatively? And she said, well, we will. There's only one way to find out. And so when I went super clean and remove dairy and gluten and basically all carbs, like several months ago, we found that it doesn't affect me to have that Stevia once a day when I do my coffee.

So, okay. So let me ask you this. So when you're saying you went carb free, are you saying you went sh nsng or you went carnivores. No, I went, I went basically nsng okay. And there was a lot of veggies encouraged a lot. Okay. And by the way, before anybody like freaks out about the leaner thing, there's actually like a big movement, especially with, uh, perimenopausal menopausal women.

And I know that Ted Nyman's book talks about this PE ratio. Uh, I, uh, I know some, some folks are talking about it, even though it seems to be verboten in certain places, but, [00:26:00] uh, sometimes I've actually had many women who were older than me write to me and say, I went lean for a little while and it actually, kick-started a plateau.

So just saying, yeah, I have not done it. I cannot speak to it. You've done it. So what you're saying is that you went. Nsng plus a little leaner. You had some fats, but you ma you had moderate fats to society. Yeah. Yeah. I had olive oil. I had avocado, I had a little bit of butter, like if I was having, oh, and I didn't do egg whites, I did, um, like I would do two yolks and then I would do a few more egg whites only if I knew I had like a super cause I'm in the car all day long.

My biggest issue. And this is what I think is the most shocking thing to anybody who is like still stuck on the calories in calories out. They're more dynamics. I don't eat a lot and people are like, well, then you should be a stick. Okay. I'm not because right now I, what I did was I crashed my metabolic basal rate.

I crashed my MBR, that's it. And so now my body thinks it can, it it's good on [00:27:00] 800 calories a day. And it's not you, you can heal that. Yes, I, by the way, I'm bringing people up. People are raising their hands. They're gonna want us to ask questions and we're going to get to, um, cooking. Yeah, cooking tips and stuff like that, but I just, I wanted to get clean.

Yeah, do it, do it. Okay. So if you guys are interested in more cooking tips, I actually created a clubhouse. It's called the four-step cooking method and every Wednesday, 1230 central, we, I open up the clubhouse and I have professional chefs in there. And I also have just regular home cooks. We just are struggling or need healthy or just tips to how to cook, feel free to join it.

If you just click on my profile on the bottom, it'll say it I'm a member in it. Yeah. And you we're going every single Wednesday and every week it's scheduled already. And every week there's a new topic. Like there's like, oh my proteins, or how about the veggies? And so every single week we're going to try and cover a new [00:28:00] topic.

So if you guys are interested and you can't find it for some reason, just, just DM me on Instagram. We'll say clubhouse has made things even more mysterious. With joining people's clubs, which is a little frustrating. All of you guys are here. You should be able to click on Milos profile and the club that's at the bottom left of her profile is what the one she's talking about.

So tap that and join her club. Um, so yeah, of course. Oh my God. That's awesome. I'm so glad you're doing that. And I want to say too, so you said then you, you basically, you lost some weight cleaning everything up and then you've gained it back except for two pounds. Is that what you're saying? Yeah, I did. I did.

And then what did you, what did you add, but what did you start? Did you start eating sugars and grains again or dairy? Or what was it? A little bit of everything. Yeah, everything I decided to just see how far I've gotten. Um, and also I should say my physical activity has been very limited because I won't even get into the details.

Two months ago, I stabbed myself in the hand [00:29:00] and then a week later I had COVID and I was quarantined for four weeks. I was fine though. The worst, the worst part was the exhaustion and the fact that I didn't have a positive result for five tests. So that's why I had to quarantine you. I feel like I know this is a horrible thing to say, but you're coming out.

The other end of it. I feel like sometimes you have to slow down and it takes stabbing yourself and getting COVID to make you slow down, because I know you you're amped up girl amped, and that's wonderful. It's a great trait to have, but there are times when you have to have downtime and your adrenals are shot.

Yeah, no shit. That's exactly what my doctor says. Shouldn't be like, no shit. She's like you work. First of all, my sleep is like, when I sleep, I'm like dead asleep, you know, there's, I'm not however, I'm a stress like person like I have, and I've always talked about this. I always will. I've had anxiety. So the kid, I didn't know what anxiety was until like [00:30:00] my twenties, when I started seeing a therapist.

A completely different issue. And she's like, sweetheart, you have like chronic anxiety. I'm like, I'm so not everybody feels this way that everybody tells me they're crippled when like something doesn't go their way. And that is another thing, right? Because when you are a stress junkie and an adrenaline junkie, you shoot, you just mess up all your hormone load.

This is not talked about enough. Like yeah, absolutely cortisol is, is, is very real. And if you're not in tune with your natural circadian rhythms with it, you can really screw yourself up. And if you're trying to do, you know, you're the mom of kids you're trying to cook for all these people. And by the way, cooking is exhausting work.

I mean, my, my rest I development is like, I only do it when I do it, unless I have a book deadline. I'm not a crazy recipe developer because I get exhausted. It exhausts me. I mean, the only benefit that I have, the only benefit [00:31:00] is that I can. I don't have to recipe develop cause I'm trained. Okay. That's my only thing.

However, I will tell you guys, one other thing, I'm no longer like this, you know, my, the sole business person basically, meaning I now run seven chefs and several bartenders and servers and a CFO. And I mean, I have, I'm now like sitting at the top, but also I'm still in it. I'm still in it and I'm still like dealing with it.

So it's like never, my stress levels are never down. Yeah. You're going to have to figure out a way to extricate yourself from some good. And as your friend, I would ask you, um, is, have you done? Nsng where you're just doing nsng and maybe not dairy and just. Don't even worry about the leanness, but just do simple nsng for a little while with no dairy.

I did. I did. I did. And I find that it's still look, I I've also done hardcore [00:32:00] carnivore with pure fats, and I will tell you, and this was right before the pandemic hit February of 2020. I did carrot carnivores and it was six weeks of carnivores. I was getting ready for bikini season. I did lean out. I didn't lean out nearly as much as I should have.

And even like my, one of my wellness coaches who is very, very keen on carnivores. So to me, she's like, why didn't she's like, you should've been like ripped, like she's like, you should have leaned. And I was working out too. Right. And she's like, you should have been way leaner. And so that's when I actually started reading Ted nine, his book, and I actually DMD him on Instagram.

And he said at the end of the day, and I said, isn't really calories in calories out. He said, not exactly, but when you, and he started talking, telling me exactly what I felt inside, which is. At the end of the day, ketosis means your body learns to use fat for energy, right? So if you have a lot of exogenous fat going in, meaning [00:33:00] you're eating a lot of fat, it's going to burn that before it burns the fat on your body.

Absolutely. And it's not going to tap into those sources, whether you're cause I was intermittent fasting, I'm also an ex. I used to be an extended faster before I ruined my metabolic my metabolism. So I would go for like 70 to 84 hour fast even like a year ago I was doing it. And I really feel that for me, for my husband, by the way, it's not the same.

My husband can be a carnivore. He'll still do really well, but he didn't know what is that when he leans out that carnivores a little bit, keep those get better results. So I'm not an anomaly. I think this does work. And again, I'm not pleased. Don't confuse me. It was saying that it's about all, about thermodynamics and calories in calories out.

It is not, it is just about different bodies. And if you're going from a like, uh, Pretty clean diet, too. Like a super clean diet. It's still really hard for you. Whereas if you're like used to eating junk food and drinking pop, and just like not being clean and your food, [00:34:00] you're going to get a much faster and a much bigger result.

But eventually that's when everyone says I've hit my plateau and it's cause your body has like gotten used to this clean way of eating. So unfortunately at some point you gotta, you gotta give a little, if you want to go further, it doesn't mean, you know, if you're happy at a certain weight and your body is happy and you feel good then great.

But I've gotten to the point where I don't feel good. I'm not confident in my skin. I don't have the same energy as I, as I used to, but that's like loosely speaking, cause I'm always energized, but I'll just be like dead at the end of the day where I'm just not ha you know, I'm just not comfortable during the day.

So. That being bad, like I have to believe in the leaning out. Oh no, I think is all really wonderful. And it's so good to give the perspective of it because I know there are, there are folks here and we have this discussion about different varying fat levels. And I had the discussion with Vinny on the podcast.

What's right. For one person is not right for another person. It is an ongoing experiment and yes, if you're going to, there's a bell curve, for sure. [00:35:00] And most people can eat a ton of steak and lose the weight. And then there's people who are outliers, who were like, Hey, I did that. And it worked, but sometimes what gets you there?

It might not get you there. What got you here might not get you there. You know what I'm saying? So I really appreciate your perspective and that you say it with, with, uh, such care and authority and a concern. No, because it's true because I don't like to poopoo anything. And if you came on here and you said, I'm now a vegan and that's really working for me, I would be like, great.

Good for you. You know what I mean? But although it would be a little weird, cause we are an nsng group and we're here to talk about innocent she stuff, but that's okay. You know, and, and listen, oh, I'm, I'm in LA in the, in the entertainment capital of the world. And so many of my friends are vegetarians or vegans.

So for me, it's like a personal challenge. I want to be like, Hey, I'm going to cook you at SNG food. That's also vegan. And I'm going to make it really good so that you enjoy this way of eating as well. And you don't feel like you have to constantly just like open a box of pasta. And if [00:36:00] you do open a box pasta, I don't care.

You're an adult. You can pick it, eat what you want to eat. So good. You know, it's, it's all, it's all good is what I'm saying. So I'm glad that you're bringing some, some, uh, new information. Maybe people will look up Ted name and now I have to be honest with you. I did try to read his book and I got really confused.

So I, I was literally like, maybe I should just write him and have him be my doctor. Yeah. Well, the other thing I just, you know, I looked at his graph. I will use charts because it's charts simplify everything. And basically what I love about him is also so many people hate about him is that he really geeks out and gets into the science of it.

And if you're not keen on that, like if you don't want to learn that you're going to hate it. Like Jason, if you guys read like Jason Fung, you'd be sitting cancer, diabetes, all that, he really simplifies it. Exactly. The obesity code is one of the best audio books I've ever heard that the reader that they have for that was so good.

And it, obesity code was him. No, he had a [00:37:00] different reader. Yes. The second one, the company that was the guy live in Lavita. Oh yeah, no, I know that. Yeah. Out for some reason, I thought it was a reader. Well, good. He's well, then he's a great audio book reader. Cause I loved that book and I, and I agree. And I think that that's also personality types.

Like I, that's why I love Vinnie. Cause his PDF is short and it makes sense to me and, and it resonates, you know, but I, I also think Vinny Vinny is great for this. It's like short, short, boil it down to basics. It's not innocent G plus potatoes because that would make sense, but just know that it's a carb and you can't have potatoes.

And for me, I gotta be Frank with you. It is so many people I'll tell them about NSN GM. Like just fucking go here, go here, go read it. It's going to simplify for you. I get text messages. So like, so I can't have rice. No, that's a great white. Like w what did you think it was the vegetable. And I've had [00:38:00] people who actually said, they thought it was much like cauliflower.

Rice is a vegetable, race is a grain. Well, I get, I get hate mail because I have cauliflower rice recipes in there, and I get hate mail from people go, you know what? I'm supposed to put rice in keto recipes. And I'm like, okay, you know, it's, it's

constant. simmer down, but I want to see if Laura has a question, Laura, you've been waiting so patiently.

You guys raise your hands. If you haven't, we didn't even, we haven't even really gotten to cookies. I don't know if there's anything you want to lay out for us in a few minutes, but let's. Yeah, go. Let me just say one thing, one thing, and this is all I'm going to say. When you are changing the way you eat, you need to do one very thing.

It's called kiss. Keep it simple. Stupid, right? That's it. Salt lemon juice, garlic powder and black pepper. I'm take you really far away. Okay. On all your vegetables, roast high, all your vegetables roast 450 degrees, period. The end you are not allowed to go below that. Okay. [00:39:00] Do we need to do it? Why don't you do it?

Okay. You want those crispy Brussels sprouts. You want to make sure that there's more surface area to cover. How do you do that? You cut them in half, right? Asparagus, 450 degrees in the oven. Uh, salt, black pepper, olive oil, lemon juice, a little bit of Parmesan cheese. If you're into that, some garlic powder.

On in seven to eight minutes and 450 degrees, boom done. Right? So it's like, keep it simple. That's the only thing as a chef. That's what I'm telling you because that's how I eat. I eat my husband. I'll just give you a perfect example. My husband went fishing this weekend to Wisconsin caught four beautiful fish.

He brought them home, all basses and, uh, I threw them in the oven. I'll I'll leave. You can DM you guys the recipe it's on my blog and I made an avocado and tomato salad with a little bit cilantro, lime juice, some fresh chives that I had in my garden and salt and pepper. And literally that was dinner.

That was dinner done. Literally exactly the [00:40:00] way we cook at home. Yeah. It's just super simple. Whatever's available in men. If he brought home fish. That's awesome. That's what I'm saying. Any cleaned it because I said you're not bringing a non cleaned. Yeah. I don't want to roll with that and have them eyeballs looking back at me.

Exactly. So he, him and his dad clean it nicely for me. And I just made it, I ran out of the house to get on this. I'm literally taking my evening walk and this is like, I get on clubhouse every night to take when I have time. And I get on my walk and this is like the only activity I can do because long story short, I still can't lift because I had reconstructive surgery on my hand a month ago because I damaged a nerve when I stepped.

So yeah, but it's okay. I'm like really on the mend. My scar looks fantastic tomorrow. I'm going into him to take off my splint and remotely about cortisol and adrenals. Yes, it is. No joke. Cortisol will make you hang on to things [00:41:00] like you saying you didn't lean out, but you're running around stress. That's why it's literally.

A three parter. It's not just diet, it's not just exercise and it's not just stress or sleep management. It's all of them. Yes. And also like before we get into the questions, I'm going to say one thing, I'm going to lead with this. And I try and set this example for my daughter. It really is how you feel.

And so like, if you can have potatoes or sweet potatoes or turnips or parsnips and you feel fine and you're not incidentally bloated and you didn't gain a bajillion pounds that's okay. Right. So it's like, it goes back to how you feel and what is the individualized process and plan or you screw Jill next door, right?

Like what is it for you? Because I can't compare myself to anybody. It doesn't work for me, period. Like, and you will find your happy [00:42:00] medium. I hate to say this. It just takes fucking time. That's it? It just takes time. That's the only thing I agree. And I, and I really strongly encourage you guys to think about whenever you're about to demonize something and instead just like take 10, take any judgment out of it and go that doesn't work for me, but I don't care.

You know what I mean? It doesn't, it's not going to be a trigger for me either. So I love that you said that because I was so against, I was against carnivores when I was vegan. Oh my God. As Vinny, when I was in Vinny's podcast, let me get, you were the best fucking vegan in the world. Weren't you? I'm like, I fucking was okay.

Because I eat clean and I judged everybody. So according to me you were doing it right on all accounts. Yes. But then when I went to nsng or keto or carnival or whatever, I was judging everybody for being vegan. And you know what, if you do veganism, right. And Vinny has said this, it is hard, but if you do it right, and you don't buy into those processed meat products and you don't buy into all that shit, you can be healthy.

And some people thrive on [00:43:00] that. And then some people can't. Did, you know, there are some people who have chicken allergies. I have a client chicken allergy, and you're the meat we're talking about chicken meat. You guys not eggs. Yeah. They can eat eggs, but they can't have any kind of chicken, any kind of chicken broth, there's some protein or enzyme.

They can't digest. Right? Like it doesn't work. Or like some people who will have, I just had, I have to tell you this one thing, cause this broke my heart and then let's get to Laura. Cause I wanna, I want to make sure we get to her. Sorry guys. I, I do like to talk, but I have to tell you this one thing, this one girl called me.

She has a, what is it? Uh, I'll. I'll sort of divert diverticulitis. Thank you. And which is an auto-immune disorder. She's been struggling with it for a long time. She's only 24 years old. She's tiny. She has lost 15 pounds in the past month. She's like barely a hundred pounds. And this girl's like five, eight.

And she said to me, she's like, I'm working with this plant-based um, wellness, uh, functional doctor. But, uh, [00:44:00] they literally had her eating sweet potatoes, rice, apples, some kind of green. I don't remember what she could eat asparagus, I think maybe. And she was like, I'm like, listen, sweetheart. I'm like, and she's like, I'm crashing.

I'm literally like dying. I'm like, listen, I am not a doctor, but I was vegan. My question to you is, are you on a B12 supplement? She's like, no, I'm like, oh my God, she's working with a doctor who didn't have her to her. I'm like, I'm like, who is this crap for one? I'm like, you need to go tomorrow, get blood work done and have them shoot you up with B12.

Okay. I'm like vitamin D are you on a vitamin D supplement? No, I'm like w. I'm like, you aren't getting any thing, like you're and I'm like, and she's like, and I'm constantly crashing. I'm like, did you realize it's because your insulin keeps jumping off. Like you're an insulin junkie right now. You realize that all you're eating is carbs.

You're not even getting any protein in you. Like your muscles are depleted. That's why you're losing weight. Like crazy. You're not losing fat. You're losing muscle mass. This is a client that you're [00:45:00] cooking for. This is a client that I was going to start cooking for her. But I said to her, I won't cook for you until you go to the doctor and you finally figure out what you're deficient in.

And she was blue. Wait, I was that. I knew this. And I'm like, and I'm not a doctor nor do I pretend to be one on a podcast, but really fucking off. Okay. Cause you're eating carbs. You're constantly exhausted. You're losing weight. I'm like, I imagine you could get enough calories in that day to even sustain you as a human let alone thrive.

So we, we got off on the note that she's going to go to the doctor, she's going to get her blood work and she'll call me when she has like a confirmed plan and she can bring in some more food. The 24 year old can afford a private chef. So that's where I'm, they live in a bougie area they're in the finance industry.

So I guess that's what it, well, I got it wrong. He really did. He really did. So. Yeah. So that's [00:46:00] basically, well, I'm glad but questions. How are you? Thank you for hanging tight. Thank you. Love to hear your voice and hear your question. Sorry. If it's kind of loud, I waited, but then I had to jump into the, uh, the gym, but I wanted to chime in.

Um, well thank you so much and, and Mila your story and your mom and all that. I won't get all into it, but so many similarities. Um, I'm also Jewish and I won't get into it cause it'll be too long of a story, but a whole backstory with my mom as well. But, um, Just on a, on a quick note, the adrenals and the cortisol.

So I know like everything you guys have, you gals have been sharing. It's like, oh my God, like you're preaching to the choir. Like I've gone through all of that and I'm not going to be 55 actually. So I'm a lot older than you, but I think it was probably started like right around your age. And I literally had did all that, like up and down and up and down.

And I like, I barely eat anything. And like, I look at the food and I gained weight. And [00:47:00] just what kind of tests did you do for the adrenals and cortisol? Cause I actually have to go get blood again and I've kind of ran the gamut of getting all these different, you know, blood work, this work. Is it in a standard blood test that the adrenals cortisols you really have to ask Laura, will you mute while we're answering questions?

Yes. Yes. Thank you. Um, you literally have to ask for an entire hormone panel and you have to specify which ones it is because a lot of doctors don't think it's necessary to do it. So I had my thyroid, my testosterone, my estrogen, my progesterone, my cortisol, my adrenals, my all my vitamins and minerals tested to see if I was in deficient.

I live in Chicago. So of course I'm going to be deficient in vitamin D in February, duh. Right? I mean, and the biggest thing is, so here's the one thing Anna, you said that cortisol can hold on. My cortisol, we assumed was through the roof. My cortisol was at the ground. It was non-existent, which is also very, very bad [00:48:00] because that is one of the first signs that your adrenals are shot.

So go in there and tell your doctor, this is the panel I want. Yeah. And if you DM me on Instagram, I will text my functional medicine doctor because she's ordering one for me. Cause I'm doing another one tomorrow. Um, I will tell you exactly what you need to get tested. Just DM me so that I can, I can tell you the answer I've also done.

Um, uh, when I first was starting with all this and I was so messed up, uh, spitting into a tube for four times, six times a day for over five days, it was, it was labor intensive, but it, it gave me a snapshot of what was happening. So, but the blood work to the blood, the blood work would definitely help full integrated doctor years ago.

And I know she ran a lot of that stuff. I just didn't remember. I just, I'm pretty convinced it's that adrenal shot or cortisol because [00:49:00] it's like everything you're talking about. So similar. So thank you ladies. This is Laura. I'm finished speaking. Thank you so much. Awesome. All you're saying is, yeah, you're.

It's amazing. Thank you. Thank you, Laura. Also, by the way, my functional, my functional medicine doctor Laura does do virtual work. So if you're interested, I have nothing to gain from this, by the way, but I love connecting people. So if you wanted me to connect you with her, I'm more than happy to do it. And a lot of the tests can go through your insurance anyhow.

So it doesn't even matter. Cause you can just send it to a lab. Thank you for that. I now functional versus integrated pretty soon. Right? Integrated or functional. She's kind of, she calls herself integrated medicine. I think it's a combination of, she just, she has, I think it's similar, but I'll make sure I'll make sure.

Thank you. Thank you. I mean, listen, if you're, if you're able to run the labs through the insurance, that's the best possible scenario. Exactly. Cause some of them won't and they'll make you pay for it. There's a lot of quacks out there. That'll try and [00:50:00] scam you. Yes. And there'll be enough dollars for these tests.

Hold on. Oh boy. Yeah. Yeah. There's only like one really big food panel that costs that much. Then insurance won't cover it, like, yes, but like you're hormonal and you're like vitamin and mineral insurance is going to cover most of it. At least the good insurance, by the way that Cyrex panel, I've done a couple of different ones.

The one specifically tailored towards celiacs. And then the one that's like the giant food panel and I. Have found that I took the cheaper Everly, well test the \$199 one, and I've taken the \$600 one, the cheaper Everly well test, which I think the basic ones like 99 bucks or 129 bucks had the exact same results, the really expensive one.

So I'm a huge fan of Everly. Well, I think they're doing good things and you can order it at home. If you have some bucks to spare, I don't think it's covered by

insurance. So it's definitely one of those things where you're like, I'm just going to blow them up, but are you blowing money on it or are you educating?

So it's your health, you know? Yeah. So I, I like, I prefer to spend money, but also I [00:51:00] use it as an excuse to talk about on the podcast. Cause again, like Mila, I am an open book and I'm not afraid to talk about stuff. Um, thank you so much, Laura. That's awesome. And it's really helpful too, for, for people to know that like.

Here. Here's what I always say on the podcast. Nsng is like the basic, like cut out those processed sugars and grains, and then everything else is up to you to figure out what it is that works for your body and people, you know, years ago, when I said I had to go dairy free, I got mocked, just mom and I. Now, so many people are like, you know what?

I actually tried 30 days without dairy and instantly dropped eight more pounds. And like, you know, stuff like that. I'm like, I know you have to like keep experimenting. So I really appreciate this conversation, Bob. Bob Zimmer in the house. Hello? Hello. Hello, loved your story. Hey, I've got more of a cooking question.

Well, actually more than more of an eating question. So I'm about to starting tomorrow [00:52:00] morning. Take my first business trip since February of 2020, um, eating in restaurants, specifically breakfast and lunch. Is there anything to abs? Absolutely avoid. And, and, and so typically I'll, I'll do omelet main butter.

Do you have real butter? If you don't, I'm leaving, but, but give me some tips on eating on the road, specifically breakfast and lunch, because dinner I'm good. I can do good steak, good fish, whatnot. Yeah. So I always say this. So like for breakfast, for me for years, the go-to was skillet. And I would just ask them to take out the potatoes and give me extra veggies.

I love a lot of food. And so for me taking out the, and they look at you, like, you're crazy, by the way, if you say you're taking out the potatoes and I'm like, no, just give me extra green peppers, give me the broccoli, give me whatever fucking things you have throw it in there. And then I, unless I know that that restaurant does not use mixed in there online.

[00:53:00] I won't, I won't get the omelet. So Vinnie has talked about this. Anna has talked about this. There are a lot of restaurants that use something to make it fluffy. They usually add. Gluten. And sometimes they use pancake mix. This guys is the same shit that goes in a pancake mix. Sometimes they'll use it in their aides.

It makes it fluffier. And again, what does it do? It stretches the dollar. Cause it sends it out. Right? We've all been to the hotel thing where it's not the nicest hotel, but it's fine. And they have the breakfast with the omelet thing and the omelet cooks like a pancake would cook. Like it looks, it doesn't look eggy.

It looks eggy pancake. Yes. And then your stomach is destroyed and you really can't realize why the texture of that pancake is off. Okay. So like if I'm ever questioning, I always get to, well, I'm a girl. If you're a bigger guy, they'll feel free to get three or four, a few eggs over, easy, over medium, however you like them.

And then I'll always get Canadian bacon or regular bacon. Um, I just really like, they have a good sausage, I just don't [00:54:00] trust a lot of the sausages. I'll only get sausage from like a lot of the places here in Chicago they'll use like. Local farms and I know exactly who they are. So I know it's like a clean product, but you want to again, take that concept really, really simplify it, take out all the stupid out of it.

Okay. And just say, okay, I just need protein and veg. And if I can do, if you can do cheese more power to you, dude, put some cheese on that skillet, you know, have them loaded up with you with veggies and meat and skill it. I promise you, you're going to be so freaking fall. You're not going to. And if they offer you toast, they will always offer toast.

I always think, can you give me fruit or sometimes I'll have berries. So I'll say, can you just give me a side of berries and you can like kind of quench that sweet tooth or if not skip it for lunch? My biggest thing is I would always find a five guys and Joel lettuce burger. That was like my biggest pink.

It's always satisfying. It's always delicious. If you're whatever you want on it, you will never [00:55:00] be unsatisfied or go for a salad. And ask for olive oil and lemon juice on the side. That way you're not eating their shitty dressings because I'm telling you guys, I don't care what the restaurants say nine times out of 10.

They're not store-bought. They could be the best quality, but I'm the back is going to have canola oil, soybean oil, safflower oil, or some other shitty oil. Okay. It's not going to be avocado or olive oil. So if you really want to be getting rid of those seed oils, just always ask for a side of olive oil and some lemon juice.

Or if you like red wine vinegar, red wine vinegar, I'm a lemon juice kind of girl. I can literally put just lemon juice on my greens with salt pepper, maybe a little bit of cilantro. I was going to say even their olive oil is probably cut with something. Yeah. Um, I like, I actually get those little Villa Capelli things for four 99, the little to go ones and I bring it with me.

Um, or I just do lemon juice and salt and pepper and that's that's and it's fine. But I also wanted to say to now, Bob, you're [00:56:00] a dude, you can get away with ordering extra amounts of food. Cause we're like, oh, he's a dude he's ripped. But like, I ha I have turned more than one head in my day because I order double burger patties.

And then when I was doing cheese, I would get the cheese, but I would always upgrade to add the avocado, uh, the bacon, the mushrooms, like whatever I can and make it just so filling. Cause I don't want to have to think about food while I'm on the road. Like I just don't want it haunting me. I don't want to think about it.

And I want to say one thing about breakfast too. Cause I can't tolerate eggs anymore. So my strategy has been this I know going to, I went to this place in town called w you know, we had guests in towns. We went to brachy's breakfast place, aptly titled and ordered four sides of bacon, crispy, and two sides of sausage.

And I ordered it again over like, I like things crispy and over cooked. And, uh, they were like, okay, yeah, [00:57:00] basically ordered six orders of meats. And that was, I would have ordered more if I needed to, but I always, I will always over.

Yeah. And then take the extra with me, uh, if there is extra. But usually honestly I eat it all because like you Mila, I like to be full.

Like, if I'm doing things that day, I don't want to feel like, oh, I just ate lightly and then be hungry again in three hours. That drives me crazy. We have work to do in the world. Exactly. And the other thing, bill, I'll tell you. One thing that I always am good with on the go is Chipotle because I'll do the burrito bowls, but I'll load it up with, I ask for, um, extra fajita veggies.

So I do a ton of the, they look at me like I'm crazy. I'm like no more, more, more. Okay, good. And then I'll get like, whatever meat I want. I sometimes get steak. Sometimes I get chicken, whatever I want, basically. Right. And then I'll get like a ton of extra Pico de Geico. I'll get like, anything else that I can have.

I don't like beans particularly. So for me, it [00:58:00] wasn't like a big deal that I didn't have the beans. Um, and then I just asked for a little bit of sour cream and I actually don't ask for a lot of guacamole because they give you a shit ton of guacamole and like that's a lot, but. I would say like that good fats.

And now they have the cauliflower rice before they never had that. Now they're the cauliflower rice. So you can like even add that in. And then there's another veggie and there's another like fi you know, fiber filling vegetable. That's going to keep you fuller longer. And of course, again, you're a big guy you can ask for extra protein if you want.

So you're going to be really filled and most importantly, really, really satisfied. Thank you. I definitely appreciate the advice. Fantastic. I'm Bob, and that's all I've got to say, Bob, thanks so glad you were here. And also, I want to say this too. Cause sometimes our food orders get weird and I found little tips and tricks for how to speak, you know, to servers where you're not just alienating them with weird orders or making their jobs harder than they need to be.

And I will say, Hey, I had this weird order. [00:59:00] Let me tell you what I want. And then you just charge me accordingly. Like, cause sometimes it might not be on the menu. And I want to, you know, like Chipotle is the perfect example of that where they're like, do you want, you know, when you say I like guacamole, well, it's going to be 59 cents.

I know. Ben. So I now proactively say, I would make extra this charge me what you need to charge me. It's fine. And then they go, okay. And they load it up because then they don't have to have the awkward conversation of charging you because it's not like I'm asking, I don't want anything for free. I will pay for it.

And I know it's weird, but so it kind of acknowledging it upfront is I found very helpful with ordering and you get people on your side because then they don't have to feel awkward. Love that. Yes. It's time to land this plane. Y'all it is top of the hour. Thank you, Mila. You guys go join Mulas club. Tell us your club again, at which by the way is again, I tap on her profile and clubhouse.

I scroll down and on the bottom left, it says member of, and then there's, there's her really pretty [01:00:00] picture right there. If you tap that, it takes you to the four step cooking method and you join that. Oh, good. You've already gotten some

new members, new followers since. Since we started, make sure you join our club every Wednesday at well it's 10 30, Pacific, 1230 central.

Exactly. Uh, and then to tell us where else we can find you. I am girl and the kitchen everywhere. So girl and the kitchen.com is my site. It is getting a facelift right now. So I'm like a month or so it's going to look totally different, but please go on in there. There's tons of really good vegetables, vegetables, recipes for vegetables as well.

Um, and I'm all about like helping people connect. So please DM me on Instagram, same girl on the kitchen. I really like Anna knows me. I'm not full of shit. Genuinely love hearing from people and answering questions and helping them any way I can. And it's like, If I can help you succeed in any way with any [01:01:00] thing, please reach out to me.

I'm seriously happy to help. And also if you guys are ever in Anna's group and you want to ask, okay, question just have me. I will be more than happy to. Absolutely. That's great. In fact, yeah, we should figure out, uh, we got to do another dual live Mila and I did a live Instagram together. That was super fun.

So we're going to do more dual cooking and I mean, do D U a L not, we're not like dueling. Yeah. We're not doing we're not gentlemen. Yeah, exactly. Exactly. Well, thank you so much, Mula Ferman. I really appreciate having you here. Thank you, Laura and Bob for volunteering and asking questions and giving us lots to talk about.

Oh, loud cars are driving by, uh, sorry guys. Every week. 5:00 PM. Pacific 8:00 PM. Eastern. We do this clubhouse on Mondays. Yes, we are going to add another one. We haven't gotten there yet. Every Thursday, Megan and Leona run the NSN GAF. Check-in [01:02:00] every Thursday at 5:00 PM. Monica. Ricky is, uh, running a carnivore based room.

I don't know what her regular time is. So make sure you check in. Hopefully she'll post that in the group as well. And I am very excited because my new sauce flavors were manufactured. And they're going to be for sale, but we only have 500 jars at each flavor right now. And hopefully another thousand jars of each flavor in a couple of weeks, there's a jar shortage in the country.

So I'm very excited. These flavors are amazing and delicious. So please here's, what's going to happen. The current customers, current customers of eat happy kitchen people who've bought before are going to get first access to those flavors. And then my email list will have 24 hours to finish buying whatever's left.

And so make sure you're signed up on my mailing list@annavaccinia.com. If you're interested in sauces, if you don't give a shit, that's fine too. But, uh, yes, please guys. As a shop, I [01:03:00] swear to God as a shop. I fucking hate Starbucks losses and Annas is the real deal like that shit was great and it's clean and it's delicious.

And most importantly, it's not sour, which so many clean sauces are. So if you are even questioning, go get it now. And that's a shelf stability issue that I've now learned from food manufacturing. And my God, we could do like an hour on what you learned in the, in the working for that cafeteria. Oh, Anna, I also need to

invite you to one group is called CPG, no fluff where they talk about consumer products.

I will invite you to that group every week, every day at like 1:00 PM. It's actually. Actually it's it's um, hi Mila. Yeah. It's test. I know tests really well. And it's actually the 11 every day. It's actually 11 everyday Pacific standard time. Sorry. It's yeah, you're right. Pacific standard time. That's all. I was just going to clarify.

Thank you. That's amazing. I love that. It's a really, really good room. Um, they go, yeah, so many things, Anna. I want to talk to you [01:04:00] about your sauce. All right. We'll take that off. Cause I know you guys are trying to end well, thank you everybody. Thank you for being here. We really appreciate it. Come back next Monday.

We're going to have more conversations. Make sure you follow Mila, go stalk her online, really connect with her. She's a wonderful human being and a great mentor. And she's here on this earth to help people. So thank you, Mila. I love you so much and everybody have a wonderful rest of your Monday. Goodnight.

Bye bye. Nice.