

007 Clubcast 61421 The Art of the Personal Challenge

[00:00:00]welcome everybody. We are in the eat happy kitchen club on clubhouse, our weekly clubhouse and you know, all weekend long.

Uh, but thinking about challenges and, uh, I texted Megan and Leona yesterday and I was like, we need to talk about challenges because you guys do an amazing job of leading the NSN GAF group, which is basically like an ongoing monthly challenge and challenges have helped me develop new habits. It's also helped me like kind of eliminate some.

Sticking points, I guess. But I've had in my fitness journey, some negative beliefs, some things like that. So I just wanted to have you guys on, and I want us all to talk about, like, how do you design a challenge? How do you, what makes you motivated to do it? What makes you want to quit a challenge? Have you guys ever thought of one, have you started one in and been like, screw this.

I'm not going to do it anymore. [00:01:00] Um, I'm Anna Vocino as probably most of you know, cause you're in here in my club. Welcome everybody. If you guys want to raise your hands, raise your hands, just make sure you meet yourself. When you come up, we are recording this. It will be up on my site@annabettina.com real quick.

Before we get started in, then I'm going to turn some things over to Megan and Leona, because I want you guys to chime in here on challenges and uh, real quick in case you guys didn't know and you didn't get the email, the new flavors of sauce are up for sale at eathappykitchen.com. The puttanesca, which is savory, it has a little spice, a little kick to it, not too spicy.

It's not like an arrabbiata, which is really spicy. It's got a little kick it's warm is up for sale and the pink crema, which has some cream and some parm in there. So if you can tolerate the dairy, I highly recommend the pink crema, but it's up for sale. There's a variety pack. There's also my new marinara PDF, which has, I think I want to say 35 recipes, 34, 35 recipes, [00:02:00] 10 of which are completely brand new.

You can't get anywhere else. And if you buy a sauce, you can get that thing for four bucks. It's a download. It's meant to be read on your tablet. It's meant to inspire you. They are all low carb marinara dishes, because that's what I do. You're welcome to cook pasta with them. But I think most of us here in us and gee, I don't think I'm like ruining anything for anybody.

Surprise. We eat zucchini noodles and meat. Um, Megan, Leona. How are you guys? And are you currently doing any challenges and if so, what are they?

I told Megan to go it. I told her no way you go first. Um, okay, I'll go first. Uh, I am not currently really doing a challenge other than just the personal one of trying to add [00:03:00] more each day and in a variety of ways. Um, sometimes my approach is to try to get. Specific sets of exercises in, um, you know, every other day or every day, whatever, whatever my personal challenge tends to be.

Um, a moment of clarity here, a challenge is inherently personal. So anytime you set a goal for yourself and you're like, I'm going to, I'm going to challenge myself a little. Now, granted, you may only text me about it, which you are, but it's I know. So it feels like it's personal. So

it's not like it's maybe one that you haven't posted in the group or whatever, but just know that like, I want everyone out there for clarity to know it could be something that you don't feel comfortable sharing necessarily, but you want to set this thing.

You want to see if you can do it. So I just, I want to chime in and say, Okay. Um, no that helps because, um, since you, you addressed, you know, um, designing a challenge, so to speak and Megan and I [00:04:00] sometimes do that with the AAF group, monthly age group. I thought maybe you were kind of, uh, addressing the monthly, um, monthly route.

Um, uh, I have to kind of, um, approach it in a way, uh, I am admittedly not, um, gosh, I'm sorry. Uh, I'm very visual. So I need things like checklists or an app that I can check something off. And then that gives me, that's where I kind of get my accountability from. I am not a particularly regimented person. Uh, Um, I, I am for others like an employer, but for my own self, I like flexibility.

So I'm not necessarily routine oriented in the sense that I assign a time to something. And, and this is the time of day I do it [00:05:00] and I, and nothing interrupts it, but I do have to hold myself accountable or I won't get it done that day. And so things like apps or just even writing a checklist, um, uh, will, uh, give me that kind of personal accountability.

So I do get, um, done. And so I can text Anna and say, Hey, guess what? I love getting there, by the way, what will you tell everybody? Like what apps you like to use? Cause everybody loves a good productivity app. Am I right? Yes. Um, I, the one that I use most often and I tend to stick to, uh, is called streaks and it's very customizable.

Um, you can put in the specific activity of, you know, what your goal is and it keeps track. It has various ways you can keep track whether you're counting down, you know, 30 days or two weeks or whatever it is, or you'd like to [00:06:00] see the numbers go up, you know, I've, you know, uh, you know, it kinda helps with whatever approach you like that works for you on how to keep track.

So, um, that's why I like it. Super easy, super good reminders. That's the one I would recommend. Do you, okay, let me ask you this, because I think the challenges can come in all different shapes and forms, and it's about basically pushing yourself past what you think you can do. It's almost like you need to strike that balance of, I think I can do this knowing my personality type, but it's just uncomfortable enough that I don't really want to do it, but I know that it'll make me a better person if I do this.

And so that's why I say it's a very personal thing. Like it could be a three-day challenge, like for me to, to not, um, I want to like bite my nails or pick at my fingers. That's a challenge for me. I don't know if I could go three days without doing that. That's that's just, but I could certainly go a hundred days of, [00:07:00] uh, planking, you know what I mean?

Like, and it just all depends. And by the way, the planking challenge was a really fun challenge that we did that. I feel like Vinnie blew it up because he's like, you can't blink every single day. And I was like, well, we can.

We did. Yeah, I liked that one. Um, because to me, something like that is like a friendly competition. Like I'm not even a sports person to where I'm in doing, you know, competing teams or anything, but there's something about, you know, a group of friends, just like, you

know, posting to each other, their time limits or whatever, you know, or 10 seconds longer than me.

Oh. And I CA I personally have fun with that. So I like those on that level. And I, and when it's made into a game, more of a, you know, w what do you mean a group of friends? I tended to hear that a lot better, too. Um, I want to talk about that. Yes. I want to talk about gamifying your challenge at some time.

[00:08:00] Too. I'm writing that down because I think gamifying it is important. And I think gamifying, the plank challenge was in, like I told myself, you have to do at least 10 seconds more than you did than you did the day before. And anything over that is gravy. So, you know, it wound to, and that's when I was like, Vinny, I got up to three and a half minutes, which for me was like, you know, it's, you know what I mean?

And, and, uh, and, and then of course, on a personal level, I halfway through the challenge. I was like, Lauren do do a plank. And he like crushed after one minute, he was like, oh, he like fell down. And I was like, oh, I, I feel so superior finally on some sort of fitness challenge to you. Um, so that was a very fulfilling adventure.

Um, but yeah, I think gamifying, it really does help. Um, Megan, talk to us. What is, what's your challenge philosophy? Cause I know you like it. I do like a challenge. So I usually set one for myself every month. It is personally. And, um, [00:09:00] one thing, yeah, I've learned with challenges when I don't meet it or I get discouraged to start right away again, even if let's say right now, I have a, you know, going out and working out at least 30 minutes a day right now, um, for the month of June.

And even if I don't get it, I don't let it stop me. So like one night it was nine o'clock and I'm like, oh man, I just want to go to bed. I'm an early bird. So, um, but I made myself do it and then I felt good about myself versus waking up in the morning. And I told myself this too, I don't want to wake up tomorrow morning and be upset with myself.

So I'm going to just do it. I'll go to bed a little later, but I got it done. And I was super proud of myself because I did that cause so many times on. Challenge myself, or I'm not gonna have this this month or I'm not gonna have that that month. And you do, and then, then you feel bad. And I think that's like an [00:10:00] important thing.

Don't beat yourself up. It's just another time you can just restart. And so, anyways, that's kind of what I do. I do challenge myself a lot. I do tweak kind of what I do at least every month, a little bit. Um, so trying to find that perfect, I guess, balance for myself and I do like games. So like, um, the plank challenge that you guys were talking about, I mean, oh my gosh, there are some bad-ass people doing that thing.

They were like, some of them were so fricking long. I don't even know. I mean, The plank is like the one thing that I hate upon any other exercise, I would rather do squats or anything else that a plank. So, yeah, I love a good challenge. And a lot of times in the AAF group too, another thing that, um, Leona and I would do, we would put it out and say, Hey, what are you guys [00:11:00] doing this month?

And then it would become a challenge for the month. And that was a lot of fun to just push yourself into something that you didn't even think about doing. And then, um, trying that. So

yeah, I learned about that. Well, that's wonderful. And I love the idea of sharing your challenges with people, because sometimes it's hard.

Sometimes we don't want to share the thing. You know, you feel vulnerable, um, saying like this is something that I'm struggling with. So therefore I'm going to turn it into a challenge. And I've been very public about years ago when I did the a hundred day, no drinking challenge with my friends. Was struggling with her drinking.

And I thought I was just doing it to support her. And then I didn't realize, even though I wasn't struggling with drinking, how often I was using alcohol to kind of like Sue the ordinary day. Just to have that, you know, scotch at the end of the day or the glass of wine or the cocktail or whatever. And so for me, it was like, oh, here I w I went into it with a certain amount of smugness, like, oh, I'm doing it [00:12:00] for a, she's the one who needs help.

Not me. She's the one with the problem, but yeah, I'll do it a hundred days. No problem. And then I didn't even realize how many times I would, you know, drink at a party because I felt awkward because I'm socially awkward or because I would, you know, get a bad phone call. And at the end of the day, like, oh, what a long day I worked so hard.

I'm gonna reward myself with a cocktail and just not having that and going, oh, that's interesting. Well, maybe you could just deal with your feelings. Instead of not dealing with your feelings. And so that it was an interesting thing to kind of, I learned that and, and, and I would never would have done it if she hadn't called me and said, Hey, let's do this thing.

And she actually called and said, Hey, let's do 60 days. And then she goes, and the student 90 days, then she goes, let's do a hundred days. And this is all on day one, by the way, she's like, we're going to do a hundred days. I was like, you're nuts. And then what happened for me on day 99, my mom passed away.

And I've never been more grateful because going through that experience, I would have gone back to the hotel bar and been like, oh, let me make something here, because this is really stressful. Obviously it's really stressful. And, uh, [00:13:00] so I never, I like getting other ideas from people and sharing those ideas because you, you literally never know where the enlightenment is going to come from.

And the planking challenge I loved as well, because I didn't hear here. Well, let me say this. Here's the challenge I'm doing right. I got that concept to bike. That Vinnie said to get, he fit me on it. I love it. It's great. I don't ever really want to do more than 35 to 45 minutes. That seems to be a sweet spot for me.

Uh, my tushy still hurts when I go on it. So I'm S I don't understand how Vinnie can ride a bike for like 25 hours, but whatever, I am doing a challenge, excuse me, I've had to make myself go. I'm going to do 30 minutes every morning, or every day, like what Megan said, if it stretches till nine o'clock at night and I haven't done it, I have to get on and do it.

I'm going to do it. I started May 31st and I got to go through June 30th because I was telling myself for months since I got this thing set up, I was going to do it three times a week. And inevitably, what would happen was it would get punted to the next day and punt it to the next day. And I [00:14:00] wasn't doing it.

And so by the end of the week, I maybe did it once, maybe twice, definitely never three times a week. So I was like, well, what if I make myself do it every day? What's gonna happen? Am I going to get overly fatigued? Cause I did an extra 30 minutes of cardio. No, you'll just have to do it because you told yourself do it and you want to honor your commitments and sure enough, that's what happened.

And the planking challenge was very similar to that. I'm not going to plank every day. Like what Megan said, screw that I'm not going to do it every day, but because we were doing that challenge and also, and then when Vinny was like, we should recover one day and then do it. And then I noticed I wasn't doing it every other day.

Like I have to have the daily challenge of the plank or the, whatever it is to do it every day. So I, I just, I love that we're sharing ideas. If you guys want to come up, uh, we're going to talk to folks, Megan and Leona, and I'm going to, I'm going to start to, let's just pass around the talking stick. I'm not going to interrupt every time I'm done interrupting this and it's, I'm probably not done interrupting, but um, I want to hear from everybody and whenever you guys have thoughts chime in, because it really does help to [00:15:00] go, okay, what is it?

What's that thing. And if you want to get, come up here and say, here's something I've been uncomfortable with and I'm going to commit to it today. Tell us that too. I would love to hear that. Um, Bob, how are you looking good on your vacation? I'm doing well, thank you very much. And it was a very interesting this morning while I was out on my run to learn that I'm the male Leona.

So I guess I got that going for me. That was hilarious. Yeah, for me, challenge is kind of, it's almost quarterly. So I try and have a, uh, uh, Beehag right. Big, hairy ass goal that I'm going to be in super fit shape, uh, tighten up everything and I'm going to attend this beach vacation, or, uh, I'm going to turn 53 and I'm going to be in the best shape of my life ever even better than last year.

Um, so that's kind of what I work towards and I've got that going for me in terms of, uh, of a light at the end of the tunnel. It was tough last year because we had no vacation scheduled. Um, so [00:16:00] finally we, we, we, we just dropped into one. It wasn't really long enough. I think I only had like three weeks total.

Um, but, but I did it and I. Um, I cut out the, the heavy whipping cream and my coffee in the morning and I actually haven't had it since, and I don't plan on introducing it back in until after my birthday, which is in August. Um, so, so for me that it was a challenge because I, I would have, I'm not kind of like Vinny, um, cup after cup, after cup, after cup, and then, but I was putting cream in all of them, so, all right, cut that out.

Also, Jim, head back to the gym soon as I got vaccinated and it's been my personal goal to go at least three, if not four times a week, and alternate that with three miles in zone two every day, and I've been very successful at it. Um, and I'm, I'm kind of keeping myself, I'll find track. Um, one of the benefits is my son turned 14 and, um, I took him back to the gym with me.

So now it's kind of teaching time, uh, when I'm there, which is great. I'll extend the time. I'm there for a little bit [00:17:00] to accommodate him. He's needs learning. Um, I also got him a, a membership to top golf for over the summer. I'll go and do some work while the kids hit

the balls. And so my other commitments to spend more time with the family spend more time with the kids before they don't want to spend any time with me.

Um, so yeah, and it's really, it's it's for me as far as tracking and whatnot. I know, I know if I go, I know if I don't go, um, if it's, if it's like four 30 and I haven't gotten to the gym, I'll go for the run because I can't do the gym with a million people in it. Um, so, so yeah. Yeah. And it's, it's, it's, it's nice, um, to kind of have the podcast to listen to while you're out on those runs.

Um, also, you know, when I'm at the gym, listening to the kind of drown out that awful music that they play, uh, in the gym and, uh, yeah. So that's my story.

That's great. Anyone else doing the heavy cream challenge? Because when Vinnie brought that up, I was like, oh, that's an interesting thing [00:18:00] to not I'm used to it now because I had to give up heavy cream to get rid of the dairy, but I was like, oh, That, that was probably the hardest thing is anybody, because I know we've had a lot of no dairy challenges.

Anybody out there

I'm skipping Brian, but yeah, I do. I'm doing no dairy. You're you're currently doing it. I'm currently doing no dairy and I'm about, uh, 30 days in maybe the 25 days in. And, um, I did it because something's been bought, I've been trying to figure out something's been bothering me and I couldn't figure out what it was.

So I just went on a self-imposed elimination diet. And, uh, the, one of the big things to cut out was the dairy. And at first I was like, oh, I can't wait to bring back the dairy. And now I'm just thinking, saying, well, if I bring it back, I'll bring it back. If I don't, I don't, I I'm kind of [00:19:00] neither here nor there about it.

So that's good. I've reached that point and I'm, I'm, I'm happy about that.

Chime in guys, if you want to chime in, but I do want to say that's like, that's a huge thing to be able to demystify something that you think you can't live without. So that's an amazing job and I can relate. And I think that I'll add on, I think that the three weeks is perfect because I've found the same thing happened to me.

Three weeks. I mean, after starting in SEG three weeks, you don't miss the sugar. Right. Soda tastes funny to you. Um, the, the heavy whipping cream for me. So I've got the, the, the restaurant creamer and I put some, put the fresh vanilla in there and the cream, and it was like going to Starbucks. Right. It's beautiful.

Uh, and I really, really missed it the first week. But after kind of going into that, that third week, it was like, no big deal. We're good to go. So I think if, if you can stick it out for at least three weeks, if it's a short-term challenge, you're going to come back and you're not going to just rush right into it.

You'll be like, yeah, maybe I just don't [00:20:00] need that. So, Bob, are you showering? Are you, are you, I'm making a shower. I'm making pork Tenderloin. Can you hear it? It was sizzling in the pan right now. I've got it. Egged and breaded. I just washed my hands before I hit the unmute button. I'm about ready to flip it and then it's going into.

The oven at 4 25 and I've got your cauliflower mash, just finished in the microwave with the cauliflower shredding, and we'll put that equation art next and, and that's dinner. Bob gets a gold star. That was amazing. Um, I want to say hi to Brian. And I want to say hi to Anna. How are you? I'm good. I'm doing well.

Thank you. Yeah, I a great, uh, great topic here today. Um, I, you know, I think, uh, accountability is super important when it comes to challenges and also, um, education too, because not only just like, did you. [00:21:00] Do X, Y, and Z, but you know, kind of when you're having, when you have a group of people talk about it, you know, you, they they'll share their experiences and you can share yours.

And I think a lot of people can learn from it. I just got done, uh, with a challenge that I did on my own. Um, I did a five day water only fast. And, um, that was, uh, my last meal was, uh, let's see, talking about last week. So it was like last Sunday. And I went Monday, Tuesday, Wednesday, Thursday, Friday. And, um, by the end of Friday afternoon, I knew I was going out for dinner on Saturday.

So I wanted just to, you know, do a kind of slow break in. So I did a, um, a slow, I broke the fast on Friday afternoon. And, um, yeah, I'll tell you something. It's just, you know, when you, when you get in that level of, you know, deep, deep, deep ketosis, it's it's special. I mean, it's just, it's an [00:22:00] amazing feeling.

And, um, yeah, so I did it once before and, uh, I actually, the person who helped me out with that was Jimmy Moore. He had a, um, a fasting challenge, um, in this one of these clubhouse rooms a few months ago. And, uh, I learned a lot and knew what to expect and knew the science behind it. And, and so I did it on my own this time around and, and yeah, it was, it was pretty cool.

That's awesome. And Jimmy Moore is a delightful human and he's a live in Lavita low-carb. He's living a, what is it? A low-carb man or living low-carb man, Jay, just Google Jimmy Moore. He's great. And he's a great resource for all this stuff and, and, uh, wrote several books on all this stuff. So make sure you get that, Brian.

That's incredible. I want to know, can you tell us some details about like, did you take, uh, electrolytes, did you take salt to do, did you just literally do water only? W how did you manage that? And, and, uh, and, and I know you [00:23:00] said you came out of it slowly, but what exactly did. Yeah. So obviously, uh, you know, out keeping myself hydrated.

Um, and when I say water only, that's I water in salt. So I have a big salt lick. I think we talked about this before. I need to get it. Oh, you have to. Oh, it's amazing. It's just, I feel like a horse every time I look it. Um, but yeah, it's sitting right on my desk. And so I, you know, I just, just kinda, you know, lick it.

I don't know I'm feeling, this is getting a little bit X-rated here, but, um, but so it was that when the water and I, I got, I stopped the coffee, uh, I stopped all my all supplements. I just did water and salt and, uh, to get through it. And the first day was difficult, you know, I, I was just a little foggy and, uh, it was a little, little rough around the edges and I told my wife, Mary I'm like, yeah, [00:24:00] Keep just kind of warning you.

So if I, I don't mean to snap if I do, I'm just not feeling really up to it today, but I'm time by day 2, 3, 4, and five, uh, good to go and doing well. And so to answer your second question about breaking the fast, uh, on Friday afternoon, I sat down with a couple of, um, just a few macadamia nuts, uh, to get some, uh, stuffed in my system.

Uh, and I also had a couple of, uh, uh, slices of, uh, Parmesan cheese, um, a little bit of olive oil and some Redmond's sea salt, um, top of that, or kosher salt or whatever, and waited about an hour. And then I had a chicken breasts, just something, something playing, uh, you know, for dinner, uh, just, you know, ate it slowly, chewed it slowly, and went to bed that night.

And, and the thing is, it's so funny when you're done, when you're doing the fast thing. Yeah. You think by, by Friday [00:25:00] or you're starving, you want to have something, but no, I mean, I mean, it was like, oh, okay. I guess it's time to break it now. And so it was, it was like, I had to kind of like force myself or like, okay, it's time to do this now.

And it wasn't, I wasn't even all thinking about food. And, um, yeah, so it, it, it went, it went down well, I mean, with the, with the breaking, and then of course I didn't have dinner the night, the next night. And, you know, I had a nice juicy, uh, uh, ribeye, uh, not that was God, was that fantastic, but, uh, yeah, it was, uh, it was good stuff.

I, I think it's really important. Y Y you to know your, why, why are you challenging yourself? Why is this important? Why is it something that you need to take on your personal journey? You know, Megan and Leona, if you please chime in too, if there's a. It'd be, if you want to talk about this or what? Go ahead.

Go ahead. [00:26:00] Oh yeah. So what I, why did it is because I, I love the clarity. I love the, um, the couple of reasons I love the challenge of doing it. Um, I like the fact that. The science behind it. Um, knowing that, you know, if, if you're, you know, you, you use another fuel source and by the way, just to give you an idea, um, I was wearing a CGM and I was also testing my, my ketones and blood glucose, and I just.

As a pharmacist. I very interested in these numbers. I got my glucose down to 35, which I was, I took a screenshot of my glucose and I sent that a couple of my pharmacy buddies. They, they were like, should we call the hospital? I'm like, no, I'm good. And they, they, they couldn't believe it because we weren't taught this in pharmacy school.

And, um, but it was just, just cool to watch the numbers and just to see that like, Hey, this, this can happen. This is, this is, this is science. [00:27:00] And in my ketones are like eight millimoles. Uh, 8.1 was the highest. And, and so it's, I think it's good for the body every so often I'm going to try to do it once a quarter.

So, um, so I guess, w let's see June, July, so September, I guess, uh, will be my next, uh, next five day fast. But, uh, that's the reason I I'm, I'm a nerd and like to see the numbers and like just, I like feeling the way I'd felt. It was pretty cool. That's incredible. It really is. And, and, and I know that you're going to do things safely.

So, if you, if your blood sugar does, it gets down to 35, but you don't feel well. I know that you're going to do something to get yourself to feel better. That is a low number though. I got down to 50 and I felt like I was like, oh God, what's happening. Yeah, yeah, exactly. You

gotta really, um, just, you know, the numbers, you know, we were taught, you know, anything below 70, you got to [00:28:00] get sugar into you and I have that number to 35.

Um, but yeah, I was feeling fine. So I, and, and the thing is I was kind of freaking out the first time I did it. And I think my glucose, and when I first did the fast, it was like, like, what was, it was like 38. And then I texted Jimmy Moore and I'm like, Dude, what should I do? He's like, how do you feel? I'm like, I feel great.

He's like, okay. W w w so what, so, you know, it's like you listen to your body, obviously, if I wasn't feeling well, I'd be like, okay. Time to end it, but yeah, you're absolutely right. You listen to your body. If you feel great, continue it. If not, you gotta break it. That's awesome. Thank you, Brian. I think you've inspired all of us to go.

And by the way, in September, when you're doing your next one, let, let people know. You never know. People might want to join in with you. Uh, it's it's very, very fun to support each other with this. I know in September it's a whole 30 month, a lot of people do a whole 30 in September. Uh, take it to the next level and do a whole five.

Meaning you don't need anything for five days. Why not try it? [00:29:00] Um, Robin, I know that you came on here to talk about, uh, dairy stuff, but I mean, you already talked about dairy said, but is there talk to us what's going on? How are you doing? I know you've been struggling with your tummy. Oh, my tummy is feeling so much better.

Now that I've done all this elimination. So that's fantastic. I love hearing that. Yes, I'm feeling good. So I'm, I'm doing meat, uh, salt, pepper. I've added in just tomato as in tomato paste, no extra seasonings. And, uh, I just, yesterday had scrambled eggs and I haven't had any issues. So the only time I had an issue is I was really hungry and I ate some salami and Lord knows what was in it, but it, that, that was the only thing that gave me an issue and I pinpointed it right away and it will not be coming back.

So, so that's a good thing, but actually I was going to talk about a different take on challenges because, um, [00:30:00] I can become quite obsessive and it's something I need to recognize in myself. A lot of why I eat nsng is because it has healed a lot of my mental health issues, but I can still very quickly become obsessive.

And when I do a challenge, uh, for example, we did a rowing challenge a couple months ago and I finished it. It, we had a whole month to do it and I finished it. Twenty-five days. Um, and it was a little nuts and it becomes all I focus on. So I actually had to make a goal for this year of not doing challenges.

So I may challenge myself to do something, to create it as a habit. But if I do an actual challenge, it just becomes overwhelming and becomes too much. So I have to actually step back from that word. So yeah, I'm doing this elimination thing right now, but I'm looking at it from a health standpoint. I need to figure [00:31:00] out what's going on.

But I think if I called it a challenge, I would hurt myself in the process.

Yep. Couldn't agree more again. No, that I myself know what's going to be a trigger for you guys. Like really understand that. And also, wait, was it Megan or Leona? Which one of you guys was talking about feeling bad? Like if you don't accomplish. That was me. Yeah. Yeah.

Did D talk about those feelings and like wanting to beat yourself up and that kind of stuff and how you pick?

Cause I get, yeah, I think it can get really get in your head for one when you don't do it, you set this challenge and sometimes too, you got to, when you're challenging yourself, you actually have to make them attainable as well. I mean, I'm not going to go out and run a hundred miles today. Right. So that would be like not a challenge I would do.

So I have to, okay. What can I do? Let's make it attainable. [00:32:00] I do want to push myself, but I still have to make it attainable. But when there are days where I know I've gone, like, like a week or let's say two weeks, and then you start the cycle again. In your mind. And then that's called that you can focus on is that you're not doing it and you should be doing it.

And then it's the spiral. So I find for myself, when I, I am spiraling that I need to stop what I'm doing. I need to do the thing and start right. Then it can't be like, oh, I'm going to go work out tomorrow. I had, no, I have to do at nine o'clock at night, I'm going to do it at nine o'clock at night, because I don't want to start the spiral.

And it's knowing yourself, like Robin said, she can't call the challenge. She has to know herself. She knows her limits and what she can do. And then she makes that attainable for herself. It's working smart and listening to your body really. But yes, taking control of that. Mind, your mind is [00:33:00] probably one of the most important things, regardless of weight loss and not being, if you don't do it, start again and.

So often I look at myself, okay. 300 pounds, nothing ever worked. So I already went into this whole thing that, oh, this isn't going to work. It wasn't until I realized that I had to change that mindset, that it was gonna work and be okay with telling people that I'm doing it and not being worried that someone's going to judge me.

If it didn't work was, I mean, huge for me. So taking control of your mind, that is so wonderful. Megan, I'm so glad that you said that. And I, cause I I'm constantly giving, uh, business advice to folks and especially folks who are in creative professions like myself and. It goes hand in hand mindset is everything.

You can't make money from the spiral. You can't lose weight from the spiral. You can't form a good [00:34:00] strong relationship or friendship from the spiral. Like it just, you can't do the whole saying of you can't have expect a happy ending from an unhappy journey. So you do have to know thyself and kind of get yourself into that mindset of like, what's going to be a positive thing.

So make sure when you're designing a challenge for yourself, if it's, you know what, I just need to try to not have sugar for seven days. That might be the extent of which that you're willing to commit. And I say, do it, you know what I mean? You might want to extend it. This I'm so used to doing a challenge.

Now it's easy and I do it in 30 day increments. And sometimes I let things go by the wayside and sometimes I bet they've become habits. And it's more about, I like to challenge myself, but there are still things where. Um, I'm not great at it. And I avoid those things because I'm not, I know that I'm not ready to tackle that particular topic or thing, so that's great.

Uh, thank you, Megan. Uh, [00:35:00] by the way, anybody else wanna chime in on mindset, please do me. Yes. Um, the whole, um, um, know yourself is so important because I feel like even, even at an older age, I was still kind of struggling with, um, uh, things that I respond well to and things that I don't. And, um, one, there's a book by Gretchen Rubin called the four tendencies.

And I think we've probably mentioned it before, and it's just kind of gives you a framework of four different personality types. And of course they're not in detail and it's not an, you know, all or nothing, but with it, you can kind of look at yourself and the four personality types are. Uh, what is it, an upholder, an obliger, a questioner, and a rebel, and each

[00:36:00] and each frame. If, if you can identify with any of them and there's overlap that you're not going to be all one or all in the other, but there's some overlap. And if you can see yourself in any of it, then it might help you design or approach your challenge in a way that, you know, you're going to respond.

Well, I think a lot of us might, um, over time we hear things like, well, so-and-so does this same time every day, dah, dah, dah. And for that person at my work, because they are an upholder personality type and they feel that inner and outer obligation and, and get a lot of satisfaction from it. Or someone like me gets, um, Bored with that kind of stringent routine.

And although I logically understand the benefit of it, and I know the benefit of it to be kind of, um, that rigid is it ends up making me not want to do it. I, I want to do [00:37:00] this thing, but I have to do it on my own terms kind of thing. And, um, I think a lot of people try to fit themselves into a category that they're not just not built for really personality wise.

And so if you can find that framework that, that works for you, then you can design your own. Robin knows that, you know, she can't look at a challenge as this, you know, that kind of challenge. And, and, um, you know, so I don't know. I find, I find that it's, that has really helped me. Do things like game-ify, you know, as, as you mentioned it, you know, if I can look at it as a fun thing as a game, as a, as something light, then it becomes, um, I'm more willing to do it.

Um, and it doesn't matter what the logical side tells me, you know, logically I know it's always good for me, but, um, unless it's, you know, I won't do a plank every day, if I don't know that there's someone to play with, you know, that sounds funny. But, um, anyway, [00:38:00] uh, I'm done. I think that. Those of us with this particular personality type.

It's good to be aware of it because sometimes what makes you a very creative and sensitive person also makes you not really willing to follow rules, even if you're being the boss of yourself. Some of us don't like to be bossed around, even when we're being the boss. So knowing that and gamifying that is kind of your work around, you know, like, well, if we turn this into a game, a game will hook me in.

Whereas like me being told by authority to do something definitely will not entice me to do something. So I, I can relate to that. And oh, that, that book I'm going to put in the show notes as well, Gretchen Rubin, the four tendencies. And then there's another book I'm going to find. I, I think that if you have a very short period of time, it's a little bit easier to split it up into smaller bites when you first start.

At least that's how it was for me. When I first started, I said, okay, I'm going to get through this week. All right, I'm going to get through the next week. Okay. Now [00:39:00] I'm gonna get through. And I think the smaller, the goal, the more achievable becomes, and you can wrap your mind around it a little bit easier for me, my personality type.

Um, you know, I tend to set larger, harder to attain goals. And I, and I learned that about five years ago when I started failing, I was like, why am I failing? I should be to do this. And it was just too much. So splitting it up into smaller plateaus, smaller milestones. I think that that really helped. At least it did for me.

We have you back. Oh, sorry. Did I disappear? Yeah, you cut off. Oh, I was just talking and talking. No worries. Um, no, I was saying there's another book called and thank you for that. That is true. Chunking things up is really good. And, and, and Candice, I want to hear your voice and rose. I want to hear your voice.

We're going to get to you in just a second. I just wanted to say the idea too. It has any asked this question. Has anybody ever done a full year long challenge? Cause that's what scares me. Cause I go on on day 11 or 12, I [00:40:00] go, oh, this would be a really fun thing to do if I'm going to commit for the whole year.

And now I know better than to do that because you know, I won't do it. And then I'll be mad at myself, but chime in anybody who's done a whole year challenge. Hello? Um, I started N S N G on August 10th and I still have not cheated since. Yeah. So it's almost a year and it scares me now. I'm to the point now, if what happens if I accidentally eat something or I'm Lal or something that am I going to get really sick.

So it's kind of, you, you, you, I mean, who knows, who knows what your body will do, but at this point you're like, it's just a mental game. It's like, oh, I can't cheat now. Right. So close. Right, right. Exactly. Cause that's that's now my goal is, you know, first it was, you know, the S the 90 days, and then I can have berries and cream, and then it was, you know, [00:41:00] one step further and then further and further.

And now, um, you know, over 300 days, it's like, why stop now? I'm almost at a year that's incredible and really inspiring. And I'm here to say to you, congratulations, just making it 10 months. That's incredible. But you bet you're not allowed to stop. I won't let you stop. You got to keep going. That's it? Yeah.

I recently started a 75. My weight change. There's a 75 heart and a 75 my way. So it's committing for 75 days to do 45 minutes of exercise. Um, and then it's, um, you take a picture of yourself. You do, um, I do 10 minutes of reading every day. Um, and 10 minutes of something that I like to do myself and then, um, no cheating so that when I got in the bag, but I am on day 14 of that.

And it's at, first of all, I was struggling going one day, two days, three days, and then now I'm at 14 and I was, seems to be easier. And [00:42:00] it's through the KIDO university clubhouse. And I don't know if you're all familiar with that. Um, so a lot of people on there get together at six o'clock in the morning, central time and people walk and bike while we're on the call and everybody just motivates everybody.

And it's all. Fantastic. Thank you, Donna. That's awesome. Candace, you were blinking that Lee. I want to hear from you too Candace. Cause I feel like you've done a year long too. I know you have Candace. How are you? Hello? Hello. Thank you. First off, Donna. Congratulations. That's huge girl. You got this. Thank you.

So I have actually, yes, I started, uh, first, I want to mention what you, you said if we have anything I mentioned about mindset. Um, so I think that mindset goes hand in hand with knowing your why. Um, I think that is extremely important. Why you [00:43:00] want what you want. Right. Um, whether it's weight loss, whether it's the way you feel, uh, you know, the way you're eating makes you feel.

So, whatever the case may be is knowing your, why. I believe it gives you motivation. At least for me, that's how it is. Um, I knew my wife from the get-go. Um, I started my journey. Um, it's actually not a, I didn't even commit myself for a year. I actually committed myself for the rest of my life. Um, right now I'm currently on day 342.

Um, yeah. Thank you. Thank you. Uh, July 7th will be my year. Um, and I had actually never heard of N S N G until I saw this room in my hallway. And it's a key. So I was like, let me pop in here real quick. And while y'all were talking, I was not only listening, but I looked up and S [00:44:00] N G and I guess that's actually kind of what I'm doing right now.

Uh, June 1st of this year, I told myself, you know what, um, I'm going to cut out 100%, everything processed. I'm not even having a , Monkfruit none of that. Um, if I am not cooking it myself out of fresh vegetables or, you know, the organic meat, then I'm not having it. Um, the spices that I'm using on making sure that they're just like herbs and making sure that if it is, uh, whatever kind of spice it is that it, like, let's say garlic parsley, making sure it's only garlic and only parsley with absolutely nothing in between.

Um, So that's actually, I'm doing that from June 1st until the, uh, until my one year, um, Quito versary as I call [00:45:00] it. Um, which is July 7th. So yes, I absolutely love this way of eating. And I personally feel that my why is so big and so important to me that literally nothing else matters at this point. Um, like Donna, I have not cheated.

Well, I allowed myself one celebration Thanksgiving, which was a pomegranate. And, um, I plan on most likely having the same thing this year as my one cheat a year, which will be another pomegranate. Um, and yeah, other than that, I mean, I love Quito, uh, everything about it, how it makes me feel the fact that it has pretty much, um, almost.

Gotten rid of all of my symptoms dealing with PCLs. Um, so normalizing my hormones literally only in month two, I literally saw most of the changes [00:46:00] already occurring. So I'm super excited to, to, um, be part of this group now. Cause I did follow it and yeah, I mean the, I guess I'm Candace and I'm complete.

That's amazing Candice. And thank you for coming back. Cause I've met you in a few rooms before and I love your story and I, but I'm going to offline with you because I'd love to do a female hormone panel with, with women who have changed their hormonal, uh, perspective through their, their diet. So, and you, you bring up a really important thing, which is, well, let me ask you a bit of clarity.

So you can, when you first committed, did you say I'm doing this for the rest of my life or did you just say I'm doing this for a certain amount of time and then you felt so good. You're like I got to do this for the rest. When, before I started, I committed for the rest of my life. Um, I didn't, I didn't feel the impacts of it yet.

Um, because I actually was diagnosed 10 years ago with, um, [00:47:00] PCLs and then October, 2019, I was diagnosed with insulin resistance. So basically, I didn't know anything about keto, but they did tell me that, um, in order to, you know, for pretty much for the rest of my life, if I'm dealing with insulin resistance, that means my body doesn't process sugar of, uh, somebody that doesn't have insulin resistance.

So in order to avoid diabetes, thank God I, you know, I don't have that. Um, but in order to avoid. That. And just the doctor told me to feel better. They said they didn't mention keto. They just said gave me a list of things that I should be eating. And so when I was looking up recipes and stuff like that, um, is when I came across keto and I looked into it more and literally.

I, I did research on it for several months. And then, uh, July 6th, the day before I said, you know what, tomorrow I'm starting, that's it, [00:48:00] no excuses. And it's for the rest of my life. If I want to live a happy life. And at the end of the day, my biggest goal is to start a family with my husband over 10 years now.

So there's literally nothing that I will allow to get in the way of my goal, which is to be a mother. And so, I mean, I know that it's not a 100% that that will happen, but I wouldn't be able to look myself or my husband in the face, in the future. If I didn't do everything I could on my end to make that dream for both of us a possibility.

So I guess that's why my, my why is so big that literally nothing else is worth it. That right there. Is the definition of a why and being so emotionally connected to it, nothing's going to get in her way. That is just absolutely incredible. Candace. I'm so glad that you raised your [00:49:00] hand and that you were very patient with us waiting to speak, because that was incredible.

And also too, a couple of things you said, I want to comment on the, the differentiation between Quito and nsng, which by the way, Vinny and I just talked about this on the Monday show, you can be in ketosis or you can be adapted and you can do nsng and it seems to be the differentiation because they are very similar is that innocent G is a more real food approach.

And, and it, and I'm not saying that you don't eat real food on keto. You do, but there's a little bit of allowing the erythritol and then the stuff like that. And like, for me personally, having an auto-immune, I can't do the, the substitute foods. Like they make me sick. So I prefer to always eat real foods.

So nsng really worked for me. And I also want to chime in. Being that I have a fledgling food company and I want to be really clear with everybody. Exactly what Vinnie and I preach is what I do, because I don't want to have, I don't want to be selling food items. My sauces are made with all organic [00:50:00] ingredients whenever possible.

They're made with high quality stuff because of this exact thing, because I don't want you guys to go to the grocery store and be like, Hmm, this bitch said that she's for real foods. And then look at the junk that she has in her food. Like the spices to me, like sourcing. This has been like two years.

We're about to launch the spices. I have three spice mixes coming out, taco seasoning, a ranch dressing, seasoning, and a barbecue dust. And having these things. Be made with the highest quality ingredients and source, and then being able to talk to the people. It's a lot of work and I see now why companies cut corners, but it's, doesn't matter because to me it's important and this is what the food revolution is going to be as people caring about stuff like this.

So if I can have a little bit to do with it, I just that's really important to me. And that's one of my why's and why I'm here. Uh, so rose. Hello, my darling. Are you there? [00:51:00] Rose blink your mic when you, oh, hi. How are you? How are you doing? I'm doing okay. Um, I had flashbacks when everybody was talking about challenges when I was working.

Um, I don't know. I guess I've been retired well over 15 years now. Um, I was in HR and one of the things I had to do was go out and train. Different departments on how to be, team-based how to operate as a team. And one of the things was setting goals and at what also making sure that you don't set goals too far from what you're able to achieve, because you'll be disappointed.

And the recoup time when you set a goal and you don't meet it. [00:52:00] And the disappointment that occurs the recoup time is really, really rough on you. And that curve just gets smaller and smaller on the ability to achieve goals. Unless you learn to do that, um, making them achievable. I'm not sure that the word challenge is something that is that I can live with.

You know, um, maybe one of the things, um, we talked about last week was, um, exercise for me and Megan, I did find an and Leona, I did find some core exercises for somebody, you know, my age that I'm able to do with my physical ability right now. And I have been doing them and I'm, I'm feeling [00:53:00] better, um, as far as being able to move around and stuff.

And so, even though you didn't say it was a challenge, I went out and did it. And I'm doing it every day. And so that's important. I'm getting ready to go home. So you, I just have to say that I am still stinking proud that you did that. And did you add the morning? Pardon me? Did you add the egg in the morning?

I'm, I'm back to eating. Um, more when I get up in the morning, I, I cook an a and a couple of strips of bacon. Uh, I have a glass of water, like you suggested before I have coffee. And one of the things that I've found when I do that, one cup of coffee is really all I need or want. So, um, I've been doing that.

[00:54:00] So I'm getting more water into my diet, into my program or whatever my life and, um, So I know it's going to be a longterm thing and listening to Candace and, and to Donna, I know that it's a life, a lifestyle for me, and I'm not unhappy with it at all. I, I like meat and I just wish I could get more fish where I live.

There's not a whole lot of good fit and I would prefer to eat fish over pork and chicken. So, um, anyway, I'm doing, I'm doing better. Um, um, I'm trying, I'm trying to, um, not beat myself up. Um, I'm not eating things that I should need. I can tell you that [00:55:00] much. I'm sticking to the program in SNG. I think. One of the things I heard you guys talking about when I first got online was dairy products.

And I know that in, um, Vinny's, um, PDF, he talks about if you're not losing weight, um, to cut out dairy products. And I think I'm going to have to do that. Well, you'll be in good company because there's a lot of us, who've had to do that. And, and we're on the other side and it's fine. You're going to be just fine.

You're doing a great job rose. I don't have the problem that you have Anna with with Derek products and stuff, but, um, it's inhibiting my weight loss. I'm positive. That's that? That's about the only thing I can think of that is, is slowing the process down for me [00:56:00] is the dairy products. So I'm going to work on that.

Well, you're doing a great job and I'm so glad that you're here and you're checking in because hearing each other's voices and checking in and what's going on and what the, what the progress update is, it's very, very crucial. And by the way, I know we're wrapping up at Tina. I want to hear your voice just a second too, and we'll go a few minutes over and then we'll land the plane.

And if you guys ever want to speak, please raise your hands. And we'll chime in. I want this to be a campfire discussion and we have these every week at 5:00 PM, Pacific 8:00 PM Eastern. And I record them. I put them up on my site, but rose, you bring up a really important point that I want everybody to no, do not use a challenge or a goal as an excuse to beat yourself up.

We are adults. And so if you find that you are beating yourself up, please know that is unresolved negative beliefs popping up to tell you you that you're thinking [00:57:00] something about yourself, that isn't. Please trust and believe that that's what that is. And I know it's a habit that we almost, all of us have it.

You have to be a pretty, pretty well evolved human to never beat yourself up. We all do it, but just know that when you have that urge to want to beat yourself up for whatever reason, and I don't care if it's food or fitness related, whatever reason, if it's about your money or about your relationship or about whatever reason, if you're beating yourself up.

It's because you're thinking something about yourself that is plain untrue, and you're using it as an excuse to torture yourself. Because for some reason you've carried that around as a habit. That's okay. And, and I'm not trying to say you're not okay, but you can definitely turn those thoughts into way.

Hold on. I'm doing that thing. I don't need to do that because guess what? It doesn't serve me at all. So I just, I'm using you as an example, rose, but we all do it. And we all come [00:58:00] to those conclusions too, that we're like, oh, well I have my, why did I do that? I'm such a piece of shit, bro. You know what I mean?

And it has to stop. It has to stop. And I, I just, I want to make one more point and then I'll, you know, let Tina chime in. But I come from a family, a long line of alcoholics. I, I never had a

problem with alcohol. My problem was with food. I've been in 12 step programs to me, the challenge is, is the addiction.

And, um, I struggle with that every single day, just like, uh, an addict would or an alcoholic would. And so these groups and thank you Robin for this. These groups are what help keep me strong and keep me in tune with what I have to do. [00:59:00] Fantastic rose. And thank you. Thank you so much for being here. And I, I want these groups to be that.

That's why I have it every week, because it could be very easy for us to just not check in, but we're a community and we uplift each other. And I'm glad to hear that it's supporting you. And I want to say to you, if you're struggling, You're doing a really good job rose because you're not, you said it earlier, you're not eating the things that you're not supposed to be eating.

And I know I'm not saying that that's easy cause I know it's not, but I just want to, I want to stop for a second. I want you to stop for a second and praise yourself for the progress that you've made, because that is not often something that we do. We don't often stop and go, hold on. Especially if you're raised by alcoholics, by the way, if you're raised by anybody with any sort of, uh, addiction that gets, it may be the exact addiction, does it get passed down, but the habits of what the struggle is will get passed down and you might not stop and just praise yourself for really honoring your commitment to yourself.

So [01:00:00] you've, you're doing really well. Rose. Thank you. And Tina. Hello. Thank you for waiting. I'm always imagining you're holding that baby. Your grand baby. I know every time I look at that picture, I'm like that. Baby's so cute. She just always hold the baby. How are you? I am good. I. Don't have anything to share about challenges.

Cause I suck at them. Um, but we were just talking about what language we use for ourselves. You need to reframe that somehow to where it works in your favor. Not that it beat yourself up. It's true, but I still am not, uh, you know, you find challenges challenging. I find them less motivating. Um, I it's just something that I don't, um, it's, it doesn't motivate me.

I, I, [01:01:00] I don't know. Don't have the answer, but because I feel like if I'm not going, I guess this is the answer. Really. If I feel like if I'm not going to be successful at it, that I give up too easily. So it's just easier for me to, um, Just try to do. And I think Bob kind of said something like this earlier, just to do better than I did yesterday or to do better.

And I guess that's sort of a challenge, but if you asked me to do planks every day for like a week, it's going to happen three times and I just know that about myself. So I just, uh, use other things, um, to just kinda try to do that. And all I want to share with Sunday, I, um, went and actually sat at a restaurant and had nothing but coffee while I watched my husband and my daughter eat one of my favorite foods.

And, um, yeah, I just sat there and watched him. And then I waited until I got hungry because since I'm limiting myself [01:02:00] to mostly meats, um, and meat products or animal products, I was able to, um, just wait until I got hungry at like four 30 or five 30 in the afternoon. And then they wanted food later on and I just wasn't hungry again.

So I only actually ate, I want to say kind of like a snack yesterday and kind of fasted the rest of the day. And it actually felt really good. Like I just felt, I don't know. I feel like my body's, um, cleaning itself out. It just doesn't feel as bloated. So yeah, that was all. I just wanted to say hi to you guys.

I really enjoy these. So thank you for hosting Tina. That's incredible. That's really good. And, and by the way, if we can get into semantics and nuance here for a second, because nothing's black and white, and I understand that the word challenge might be triggering to some folk. That's fine. I don't care.

Throw it [01:03:00] out. I don't give a shit, but what I want to say to you is. The only way you could have opened your brain up to doing mostly meats. The only way you could open your brain up to like, you know what, I'm going to be aware of my body and I'm not going to eat until I'm actually hungry. Is you basically set up new paradigms and parameters for yourself, which guess what could be called a challenge?

I got you on a technicality. Yeah, yeah, yeah. Yeah. So maybe, maybe, you know, start. Rethink it, well, listen, I don't want you guys going to host the challenge is that what's this we're just talking about, uh, you know, what did people do? And, and because everybody's different. And, and I was just saying at the beginning, right now, I'm doing just 30 minutes on the bike because I bought this bike and then I wasn't using it because I was telling myself, I'll do three days a week.

And then I found I would just punt it everyday. I don't have time. I don't have time. I don't have time. And then I was like, you know [01:04:00] what? I'm going to make you do it. I'm going to make you do it 30 minutes a day. What's the worst that could happen. You feel great. Okay. You get sweaty and you have to shower more, nothing wrong with that.

You should shower more anyway. And so, you know, like things like that, that I like to set up for myself and listen, I break challenges all the time. It took me six years to quit. You know what I mean? I would be like, okay, this week, just this week, I can not even have a bite of dairy. Uh I'm I'm, I'm putting butter on something.

Like I would be saying that as that's putting butter on something, so like, you know, insert, like maybe the challenge is something really tricky, like quitting heroin, but maybe the challenge seems like it's something innocuous and it's really not. It's just as tricky. So that we're just talking about all, all of the ins and outs about what it means to set that up.

And by the way, I love the idea of being 1% better every day. I love that idea. And that is a personal challenge. And a challenge is to make you [01:05:00] aware so that you live more intentionally the next time. What is that thing that I've set up, that I'm going to do? Or some of us are motivated by the public thing.

We want to game-ify stuff. Some of us are motivated by, uh, I, I just can't be publicly shamed, you know, there's, uh, those programs out there that are like, you put up \$500 and if you don't do the thing you said you were going to do, it's going to get donated to some, uh, actually donated Terry X sounds like a nice thing.

I'd rather donate money to charity than exercise sometimes that's for sure. But yeah, I don't know what it is, but there there's all sorts of tricks to get people out of it. So we were just

discussing that. So. Um, I want to thank everybody for being here because I feel like we, this is a, this is an ongoing continual conversation, and I want to thank Megan and Leona, especially for donating their time and everybody who jumped on, I guess Bob jumped off early because he's eating that delicious dinner.

I will say tonight. I am grilling some, I'm having chicken breasts for the first time. In like years, I haven't had [01:06:00] chicken, but I'm having chicken breasts and I'm making a delicious chop salad with all sorts of vegetables, avocado, salami, and olives. And, uh, I'm going to have a chicken breast and chopped salad, which is a very, uh, for me a lighter fat meal.

Uh, so we'll see. How that goes. It's going to be fine. It's gonna be wonderful. Uh, I want to thank everybody for being here for those of you on the west coast. I know you got to go make your dinners for those of you on the east coast, you probably got to get ready for bed and everybody in between. Uh, we love you guys and thank you for doing this with us and being here and giving your input.

I have all sorts of great ideas. I'm going to take notes and put this up at my site at, uh, Anna vaccinia.com very soon. And, uh, I'm going to land the plane. So thank you everybody for being here. Make sure, oh, make sure you join the eat happy kitchen club right here at the top. There's that little greenhouse.

If you tap that, I think most of you guys are already in this club. You have to invite people and nominate people. It's not as easy now as, just as it used to be. If you follow me on clubhouse, I can recommend you to the club or invite you to the [01:07:00] club. I don't know. It's all very confusing. Make sure you tune in on Thursdays every Thursday from five to 6:00 PM.

Pacific that's eight to 9:00 PM. Eastern Megan and Leona hosts. The nsng. Yes. That's what, that's, what it sounds like it stands for is what it stands for. And it's people who really want to commit and check in. And, uh, it's basically, you have two opportunities a week in this club to check in. So please be here for both of them because we, we love hearing your voices.

So again, thank you everybody. I'm Anna Chino and thank you for all your support of the sauces to everybody who's ordered sauces. I really appreciate it. This launch has gone amazingly well. We have about 200 jars left til the next round comes in. So please get your orders in and have a wonderful week.