

009 Clubcast 70521

[00:00:00]Welcome to the happy kitchen club. I'm Anna Vocino, raise your hand, you guys, because you want to come up here and chat, even if you just want to check in and say, hi, let us know any goals. You have any ideas. We're just doing our usual Monday. Check-in, it's just that today's the end of a long haul the weekend.

And, uh, Saturday morning I had my very first live in person, grocery store demo with the sauces, all three sauce flavors and my team. And we were able to go and people, podcast, listeners and readers came down and we've got to give tastings to new people as well. And I got to sign books and I got to chat with people and it was, it was really pretty amazing.

I got to meet people like Susan Sloan, who I've never met in person, but have been very active in the group. And I got to meet some new people who had no idea about, so it was really wonderful and I'm, I'm hoping to extend that forever and ever, and ever to every city in the country [00:01:00] and the nation and the world.

Raise your hands, guys. Come on up here, come join me. I'm going to invite you. Let's see, I'm inviting Bob appear to speak. I want to hear, I also want to just real quick, when you come up, you yourself and then I'm going to start passing the talking stick around. I won't take too long, but, uh, since you guys are pretty much the inner circle here on the clubhouse, uh, I don't know if you've heard this on the past Friday show if the next Friday show, but Amazon is at their antics again.

Um, I just, so you know, if you do try to buy copies of either one of my books, Amazon no longer defaults to being the primary seller of my book. It's now defaulting to third-party sellers, which it always had. Third-party sellers. There's always a vibrant used book community on Amazon, but it always, if you were to say, search, eat happy too, and have a Chino or whatever.

And you come up with eat happy, too. What happens is you can click buy it now from Amazon or here, you know, it's from these other sellers of these prices and you can click that. Now. It's [00:02:00] actually the reverse of that. And you have to what's called win the buy box. And so of course, needless to say you're as truly has written Amazon many times over the past 48 hours to say, why is that?

Do you do that to like, if the latest Dan brown novel comes out, do you tell their publisher that they have to compete with people selling it used to get the buy box or does the publisher get the opportunity to sell their own book? And they said, no, we do it to the other publishers too, which I find very hard to believe.

But anyway, I'm tomorrow on my to-do list is to call everybody in the book publishing industry that I know to find out what's going on. What did they change? What can I do about it? Because my book sales have ground to an absolute halt. Plus Amazon has raised the prices of both of my books to almost, I think the full retail price, which they never do.

I don't know what's happening. It feels snakebit and it feels out of control. And that is something that emotionally exhausted me this weekend, but everything else is a really positive thing. I want to hear from Bob. I want to hear if you've made any special food. We had Lauren's 50th birthday party on Saturday night.

And if you're [00:03:00] hosting a big birthday party, I'm inviting Susie up. If you're hosting a big birthday party, chances are you don't eat. I didn't eat an actual meal for the entire 48 hours. I was in LA. I had some like Vinnie's nut butters. I had some pork rinds. I had coffee with cream in it. That was literally like what I had.

And the morning of the food demo, I was shooting marinara sauce. That was what I was eating. Those were my meals. And, um, I was totally fine. I had enough like snacky was, but we went over to people's houses yesterday evening and, uh, who grilled out ribs and porchetta. And I've never been so happy to have a plate of food, meaning meat in my entire life.

At one time, one attempt I did make to eat meat was I bought an epic bar and it was really gross. Okay. Bye. How was your 4th of July? Happy 4th of July. Everybody, if you celebrate, if you don't happy long weekend, Bob, how was yours? That, that brisket I saw on the [00:04:00] internet. Sure did give me the special happy fields.

Well, have I got news for you? So we paired that brisket with your, your red cabbage and kale slaw and your spinach and artichoke dip. And I have a house full of people right now. I love the peanut gallery in the back. Yes,

it is. It is amazing. It's a crowd pleaser. So we were doing our neighborhood, uh, independence day celebration a day late. Everybody's got stuff going on through the weekend, the, um, the, uh, the, the brisket. So, so yes, so, so the brisket, so we, of course you got the green egg, right? Um, I always, yes, always pair the green egg with the cheater.

You, so you got a little computer controlled air mover through there to keep that temperature all night long. Otherwise you're getting up at like somebody come out to 2:00 AM the change, the change, the, uh, change the wood out. Yep. Yep. Been there, done that. So. [00:05:00] This, I like to do a 24 hour cook on their brisket.

So it's a dry rub. And I posted on the site, what we list, what we, what we kind of rubbed it with all NSG. And I'll ask some G and then from about 12 o'clock yesterday, till just about, um, no Dawn, uh, today it kind of sat uncovered on top of pan of water, indirect heat, Hickory smoke about 2 25. And we wrapped it this morning and let it go for another few hours, took it off around noon and let it sit for a couple of hours.

And it is, it is. Yeah. Is it flavorful guys pair well with Anna's creations? Absolutely. So Anna you're, you are the head of the party and everybody here had your cookbooks. Thanks to me. Thanks to you too. I love that. Um, I, I'm not even at this party. I feel like I, this is the joyful birth that I needed to hear.

Thank you guys. But let me, let me ask you guys this, because by the [00:06:00] way, that red cabbage and kale salad, I make it all summer long. It's so easy. I will say pro tip. Definitely. Don't skip the step of massaging the kale, especially if you get like farmer's market kale, that's really tough. Or else people are like chewing on kale that tastes like, you know, it's the garnish on the side of like a 1970s crew to tape plate.

But I love that salad so much. It it's basically like, okay, I had my vegetables now we can really just focus on this brisket. Like it's a good compliment. I agree. I want to know. Did you ever

hit, did you ever stall out on that brisket or did everything time out as planned? Cause I have I've stalled out.

No, no. This one was, was perfect because I remembered last night to, to go out and check it, which, which I did. But w what I do. So I use real Hickory, and I also cheated because I used the trigger pellets, but I use the real Hickory. And then about, let's just call it six hours in. I added more Hickory, more trigger pellets.

So I knew that it was going to go all night and it was, it maintained to 25 all the way until I check it off. [00:07:00] That's great. That is, that's pretty awesome. So the, the stalling out that I'm talking about is when you guys, when you're cooking a big roast or on the, on you're smoking a big roast at a low temperature and especially happens with brisket.

And somehow the way that the cut of meat is designed, but it can happen with other cuts is that the internal heat of the meat gets just hot enough for it to start to release juices, that it cools off the outside of the meat. And then sometimes we'll, it'll stall out, meaning it kind of stops cooking for a little while.

And then you have to Jack up the heat a little bit, but you don't want to Jack it up too much because you don't want it to be a rough, tough brisket. You want to be soft, and now we're making it sound much more complicated than that. It's not, it's just, it takes some care, some love, some attention and some devotion and who wouldn't be to a beautiful brisket like that.

Yeah. And, and, and it's true. It is trailing her. And you know what, the funny thing too is, so we had some friends here earlier who had actually left and they were going to go to over to a market street and buy a yeah. I'm like, wait a [00:08:00] minute. I have that for dinner tonight. And I go, yeah. Yeah. It comes to pre-modern and I'm like, no, no, please.

Don't no, I'll tell you what go by the tri tip, but just get the, the real tri-tip don't get the marinated ruining and tips like that. They just don't know. So we're educating them. Right. So, so I actually went, I said, tell you what I have a pre-marinated skirt steak. Chimichurri there's nothing bad with it.

It's frozen. Here you go. Have this. Do you try to put it in the fridge and then have that tomorrow night, please just do it. And then they know me. They're looking at me like going up. Yep. That's Bob, does anybody want to be Bob's neighbor right now? I do. I want to, whereas I know I would never leave you guys.

Oh. But I, but I got to tell you, so, so on the third, um, we were invited to go out cause it was last minute. Hey, we're going to go out on the boat on the lake. Right. So friends go out from like noon until like 10 30 with the last boat back in the dock. And they're not in essence, [00:09:00] which, which is fine. Um, I got to tell you the nut butters saved our butts.

I, I, it's just, you know, if you get out there and you're, and you're kind of drinking and you're just having a good time and you have to eat and, and like the calories from the nut butters definitely saved us. Um, so I would highly recommend everybody. Yesterday the next day, when you, when you wake up and you're like, boy, I think I overserved myself slightly the night before.

Uh, as soon as you get some between your stomach to ultra salts, I was back in the game by noon. I forgot about the ultra salt. And because we went out of town for, for Lauren's

birthday and stayed at a friend's, I didn't have Advil or ultra salt. And I definitely overserved myself and didn't eat all weekend.

Like you said, I was having the nut butters, but there comes a point where you, you gotta, you gotta put calories on your stomach if you're gonna, if you're gonna be partying. Yeah. And we chilled them. So we had them in the cooler. So I know I heard your story.

split it all over you. So [00:10:00] yeah. So we told them and, uh, you get, you kind of just rub a little bit and that's good to go. So everybody highly recommended. We, I think the heat wave is over as far as Vinny's promo, but I did the heat wave. I got five bottles, so I'm good for the rest of the summer. Um, that's awesome.

I'm so glad I, Bob, I love it. I love it so much. Keep posting your creations. Keep inspiring everybody. Are you eating right now or are you guys like hanging out right now? Everybody. Oh, and you got on clubhouse. I love you guys. Thank you. Absolutely. Everybody's here. And you know, it's just, it's, we're just having a party and you know, back to work tomorrow, but, uh, yeah, we're still celebrating independence.

That's awesome. Absolutely. I love it. Awesome. Thank you Bob. I appreciate it, Susie. Well, I made hard. Hello? I made hard boiled eggs this weekend all weekend. [00:11:00] No, no, no. This, this is our first. This is our first 4th of July as empty nesters and it was very quiet and we just ate hard-boiled eggs and bacon and boom broth.

Did you turn them into deviled eggs or like, cause deviled eggs, same 4th of July E yes. I had AA eggs at my sister-in-law's last night. So yes I did, but I, my point is that, uh, congratulations to all the people who can cook, like Bob, Bob, and yourself. I'm so thankful for the books because it helps me be kind of like that.

But, uh, I just, I just don't have the gift that you all have, and I'm just, I just love to hear and learn from you guys. So thank you very much for sharing all those ideas. And my husband had a stall out with his, with his, um, um, smoker, and now I know what it was, so that's, so now I'll be able to help him master that a little bit better.

So thank you for all these tips. I'm really grateful. Cause like I said, I'm a good Hardwell [00:12:00] day maker, but anyway, um, we had a good time. It was just very relaxing and very chill. And I think we probably needed that because we're on a two week vacation. Now we just need to disengage from work and, and, uh, enjoy each other's company.

Um, and I, I S my July challenge is to run a hundred miles and I got my, I've got four days of running under my belt now. And, um, thanks to Vinny for giving me some advice on how to do it properly. I think I'm going to be able to make it so, other than that, it's been great. And I'm so excited to keep hearing about your successes with your, um, uh, with the grocery store visits, et cetera.

And I hope that we see you in Lititz here someday. I'm trying to get in touch with the Stauffer hill, uh, place. So we're, um, w it's happening and by the way, bro, grocery takes like 10 attempts. Get the info in, and then you tend more attendance and I'm fine with that, just so you know, [00:13:00] but it is actively in the works and, and the, the lit it's one is actively.

And every time my husband walks by my list, he's like, that's so weird. That's so weird that, you know, somebody who lives there. I was like, I know it is. Yeah. Another one to think

about too, is Weis markets. They're local too. And they may be, they may be somebody that might be a, uh, an outlet for you in Pennsylvania as well.

But Stauffers has a great, especially in lettuce, they have a great section that, um, would just be home for your stuff. That's amazing. I just wrote down Weis markets PA. Thank you. Yep. Thank you. And, uh, I know you're only on day five or of your challenge, but what does that mean? It means you about what? 15% of the way through the month.

Oh, don't ask me to do math. I've got 20. I did 22 miles and I'm at a set. So I have what 70. 22 miles. That's 20% of the way through 22%. That's awesome. Yep. Yeah. That's right. A hundred miles, duh. Yes, we can do that [00:14:00] kind of math. Yes. I can do that. Math. I can do that. Math. That's incredible. Congratulations.

Thank you. So thank you very much. And, uh, look forward to learning from everybody tonight. Thank you, Susie. And by the way, you guys raise your hands, come up here and yes, when you're an empty-nester, especially at first, it's very weird. It's very weird to not cook for the, for the little ones who, by the way, Lucy came home for 10 days and she still, to me, I know she's a grown woman.

I know that, but she just looks like a, just, she looks like a little baby person, but she just looks so little and I'm like, how can you be so little and just bird-like out in the world, but she is. And she's thriving. She's doing a great job. My little bird is thriving. That's the hardest part. Isn't it is.

To realize that they, they are on their own and you have to give them that little nudge to, and cause you just want to love them and mother them forever. You really do. And I tell my, especially my girlfriends who are going through it, [00:15:00] because I don't know if people, people don't talk about it enough, for me, it was pretty devastating until it wasn't like, it felt like very depressing until it wasn't.

And I realized if it hurts really badly, it means you did a good job because you're making one, who's not reliant or co-dependent on you and you want that. You want them to go out and make their way in the world. You don't want them to rely on you. That's a dysfunction. So I realized the pain was actually part of the process of growing a new relationship.

You know? Well, my, my oldest just moved to Michigan. So actually part of our vacation, we're going to drive out there to see him. And I told him, I love you wherever you want. But I have to admit it's a little bit hard to have him nine hours away. And my daughter, seven hours away, you know, it's still hard, but you have to exactly, like you say, you have to be proud of yourself that you raised them so that they're independent and feel comfortable enough to travel far away.

I could not agree more, Susie. Thank you. And um, I want it, so the irony of, of [00:16:00] Susie knowing all the meats, but make the eggs all weekend. Okay. I'm okay with it. You're okay with it. We're going to get you on the meats. We're going to get to making the meats. Oh, don't worry. I have plenty of ribeye around.

Okay, good revise. The easiest and the most forgiving and frankly, my favorite and I'm making it tonight for dinner. And in fact, my husband was napping earlier and I forgot to wake him up

before this clubhouse started. So he better have made those. I should like text him while one of you guys are talking because the rib-eyes very important.

I need to have that as soon as we're done, um, real quick, before I get to Jay, I just gonna want to reset the room. We're in the eat happy kitchen clubhouse. We're just doing a really like easy breeze. Check in, let me know what you ate. Uh, this, this holiday weekend. It let me know where your mindset is. Uh, ma a lot of people the month begins tomorrow and I get that because a lot of people want to put life into living.

I totally get that. I, uh, pretty much stuck to plan because I had my life into living week, uh, the week before for my husband's birthday and his family being in town. So it [00:17:00] was crazy. It was fun. It was a good time. It was very stressful and I'm really glad to be back into my country home. I do want to make a big announcement this Thursday and the next four Thursdays in clubhouse, I will be in the, uh, keto for the soul club and doing I'm sorry.

It might not be the keto for the soul club. Let me, I haven't reserved it yet, but it's every Thursday for the next four, Thursdays from 2:00 PM to 3:00 PM Pacific, which is five to six. Eastern. And this week, this Thursday I Vinnie and I will be on. And if you guys have listened to the clubhouses that I do with Vinny, it's pretty cool.

The last one, he basically did a mini consult for, for the first person who raised their hands. I don't know if it's going to go in that direction, but we're going to be talking about NSG, answering people's questions. And most importantly, in being in a mainstream Quito club and being able to moderate a room is a big deal.

So, uh, because here's the thing, Quito is very mainstream right now. Nsng is not so much. So we're really trying to get the word out there. [00:18:00] Yes, they don't differ that much. And if you do nsng, you could do keto. And if you do keto, you could do nsng, they're all kind of, you know, different colors of the same paint brush.

I don't know. That's not even a good analogy, but you know, two sides of the same coin, two ends of the same stick. I don't know. I don't know what the analogy is there. Similar. But there's a lot of things that happening in the mainstream Quito community, that nsng might be a little more real foods based. I would, that's how I make the differentiation.

And as Indiana at its core, doesn't do a lot of tracking. However, there are folks who do track. I don't, I'm not telling you guys, you can't track. If you, if it tracking helps you stay on track, do it. If it comes to a point where you don't, you don't need to do it anymore, you can give it up because that's the direction you're ultimately headed with doing an S and G.

But we're really excited to be in a Quito club that has 12,000 members and be able to do this stuff. And I'm going to be doing it. The next four, Thursdays 2:00 PM to 3:00 PM. I've already had folks DM-ing me, their cells, if they need an invitation. So please spread the word. It's gonna be really fun to have Vinny on that.

[00:19:00] And Jay, how are you? I am great. And how's everybody today. Great. Welcome to the club house. Thanks. Can you guys hear me? All right. We sure. Can you sound great? Can you hear me? No, I was just going to check in with, with everyone and, uh, um, let you know what I was cooking this weekend. So, um, I actually started the weekend out by Sue being a couple of Chuck roasts for 36 hours.

And now they are sitting in my refrigerator ready to be smoked. So I'm going to do a poor man's brisket smoking routine, which is Suvi for the, the Suvi for the Chuck roast for about 30, 30 hours. It gets nice and tender, and then you smoke it for about four to six and it turns out pretty good.

And so that was one of the things that we did. And then we did a couple of other things with, uh, [00:20:00] um, uh, out of, out of ETP cookbook. We did that. We did the, uh, like a spot show this weekend and everyone seemed to really like it. That's a big crowd pleaser, plus you can put vodka in it. Just say it. If you're ready, you can turn it

watermelon, bloody Mary, uh, you know, I, I might have to run upstairs and do that. Exactly. I'm just actually in the midst of, I ran down to my office when this started, cause I was just straining the bone broth that I'd been cooking as well. So that's very good. And I w I just want to give a shout out to all this meat cooking.

Make sure you guys are using your leftovers. Just grab any vegetables or aromatics that are about to go bad in the fridge or herbs and throw them all in and make your bone broth. We forget a lot to make bone broth in the summer because it's hot, but just make it and try to sip on it throughout the week.

It it's just so good for you. Get your salt, get your, [00:21:00] your tummy going. And, uh, and also too, if you really can't, if you don't have time to eat, you can drizzle some olive oil on that whip up the bone broth and eat that. Or you can even, uh, whip a raw egg. Okay. I'm muting myself. There's an airplane.

That's where I'm at. It's all good. That's great. Thank you for taking the time to jump on. Oh my God. That airplane is really loud. Thanks Jay Jodi. Hi. Hi, beautiful friend. How are you? I am so well. I spent the afternoon at the pool. Um, it's actually warm in Minnesota. I think it got to be right around a hundred.

So, um, we have a saltwater pool, which makes me feel a little less concerned for my liver. So, um, and just not to be a drag, but I will just say today is the 20th anniversary of, um, I lost my first baby and, [00:22:00] um, and I can tell you that I'm sober today. And I also, um, was able to take care of myself and stay nsng and be with friends.

And, um, so, so this thing works in great times and not such great times. Um, I really rely on my, um, nsng to create structure and I ended up having a really, really wonderful day. So, um, and I just plan to keep doing more of that. So with that I'll pass. Well, sweetie, I of course goes out. Terribly, sorry for your loss.

I'm glad that you shared it. Uh, this isn't just the room to share successes. It's the room to share whatever's going on. And it's a really safe space to do that. So thank you for doing that because I, you always remind me to Jody, to me is my role model for when things go bananas, [00:23:00] use the structure of the program.

Like she said, use the structure of nsng to keep yourself on track. Because I got to say, it's probably most of us who have the thing go, well, it's going bad. I got to eat ice cream or whatever the thing is it, or screw it. I'm at the party. I'm just gonna let loose and I'm gonna eat the food and forget about my problems for a little while, and don't worry your problems or waiting at the end of that party.

And you have indigestion. So congratulations, but we, we all have this very strong. Willed minds. And, and, uh, so you can either use the nsng structure in your favor or not either way. It doesn't matter. You're an adult you get to choose. But for me, I like hearing this from you, Jody, because it reminds me of like, yeah, that's right.

That's what you do, dial it in. So thank you. Well, and I'll just be honest with you if I keep going and I'm just going to lay it [00:24:00] out for a second. If you don't mind, this is what's true. I, um, I'm like I will on occasion probably eat. Like they, something that I will three bites of it. I have no limits. Is anybody else having a problem hearing Jody or is it my connection?

Yeah. Oh, it's all right. And so there you are, you sound like you're, you're fully there now. I just didn't want to miss you were saying, cause I bet it was really good.

The history of emotional eating. And so I'm there and I have deep respect for that aspect of my illness, so I don't play with it. Um, if I feel like there's any chance that I could get triggered, I just stop, take a breath. And I have a [00:25:00] whole other, you know, lots of stuff that I do because, um, nothing's going to bring my, my Jack, my son back, no nothing.

Right. And so, but I can live well today. So tomorrow is going to be even better. And that's just, that's kind of how I've gotten through the last, I don't know most of my nsng has been wrought with weird stuff, so, um, I just feel very fortunate and I, I still, I will say I still had a great holiday. It was just quiet and, um, spent it with my daughter and my dog and, um, and that's that's okay.

This year. So anyway, Wonderful. Uh, am I the only one who's like a holiday is ideal when it's quiet. It's just me, I think is my life is insane most of the time. So when we get the opportunity to have a quiet holiday, it makes me happy. And listen, I'll be, I'm the first one in line at the party. I'm ready to start the party.

I'm not, I'm not, I cannot resist. I [00:26:00] have the party FOMO. I cannot resist throwing down. And so hence why I said at the beginning of this clubhouse, I was considering canceling this clubhouse because I was like, well, I know we do this every week, but at the end of the holiday weekend, people probably won't want to show up.

People are going to want to be party. And then look, we did it. And like Bob showed up anyway, you know, folks are showing up at you guys are here and I really appreciate that. I'm so glad that we did it. And, uh, Kevin, I see you. I invited you up and I know you don't want to talk, but I want to invite you up because you and I got to meet.

I'm inviting you up. Don't you say? No. Don't you say no, Kevin on thus, you're not in a place where you can talk. Um, Kevin, hello. Hey, how are you? How are you? Are you in a place where you can't talk kind of talk? I'd walked away from the phone for a minute. And, uh, I was in there helping my wife clean up some stuff, so, well, don't worry.

We're not going to get you out of chores or anything, but I just wanted to say hi and hear your voice. And it was so good to meet [00:27:00] you in Pasadena on Saturday. Yeah, it was a blast, but you know, I had a good time meeting you guys. Yeah, that was awesome. Leona was there. Uh, Susan Sloane showed up. We had, uh, Linda, Wendy Gomez.

We had, I'm trying to think of Samantha Rose. There was a, there's a big, long list of folks who showed up and of course I'm spacing now. And it was just really nice. And, and I got to

say here I was demoing. There were supposed to be a bunch of vendors there and then vendors canceled. And I felt like my team, we had like a whole trade show booth going on.

Like it took up most of the room of what the space was. And then this other lady there was so nice, but she was demoing stuff made with what was a monk fruit. And we're all kind of like, oh, and it was, I did taste it and it tasted great, but I knew that I was only gonna eat one bite because it would like get me.

And then I wound up having three bites, but still, it, it, uh, with the people who showed out and it made me so happy with our community and how much [00:28:00] their support and people getting to meet from online, that it was good. Kevin, I was glad you were there. How was the rest of your weekend? Oh, it was great, man.

You know, I, I'm kind of like you, it was a, it was nice and quiet and you know, uh, I enjoyed it the most that way. So I'm just coming back from Cabo last week. So, you know, this is all kind of good. I'm trying to get back into it. Go back to work mode and not really working, but at least, you know, I have a good relaxing last couple of days.

So very cool. Kevin, will you tell everybody what you were talking about with the resort food? Remember how we were talking about that Saturday morning? Yeah. Yeah. Um, no, I was, I was just telling you that, um, you know, we'd gone to this all-inclusive resort in Cabo with a few friends, a friend of mine has the timeshare there and he said, Hey, you know, you know, a couple couples.

He said, you know, why don't you guys come up? So a few months ago, so we [00:29:00] planned it all together and we put it together for a week and you know, it was, it was good. But, uh, you know, uh, luckily the room, well, let me, let me say this, you know, it was all inclusive. So all the food, all the drink and everything like that.

But what I was telling Anna was that the food. Just pure crap. I mean, I mean, it was, you know, I had heard all these things and I'd seen pictures and things of, um, you know, how, how good this food was supposed to be at this place. And we get there and, you know, we walk in on day one and, uh, you know, it's like, uh, it was like, it was like a horror film.

I mean, the food was just that bad there, we walked into a breakfast buffet and there was, there was literally not one thing we could eat in there. I mean, if we were going to keep it together and I fully intended on keeping it together while I was there and I, and I did, uh, you know, what do you mean? Like you couldn't, there wasn't even like, like eggs and bacon, [00:30:00] like explain what you mean.

Yeah. The, the eggs and bacon that was there, or, well, there was no bacon, first of all. So strike one. Okay. That's bullshit. Yeah. I was angry. Um, there, there was, um, There was a Turkey bacon, which, you know, anyone that knows me knows that I'm going to scream from the rooftops. That's not fucking bacon. That's the first thing I'm thinking.

So there's that, uh, you know, the eggs, you know, that usually figure you can get a, um, a boiled egg or at least, uh, or some scrambled eggs or something like that. They're making scrambled eggs with seed oil. So, you know, I couldn't do that. You know, I was looking, looking at I'm thinking, oh, we can get a little omelet, little quick goblet or something like that.

And I watched him squeeze the yellow bottle into the pan and I said, okay, that's off. Um, you know, nothing but bagels, nothing but croissants, nothing. You know? I mean, there, there wasn't even, you guys aren't even going to believe that there wasn't even [00:31:00] butter. That's what I was telling Anna, there wasn't even butter in this room.

All these rolls, all these donuts, all these things. Um, that you would want to put butter on. There was no butter in the room. There was these things that, um, you know, they were shaped like butter, you know, it's the little margarine packets or whatever, but, you know, because I don't speak Spanish, you know, I'm kind of guessing at what's there.

And, um, I grabbed it and said, oh, well this might be butter. So I take it over to the table, I open it up and, uh, you know, I tasted it and I'm like, well, that doesn't taste like butter. And Tracy's looking at me like, you know, well, what are we, what are we going to have your, what are we going to do here? Um, and she was unsure also if it was butter or not, cause she tastes it.

So I took it and I threw it in a cup of coffee that was sitting there in front of me. And I said, okay, this'll be the, this will be the telltale right here. And within two minutes, obviously it melted down. You know, it was, it was two separate pools on top of this cup of [00:32:00] coffee, one was yellow and one was clear.

So it was just pure oil with some coloring in it. It was, it was the worst. So yeah, that was kind of the way things were going. Um, so what we did was, uh, we, we had, uh, we had rented a car while we were there. Cause we had another side trip that we were going to do. And, um, we hopped in the car, found this great, uh, high-end uh, grocery store went over there and bought a bunch of provisions because the, the room had a re you know, a full-size fridge and a hot plate and everything in it, pan utensils, everything.

So we just said, screw it. We'll, you know, we'll just make our own stuff. And that's what we did, you know, about a bunch of cheese and eggs and, uh, some great cream, some great heavy cream. Oh my God. It was delicious. It is like pink. It was awesome. Yeah, we got all those things and you know, every day we just threw stuff together every day.

[00:33:00] Now, did you focus on you? Are you saying you just did that for breakfast and then you would go out for your other meals? Yeah, we knew that we knew that we would probably be out in the street for meals or whatever, or at least on, you know, we, if we were on site at the, at the property, we knew, well, we can, you know, it's just like a five minute.

They had these golf carts that would take you all over the property. So they just hop a golf cart down to the room. And, you know, we had some teaching on, in there and, you know, once all the other good stuff, toady some things. So we just said, you know, if we have to do that, we'll do. But it turns out we didn't even have to do that.

We, uh, oh, we had a bunch of great avocados there that we had, uh, you know, just left in the fridge and, um, tomatoes and cucumber. And a couple of times we, you know, at night we went back and, you know, chopped up some of that and ate it, you know, and we were good, you know, the people we're with couldn't understand what we were doing, but that's okay.

It wasn't for them, you know, [00:34:00] they wanted to be out, you know, eating that crappy food. And, uh, like, uh, I was telling Alan, a couple of my friends, they were going to the little, you know, kind of Denny's 24 hour cafe thing on the property there. And, you know, they're eating nachos and shit like that. And I'm going now.

I think I'm going back to my room and I got food in there for if I really need to eat. Uh, it, you know, it was just, uh, just a bunch of choices and we were okay. You know, we were okay. And Al got back in, hadn't gained a pound, just like I, I swore the night before that I wouldn't have gained a pound the entire weekend.

These people watch me eat and watched him and saw everything that we were doing. And, uh, I'm sure that, you know, before they really saw that they were questioning whether we really eat the way we claim that we eat. But, you know, it's just one of those things they, they learned. That's amazing. Kevin, thank you for laying all that out because I know that like everyone's [00:35:00] terrified of going on vacation and you don't need to be terrified of going on vacation.

Number one, get over your hangup of having paid for all inclusive and you're still going and buying groceries. Just get over it. You're you you're you have. The means with which to do it, then go do it. You know what I mean? Put, put that as a priority first. And number two, take control of your breakfast.

Always, always take control of your breakfast. Everything else you can really like deal with the rest of the day at, like you said out and about. So that's, that's really fantastic. And I, I, I, it's nice to hear that because you want to hear that. And then to me, the, also the biggest irony is that the Mexican, the actual Mexican cuisine and what the locals eat is the most fresh, beautiful, delicious, gorgeous cuisine.

And that what's on the resorts is like this Americanized horrible crime. You know what I mean? And I'm like, you're getting Mexico go to this local [00:36:00] market. They have the best citrus and the best avocados and the best fresh fish and the best. You know what I mean? You'll get that you'll ever have for sure.

Especially if you know, like we're spoiled. Cause we're in Southern California. We do have a lot of that here. We've been here, you know? Well, I've been here all 50 of my years and I don't know. I won't say how many of your years I suspect you've been here, but I know he's 20, so yeah. Well of course I know you're only 29, so

oh my God, you couldn't pay me enough money to be 29 again, by the way, what a, what a stressful age. That's the only way. That's the only way. And maybe have the same bank account would be nice. That would help. So, yeah, I mean, w we were spoiled because we we've had all these things around, but like, you know, like my sister, um, like I, I smuggled those three avocados.

I, I, I don't know if anyone saw those pictures or not, but I posted some pictures of some [00:37:00] avocados. I, I smuggled from Mexico in the bottom of my bag and my sister was like, oh my God, are you going to send me those? My sister lives in Chicago. So she loves all avocado and they get the little baseball or racquetball size avocados that never ripen.

So she was like, you have to send me some. And I'm like, well, sorry, systems are dead already. They're like, you know, if I send them to you, there'll be worthless by the time they get there. But, um, but yeah, they, they have all the greatest stuff and, you know, to, to see, uh, a resort that's, you know, in the middle of Mexico doing that is just, it's really strange to me.

I don't understand. They could do so much better. I think it's most of the resorts. And, but you just have to, you know, you just have to kind of research, you know, where do the locals go? What are the markets? Where are the places where, you know, and you'd have to do that in every country. You know, it's like they're in every country, they're going to have their places where they cater to tourists and, [00:38:00] and, um, you don't be a tourist, just don't be a tourist.

That's kind of how Tracy and I went into this, you know, we went off into some other places where, you know, the other four people said they didn't want to go, you know, so we hopped the car and drove off and did it, you know, and it was cool. You know, we did it for a day and a half and came back and you know, it was, it was cool.

I try, I, I took this, uh, this, uh, stance of I'm going to try and do some traveling and do it in the style of Anthony Bordain. And he didn't do stuff. Traps, you know, he did stuff like going and out, you know, actually talking to locals and seeing what they do and where they go. And that, that seems like the most fun to me.

You know, sitting in at a hotel. I can do that anywhere. I do that for work. Agree more. That's awesome. And by the way, you've invoked the name of our Lord and savior Tony Bordain. [00:39:00] You love that guy may recipes. We love him. Um, thank you, Kevin. Thank you for chiming in Tina. Are you there, sweetheart?

Hello? How are you? I'm good. How was your weekend? Okay, Kevin, will you mute yours? I think it's feeding back.

I'm muting to Tina. Hi. Hi. I, um, had a fantastic weekend. Um, we, we didn't go anywhere. I grilled in my backyard. So, um, I cleaned in my grill, got out all the, all the things to clean off all the grease that is too long. That's an endeavor. Good job. Yeah. I, I vowed this time to, um, do it more frequently. It had been a year.

I did [00:40:00] it last summer and I hadn't done it to, it had been two years prior to my husband tore his Achilles. And then we had a renovation at one of our rental properties after that, the following year. So, um, I, yeah, just about, I'm going to at least go out there once a month to get all the degrees state if you will.

Um, but yeah, so we, we, we grilled and didn't do anything. What'd you bring, didn't go anywhere. Um, a lot of burgers and kielbasa, um, And I know that that has a little bit of stuff in it, but, um, I didn't need too much of it. I stuck with the burger. And what else did we grow? Oh, chicken. I've I've finally figured out a way to not hate chicken breast on the grill.

Um, I marinade it first in olive oil and the seasoning, and then I cut them into smaller pieces so that they, so I'm not trying to get the [00:41:00] thick part cooked while the other end dries out. Cause that's always been my, my issue. So finally figured it out. It's like five minutes on each side in our grill.

Cause it's like really hot. So, um, chicken breasts a couple of times. So I'm very, very yummy. And um, I w I, I have, we're planning our vacation. We leave Saturday and I have plans to stick to nsng most of the time I'll probably have two little small deviations, but. I I hearing Kevin's story is very motivational and, um, I'm more worried about my DRI we're driving down to Florida from Ohio.

So I'm more worried about the drive. So I'm telling you ordering those fasting order, those nut butters, and, and if you can find any sort of beef jerky, or premake like a pound of bacon and put in a, put some stuff in a cooler, you won't meet. If you, if you're low carb, if you're fat adapted, you won't need as much as you [00:42:00] think.

Yeah. That's what I'm thinking. Because the past couple of weekends, like I, I was going to eat at like three in the afternoon, one day and we got busy doing something else. And by the time I realized it was eight 30 and I'm like, uh, I'm just going to wait until tomorrow morning to eat. So I actually fasted an entire, you know, not that it's miraculous, but, and I've done it before.

So it's not that huge of a deal, but it wasn't even planned. So I didn't like, you know, um, Yeah, it's just, it's just so I'm actually considering fasting for the drive and then eat some, um, find a decent burger and eat that, you know, before we stop at the hotel room in Charlotte. So yeah, I'm, I'm, I'm I hearing, hearing Kevin story where he actually went out to a store instead of eating the crap.

I'm like, okay, I have no excuse then that's, that's a great, um, a great little kick in the butt. And don't forget as the resident, hard-boiled egg kind of sewer, don't forget those. And you're in your cooler too. You know, that's a [00:43:00] good idea because my here's my only issue. And you know, my husband supports me, me doing this and does it most of the time with me.

Um, he does, he still consumes artificial sweeteners, but, um, and then he'll usually more times than I do. He, he deviates and eats like brownies or whatever, but. He supports what I do, which is the, which is the best part for me. And, but the smell in the car. So I'm thinking I have to make sure I eat it. Like whenever you stop at the gas station, get out of the car.

Cause my husband hates hard bulldogs too, and I love them so that we have that the same as you, you just have to wait til you're out of the car, take two bites. One, two, it's done. How many licks does it take to get to the center of a Tootsie pop? Yeah, exactly. But if you ha I, you know, so no great ideas. I appreciate all of it.

Thank you guys. So, so much. And [00:44:00] um, yeah, I spent today with the grand, so that was, that was extra, extra special ending to the weekend and then get ready for work tomorrow. That's awesome. Tina, thank you. And have so much fun on your vacation and yeah, you know, I did the same thing. I, I had to leave. I left Friday about 4:30 PM.

For, uh, LA I wanted to skip the traffic and I'm only two hours away, two and a half hours, you know, and I ate a decent lunch that day and I was like, okay, well, I'll just pack up some Vinnies nut butters. And I had the epic bar that I bought, which I didn't have till the next day it was disgusting. And it threw in the trash.

I was just going to say, is that, is that, is that I thought all of those epic bars used to be nsng now they have one flavor that I, that I still like, but it has dried cranberries and it doesn't have anything else in it, but they didn't have that flavor. So I grabbed another, I was like, well, I'll just try this one.

And I [00:45:00] felt like it was the universe being like. Just it's disgusting. Don't eat. I never was a huge fan to begin with, but I'm also not like a beef jerky type of person. I don't, it just kind of, you know what I mean? I don't like it. So I think I burnt myself out on it. I used to eat it all the time now.

Sure. You can do that too. Like I, I've not burnt myself out on bacon, but I could see how people burn them. So I get it. You can definitely burn it because I'm that way with beef jerky. I can't, I can only deal with so much in my life. So I had at four 40 halfway on my drive, I had a nut butter and we had all sorts of errands to run, to get ready for the food demo.

The next morning I had to get up at the crack to go set up for that. And so, and then we finally were able to charge the car. My, I met up with my husband who was doing something else. We were able to charge the car by about 9:30 PM. And then he, cause he kept saying, well, we'll go to, we'll go to in and out and we'll get you to burger patties.

We'll go to Indiana and get you to burger patties. And then I was finally like, well, it's nine [00:46:00] 30 at night. We're charging the car. I don't want to go wait in a drive through line cars in and out. It's always slammed. And especially in LA, I was like on a Friday night, I don't want to go wait in a drive through line is 9:30 PM.

Can't I just go to bed and be fine. I had a nut butter at four 30 and I was 100% fine. Like it was more than fine. You know what I mean? And then the next morning I got up again, the crack, I always have my coffee. And uh, so I got up at the crack and went to Pasadena to do the food demo and basically had shots of marinara.

And that's what I ate and. Lauren's party in the night where we had all this food and I had a couple of chicharrones and that was it. Like it w it, that was it. There was nothing doing. And then finally, the next morning we, we thought we were going to have breakfast. Then I was like, nah, let's just go. I'm going back to LA, I'm going back home.

I'm going back up north and had one of Vinny's nut butters and stopped at whole foods and got pulled pork from their little food section and had a little pulled pork and then went and didn't have a plate of food [00:47:00] until Sunday evening at 7:30 PM. So those little well-placed snacks, if you're fat adapted, you're going to be able to do it.

You know, so, and also too, if you get tired enough, I do like going to bed. If I'm able to not have a huge dinner, it can't hurt to not stop for yourself at dinner. Right. Especially on something that might not be that great. But I just want to throw that out there. We have more of a fear and especially getting on an airplane too.

There's like six hours would not act. You feel panicked, but just put some snacks in the bag. You have some snacks and then just try to fast, like you said, and then if you need the snacks, they're there for you have the security blanket, you know, not pork rinds at a gas station. That's always, yeah, you can do that too.

I know the pork rinds at a gas station are gonna be fried and crappy oil, but sometimes you gotta do what you gotta do. I just want to put that up. Yeah. So yeah. Okay. That's great, Tina. Yeah, eggs are good. And I think I actually might do some ground beef and onions in a, um, Tupperware. Cause I can eat it cold.

I [00:48:00] know that doesn't have to be, I prefer it hot, but you know, I can always eat cold burger. Perfect. Okay. I'm glad that there's somebody else out there who will eat the cold meats. I will eat the cold meat. I'm grossed out by beef jerky, but I'll leave the cold meats, whatever who knew. Yeah. Well, thank you, Tina, and have a great vacation and check in with us when you can sue.

You want to chime in. Yeah. I just want to say Tina, from my experience on the road, there's a lot of convenience stores that have microwaves in them. So if you really don't want to do it cold meat, if you feel like changing it up, I'm sure if you stop along the way at one of those places, they'll let you use their microwave.

Especially if you're going into south. What's that place. It's not Speedway. It's a God, what does it call? It's a giant gas station with a giant Mart and restaurant in it. And they have them all over the route. You're going to be going down to Florida truck, stop with like a truck stop, but it says gas station.

Dukes is one of them. Oh yeah. Duke's is. And the [00:49:00] other flying J is another one there, but there's also a, like a convenience store that has chicken. It, they make fried chicken. So when you walk in, you will smell badly when you leave, like the fried chicken, but it's not Cumberland farms. Oh my gosh. I drive there through there all the time.

But while I was sheets, you'll find lots of places to start sheets. That's a good one. They do have a microwave at sheets. Oh yeah. Okay. Thank you guys. Great. Thanks Tina Devin.

Sarah knitted. How are you? Good. Are you wonderful? Tell us about your weekend. Tell us every day. Okay. Well, let's see this yesterday. We had, uh, some of Robyn's Maryland chicken, what we call in Texas, just chicken, but, uh, it's special because it's her Maryland recipe, but, uh, Yeah. Uh, we had that yesterday [00:50:00] and then today we had, uh, two rib-eyes from the cow that we bought a couple months ago.

So, uh, eating well, eating carnivore, and sticking with it. Um, I think one of my biggest issues that's coming up in the next few months, well, actually two weeks is, uh, I started traveling for work again. So now, um, every month there's a week that I'm going to be boarding planes and traveling, uh, locations and stuff.

So it's going to be a little bit more difficult finding food. However, Tina, one thing that I do, uh, is we cook up probably anywhere from a dozen to two dozen eggs and Anna's, uh, egg muffins and I put bacon and chorizo and sausage. And what we do is we wrap those up and, and. And cellophane and then, um, freeze them [00:51:00] and then I'll take those on the plane with me.

And by the time I get wherever I'm going, uh, throw them in the, in the refrigerator at the hotel for, you know, the next day. And those were my snacks as I travel around or they're my side dish with whatever I eat. Um, and whatever restaurant I go to. So there, there's a thought for you. If, if you need needs a little bit of help on something else, I, you know, I

might just do that for in the car when we get there, we have a full-size kitchen, so that part's easy.

It's the drive down and the drive back that I was looking for ideas, but that's a great one. Thank you. I appreciate it. Yeah, no worries. Uh, that's that's my staple when I travel or it's actually, uh, anytime I go into the office and work out, it's my, uh, my after, after workout meal. But that's, uh, you know, I'll tell a little bit about Robin's story.

I know, uh, Anna you've been listening and I want to know the update. Thank you. Uh, she actually has a blood test [00:52:00] on Thursday for her food allergies. How exciting? Oh yeah. We're going to get some answers. I know. We're pretty excited about that. So a doc, I don't know if she's told y'all she sees Dr. Trow. Uh, so, um, Dr.

Trow put in the order to get the blood work done. So, uh, we're pretty stoked to find out what that, what that's going to tell us. But other than that, that's it, uh, I'm down. Uh, my, my goal for the month was to lose 10 pounds. I'm down three so far. So, uh, well damn son. Yeah, that's my goal. I stalled out for the past couple months and, and, uh, kinda got off of Vinny's, uh, had a consult with Vinny back in January, and I kinda got off the workout a little bit.

Getting back on the workout and, and get back at the gym. So that's, uh, that's my story. I'm Matt and I'm done talking. That's amazing. Anybody out there in the audience you [00:53:00] want to raise your hand, do not be afraid. We are, we don't bite that badly. Have we been bitey? We haven't been bitey. We support each other.

Um, anybody wants to chime in, let me know. I will. We're raising some hands. I'm bringing Linda up here and I just will say this. My goal for July that I have set for myself is to have lights out and no devices, like basically be trying, trying to go to sleep or asleep by 10:30 PM, which doesn't sound like that's that crazy?

I'm sure to most people it's crazy to me because I hit this like second wind stride where I could stay up easily till midnight or 1:00 AM. Um, reading, whatever, doing work. My brain does not shut off. So I'm making myself do this and it is. July 5th. And I have accomplished this once and it was last night, but I got to tell you what I did was I slept for it cause I have the aura ring on and it will tell you the exact hours you were asleep.

And it [00:54:00] knows when you wake up and go pee and all that stuff. I slept for eight hours and 18 minutes total. And it sounds like the most decadent spoiled privilege in the world. And it is, and I need to do that every night of my life. Um, Vinny and I are going to talk about this on tomorrow's PA, or maybe we talk about today's, but today's Monday, right?

Maybe it came out today already, but he also inspired me because he is a bit in a lot of pain. And so he's been trying to get more sleep and it's helped his inflammation go down. I have been at a plateau. I've been very stressed. I have not liked the way that my, my body's been this train. My body has been going down with the stress.

So I am, this is what I'm doing, cert managed. So I just want to chime in that's my July thing. I've done it once so far and I'm going to do it again tonight. Got dammit. Linda. Oh, wait, hold on. Jody's going to chime in and say one thing real quick. Oh no, I'm going to do it. I've been doing the [00:55:00] sleep, uh, eight to 10 hours every night since may.

And I'm like a totally different person. So that's all I just wanted to say, go girl, go. And you, you were one of my inspiration points for that too. Cause I would see your posts and I'd be like, yeah, I should try that. Uh, taking care of myself thing. We forget about sleep. I do. At least I have this thing where I'm just like, well, I'll sleep when I'm dead.

And then I realized if I don't sleep, I will be dead. So there we go, Linda, sweetheart, how are you? I'm doing well. So on Saturday I walked away with five jars of sauce and today I made with the eggs in it. And you did it, you poached the eggs. I did to take a picture because I would just want it to get in so fast and eat it.

And it was delicious. And I put a little Parmesan cheese on top and it was the best. Now, which flavor did you poach them in? Um, the puttanesca puttanesca. Yeah, it was delicious. So that's what we had today and I've been fine all day, you [00:56:00] know, cleaning up and getting ready for the week. I just plan on staying focused, just, you know, no, I always say it's easy, just a meat and a vegetable, a meat and a vegetable.

And I'm just going to try to stick to that this month. That's fantastic. Thank you. And yes, it was so great to meet you. Kevin's here. I got to meet him. Finally. Leona's in the audience. Got to see her. Uh, you guys, it was, it was a really good time. I can't wait until we open up more and we're able to do those, these things more.

So Linda, it was just an absolute delight. And by the way, congratulations to Linda because she got some of the puttanesca of the puttanesca and the pink crema sold out of the grocery store. So if you go to grassroots in Pasadena, you, you will find the mayor arrow. And, um, and it's still less expensive than getting it online, but you won't get the other flavors until they reorder.

I've got to talk to the guy tomorrow, but they sold out really quickly. And, um, some people got there later in the demo and, uh, they were upset that they didn't get the flavors. Kevin, were you one of [00:57:00] them? Yeah, I didn't get any of the flavors I told you that, uh, that shit was amazing. Yeah. He, I was like, just keep eating the samples.

Cause that's the best I can do right now. Yeah, that was, that was really good. I wanted to loop back around to you're asleep. You're asleep. Yeah. I know that you're trying to stress things off from everything I've been going through the same thing for like about a year where I've been trying to cut things off early and go to bed and get some sleep and whatever.

And, uh, the one thing I've found and you know, everyone that's tried to really get sleep has always bought one of those stupid IMF things. Right. And they're supposed to help you sleep. And it does nothing really for me most of the time, but I bought this other one look into this one and it's called manta M a N T a.

And it's a brand new, well, [00:58:00] not, I don't know how new it is, but it's a new design of a, of an iron mask. And it's got these big eye cups on it and it I'm serious. The one that looks like a bra on your face. I've seen that one. I have to get this. You, you should, you absolutely should. That thing works like, like nothing else, man, nothing else.

I mean, it's, it's literally a fight between me and Tracy as to who's going to get it. Should buy your wife, a manta probably should back for her and I've just kind of commandeered it, but

it's absolutely amazing because it actually makes everything, you know, like completely blackout, even if, even if the windows are open, it does a really good job of getting things as close to black as it possibly can get.

Cause I, I did that and um, I had the curtains and all that shit, but you can't always get it. Right. You know what I'm saying? It doesn't always black everything out for whatever reason. So [00:59:00] I try, well, let's get a mask or something like that. Cause my wife likes to sit up and watch stupid movies and you know, she'll be watching friends at three in the fucking morning.

So yeah, I know it's the worst. It's the worst. I wake up to that two and a half minutes. It's the worst thing, but the horrible show to wake up to. Do that food, but just cause of the jokes. Well, yeah, the joke, sorry, Charlie sheen get outta here. Get out of my bedroom, Charlie sheen,

you know, so it's really helped out a lot. So if you're looking for something like that to try and help black things out, that's what you want. That's the best thing I've ever seen now. Great tip. Thank you, Kevin. I wrote down manta in all caps and you know, I will be getting one and then turning it into an affiliate link for when I post this club cast on my site, you guys can all go through the link and throw some goal on the [01:00:00] fire.

Um, thank you, Kevin. I really appreciate that, Wendy. Are you there when he hi. Hi everyone. Hello? No, I just wanted to say hello and how much I enjoyed it going out and supporting you. You and your daughter were just the cutest. It was so great to meet you guys. We talk about you all the time, and this was an opportunity for her to meet you.

So I'm trying to instill, you know, the nsng lifestyle, uh, without being overbearing. That is, that is listen, you and every single parent who is in this group and in this whole thing, we all are like, well, I'm just trying to like, be the voice of reason without being a complete overbearing, you know, dictatorship, that's walking the line and she seems to be taking to it.

Yeah. Yeah. It was, you know, you raised teenagers. So she, as a teenage girl, if you hear it from somebody else and it's somebody as cool as Anna, then you know, it, it, it goes over a little bit. Yeah. I swear we should all do, uh, uh, [01:01:00] kid trades, teenager trades, because they are teenagers always listen to another mom.

The other mom is always the coolest. Yes, exactly. Yeah. I feel what helps. And then what helps and I wanted to share was that I, every Sunday, well, I know today's Monday, but you know, because of the holiday, I spend a few hours in the kitchen and I try to make, um, you know, some meals for the week. And so I just wanted to share with you guys what I'm making.

I just finished up, I just made the easiest roasted chicken. Um, and that just turned out amazing. And I did the Instapot chicken put pre-cash. I can never say that correctly, but pre cashed Stu perfect touch. And then the salmon puttanesca. So those are three on the menu for this week. That's an oops. I muted.

And then started talking that's that's a damn fine menu. Yeah. And a wider, a wider array of, of different delicious menu choices in different meals. Exactly. So it makes that makes it a

little bit easier, you know? And then I just put them quote, unquote menu on the [01:02:00] refrigerator and I D I let her pick. So what do you want to have today?

See, that's good. That's, that's it like really good parenting hack too, to be like, here's the three things you can choose from and I'll make that. And then who doesn't want a home cooked meal? Exactly. Yeah. And a lot of times it's, it's interesting on the weekends, you know, we tend to kind of go out to eat or pick something up.

Um, that's, you know, nsng compliant, but you know, I'll ask her, okay, well we know what do you want to eat? And she's like, she'll think about it for a minute. And she'd be like, well, do you have anything already prepared? I'm like, oh good. Yeah. Yeah. But I also wanted to ask you that I forgot to ask on Saturday, was, are you going to be, um, selling your aprons?

I would love, oh my God. I, you know, what's funny. I totally forgot about the aprons. We got these super cool eat, happy kitchen aprons. Yes. We're going to be selling those. I can put them up on the site or we might just wait until we have demos again and sell them at the demo. But yes. Cause I, I, they made me make a minimum of like 20 of them and there's obviously only three or four people at a time [01:03:00] on the team helping with the tempo.

So I was like read a lot of aprons. We should sell them. And they're, I think they're super cute. Yes, I would love mine. Okay, great. I'll figure that out. I'll put it up at some point and figure that out and, and, uh, figure out, I think it's easy to fold up too and put it in like a padded envelope and ship it out.

I don't have to do like crazy shipping or anything. Um, yes. Yes. Thank you for asking that. Uh, I appreciate that. Oh, and I wanted to ask you your easiest rose to chicken. You are going to save your chicken carcass and make some broth, right? Heck yeah. Okay. Just making sure, making sure everybody's on the, up and up with the bra for sure.

All right. Thank you, Wendy. Thank you everybody. Who's who's chimed in. They give everybody chimed in and had to hop off. We did it another week. In the bag another week starting. So I hope that you guys have gotten some good ideas, some inspiration, some, I don't know, just some all around check-in goodness to make you want to go.

Okay. I think I can [01:04:00] continue to do this for another 24 hours. Don't forget, please. On Thursday, I will, I'll be posting it everywhere, but we're, we're starting the, the, the KIDO. Gosh, Nathan probably knows what it is that the, the club that it's in. So you guys have to, it's a mainstream KIDO club run by Erica PR diva.

And, uh, she has invited me to host a room for the month of July, every Thursday from 2:00 PM to 3:00 PM, Pacific five to six Eastern and Vinnie is going to be in the first one. Stephen Crutchfield from Villa Capelli is going to be on one of them. And I'm going to invite some of our are good, you know, nsng.

Friends of the nsng world to come and speak. It's in a club. Now you see if you're in my club that you'd happy kitchen club, it's like 400, 500 people, probably more three or 400 people. I'm not sure this club has 12,000 members. So it's going to be a much larger scale. It's not going to be our little intimate clubhouse.

I'm still going to do our little intimate, weekly clubhouse, but this is a fun [01:05:00] opportunity for us to all kind of like get the nsng, you know, real food movement of Quito

out there into the mainstream keto community. So I'm very excited. So I hope you guys can join. Plus, it's always cool to hear Vinny do his thing.

Um, and, uh, yeah, and again, reminding everybody, if you do buy, eat happier, eat happy too. You're going to have to dig on Amazon for that buy button because they are now. Not making me the first vendor of my own book. They are doing a third-party seller thing. I don't know what's going on. It's making me nuts.

And another reason why I lose sleep at night, but, or you can go to eat happy cookbook.com and there's a bunch of other options like Barnes and noble. You can buy it directly from the publisher for 25 bucks and that's actually a better price than Amazon anyway. So just want to throw that out there. And then this I'm going to save this and put it up on my website at dot com.

I'm going to have some new recipes coming out this week. So tune in and I love you guys all so much. You're the reason that I do this in the clubhouse is like, honestly, the clubhouse is kind of [01:06:00] weird, keeps me going because we're able to all talk and I get to hear your voices. And for me, it juices me up at jazzes me.

So thank you for being here. Thank you for participating. Thank you for helping each other and, uh, have a great rest of your week. And we'll talk on Thursday.