

013 EHK Clubcast 80221: Keto Carnivore Cookbook

Author Mel Brown

[00:00:00] I am very excited to be co-hosting this week's eat happy kitchen clubhouse check-in which by the way, is being recorded full disclosure. That's what that, that red dot with the rec means recording. We are rolling and I'm here with Mel brown author of a keto carnivore cookbook. And by the way, uh, a lot of my, my friends are going to be here.

My audience is going to be here and I wanted to talk to Mel because keto carnivore is very popular with this group. And so we needed Mel here too, to lay some shit out there because of her. Her book is awesome. She's got great. It's the keto carnivore cookbook. I'm going to link to it. Of course, when I type up the show notes, but I just want to welcome everyone to the happy kitchen clubhouse.

And I want to welcome Mel to the eat [00:01:00] Happy kitchen club. We're going to keep it real casual. I'm gonna interview Mel for a little while, and then if folks want to raise their hands later on, uh, hold on. First of all, melamine, make you a moderator. Wait, how'd you get that cute little flag in your thing. Oh, it's a new update with a clubhouse.

You can choose who you're supporting and the Olympics. How fun is that? Um, it's amazing. By the way, it just asked me that I just updated and asked me if I was sure I wanted to make you a moderator and I am sure. I want to make you aware. 'cause they, they know the gossip about me, so they would just check and all you show me.

Right, but you're sure you're sure let's talk about food. What can you just start to give us, like, what's, what's your journey? How did you come to pass? And also to, at some point, we have to tell how, you know, Vinny, which is totally random. Yeah. How funny is that funny? So my journey started four years ago and I [00:02:00] I'm that girl that has done every diet under the sun.

I start them. I get all excited about them. I buy everything that's associated with that diet. And for three weeks I do fantastic. And then I fall off the diets and put on more than I lost and more. And it's just becomes this vicious circle of yo-yo dieting. I'm in my fourth is I've got five children. I feel like I've spent my entire young adult life pregnant.

So in my mind, I'm just thinking I'm just going to have another baby. It's fine. I'll just hide behind all my children and just be pregnant the rest of my life. That is going to be my new lifestyle plan. And I didn't really take, take it all too seriously. Other than this, I just wanted to be thin. I didn't think about being healthy.

I didn't think about self care. I didn't think about nutrition. I [00:03:00] did go to the gym heartedly, go there, meet my friends, have a coffee and Nutter, spend 20 minutes running on the machine and claim I've been to the gym, you know, and that went on for many years. I was living in England and five years ago coming up to six this year, we moved to LA and I have this idea in my mind, I was going to have a whole new start.

I wasn't exactly sure what that was going to look like. But I had this notion that I was going to reinvent myself and, you know, we landed in LA with our five young kids in tow. And I was meeting mums in the playground and forming great connections and good girlfriends. And

one day my husband and I, Daniel were walking with all the kids and a good friend of mine and her kids.

And she was complaining that she was having to have nieces. She was [00:04:00] overweight herself as was I, by the way, um, she just was in a pickle. She didn't know what to do. She didn't know and what direction to take it. And she was asking Daniel because my husband, Daniel has always been very fit and healthy has always been one to say an athlete has always run marathons, half marathons.

Um, and his, uh, research has geek chic. My husband is a good researcher. And so she was picking his brains and I was walking along and listening. And what he did that day was changed my life without even realizing it because he told my friend all about the ketogenic diet and he was explaining to her how it worked and the premise of it and the science behind it.

And I'm listening now. He had the good sense, never to tell me. What to do and about the keto diet, because I would not have done it, but in listening to him, telling my [00:05:00] friend, she didn't, by the way, do this ketogenic diet. But I did. And I was my own Guinea pig because you know, then five years ago, the wasn't the research there.

Wasn't certainly wasn't clubhouse. I didn't know that I could make connections on Instagram. I didn't know where I could find good information. So I figured it out myself. I'm a home chef. I baked my entire life and I just started converting family cooking and to grain-free sugar-free versions. And that's really how it began.

And just to cut a long story short from them to now I've just evolved. My kids are all what I would say, whole foods, low carb, my husband and I Keto carnivore. I'm more carnivore than heres. And we just, we never buy [00:06:00] packaged goods in the house. We don't buy seed oils. We, if my kids have cookies on the occasion that they do have them that aren't keto cookies, I'll make sure I'm making them myself.

So at least I know what's in them. Um, and that's where we are today. And, you know, I've turned my passion and my side hustle into my real life adulting job, which is just patients to me. So that's where we are today. Well, congratulations. You've really, it's amazing. You've you've done really an amazing job.

The book is wonderful. Everybody. The book is keto carnivore. Very easy to find on Amazon search keto, carnivore. Keto carnivore, Mel brown, keto carnivore cookbook. You can't miss it. And the reason why I like it and why I wanted to have you on is because hold on, I'm trying to adjust my headphone levels.

Cause hold on, sorry. I'm I'm doing some, some levels on the fly here. Forgive me, [00:07:00] clubhouse audience. Okay, there we go. Now I seem like I'm louder and louder. You all, but stay that. I'm going to see if I can adjust it to better quality to your, you sound great. I was thinking, yeah, crystal clear your levels are coming in.

Great. So we don't change anything because now, um, uh, the reason why I love your book and there, and I love your message is that I feel like, and you were, you are correct. There was not a lot of, there were some folks doing some things about five years ago when Vinnie and I started podcasting 10 years ago.

If you said the word keto people thought it was ketoacidosis and they would tell you you're crazy and you're going to kill yourself. I love your book because you really it's just food. You're just using whole foods. And, and I appreciate that so much. And there's so much, there's so many trashy keto cookbooks out there.

And by the way, not that people are [00:08:00] bad cookbook authors or anything, but it's just gets confusing with all the things, because everyone wants to immediately launch into the imitation foods instead of eating meat and vegetables of your book, because you're just like, you know what, let's cut out everything, but me.

For the first two weeks. Yeah. Actually talk, why don't you talk about your six week meal plan, kind of what the, what the book is based around. Thank you. Well, first of all, I appreciate you saying that because for me, I've kind of come a full circle with it all. Like when I started Quito, I lent towards all the desserts because I wanted my kids to be sugar-free and I didn't want them to be missing out on foods versus young kids.

They expected to see on the plate, like pizza and chicken tenders nuggets as we call them in England. And, you know, so I was sort of replicating all of that, but when it came to. Writing a cookbook. I wanted anyone to be able to open this [00:09:00] book and find a recipe and make it without thinking it was weird food.

Or like you say, any substitutions, it's just good food. It's, it's not, cheffy, it's not complicated. The, I mean, I'm trying to think, which is like the longest ingredient might have seven ingredients in it. It's simple whole food. And that was rarely the idea behind all of these recipes. Um, it, the book itself is split up into two parts.

The first part is what I call the back matter and it's just information. It explains how we can connect Quito and carnival really, and just explaining the difference, how you can transition very easily from Quito to carnival and just expect it's kind of like Quito on crack. You know, it's just whatever fabulousness you're feeling on Quito, carnival accelerator and all the positive ways, but what's great about [00:10:00] carnivores.

You can flip between carnival and Quito and feel great where you can't flip between carnival, uh, or no sugar, no grain lifestyle back into eating grains and sugar, without it hitting you like a 10 ton truck. That's what I like about carnival, the way you can fluidly go backwards and forwards. And there are very degrees of it too.

Um, there is a six week reset plan in it. If you do the six week plan, it's not for the faint hearted. I'm not going to lie because the first week or two is just meat and salt. And I do put a disclaimer in there saying, if you don't want to do these two weeks, that's fine. You can loop into week three where it includes add, and then you've got dairy brought in and you know, it makes it a little easier.

Um, I think the reason to do that [00:11:00] six week plan is if you have any, I was going to say medical issues. Yeah. Medical issues. I'm not going to second guess myself, or if you want to do it as an elimination diet, you know, if you think. I have food intolerances I've been tested. I have been told it's tomato. It was perfect.

You know, I think everybody's told don't eat tomatoes. Um, I'm going to do this reset and it's actually a good way to literally let's take it back to the beginning with just eating meat and

salt. You can't go wrong. And then once you start bringing things in slowly, it does highlight the foods that cause inflammation, or even just give you tummy ache or a headache.

It's fascinating that, you know, I think a lot of us, if we care to I've met her. Have Darien tolerance says I'm I can raise my hunter that I probably do have dairy intolerance. [00:12:00] Yeah. I continue to eat cheese, you know, so that's what the reset is. And then the book sort of elevates into the recipes, which are broken up into breakfast, then beef, another ruminants, poultry fish.

And then I do like a cute little snacks and signs and staples, which are more Quito at the end. And it transitions also from very strictly carnivore recipes into keto, carnival, and then Quito. So that there's something for everyone, but I love what you said at the beginning. And it's not like a substitution book.

It says, even though it's a Quito carnival book, it's just to make a cookbook with good recipes with whole food. And that's what I was aiming for it. Yeah. Well, you've got here. Here's and thank you. And this is what I love about, uh, in, in your book, of course, I'm looking on a Kindle, so I don't know the page number, but towards the beginning, when you're explaining stuff, you have, uh, an interesting Venn diagram that [00:13:00] looks more like different layers of a cell or an egg or a zygote.

And, um, it's, you know, where you have what strict carnivore what's carnivore, what's clean keto and what's relaxed keto, and it is, uh, it's actually like that. You make those distinctions. I got to say, when I wrote my books, I was much more lazy in the sense that I just gave a wide variety of recipes and figured everybody else can figure out what they are.

If you want to eat carnivores, make the meat recipe. If you want to make the low carb pizza, cause you're doing low carb, make the low carb pizza recipe. So I really liked that you actually took the time. We're we're I got lazy. You took the time to actually make us a little ven than egg diagram. Um, so it's really great.

And the meal plan is really great and I love the, uh, listen, I love a hardcover cookbook and yours is on the way we're going to do a giveaway by the way, at some point, but not yet guys. Not yet. We're not, we're not going to do a giveaway yet. In fact, I should not have even said the words giveaway. So forget that I said it and let it be a [00:14:00] surprise in a couple of weeks when we do the giveaway.

Um, but, uh, the Kindle's very interesting because you and I like this about, uh, cookbooks on the Kindle, where you hyperlink the meal plan and you can like go straight to the recipe. So I just wanted to give a shout out to very good organizational stuff and the recipes. Now, let me ask you this.

How, okay. Because here here's what I did. I'm going to give you a little background. I did. Uh, strict carnivore, just muscle meat. I did add a few more spices in because I've had several blood tests, so I know I'm, I'm okay. With night shades. So I had things like pep Rican and whatnot, but I did a very strict 28 day carnivore.

And I said to myself, this was a very good experiment for me. I can't tolerate eggs or dairy, so I, that's why I just went to the meat and the spices. And I said to myself, I would definitely do

this again. I just would do it for two weeks, because like you said, it is not for the faint of heart, especially if you love food.

Now there, I [00:15:00] can, I can tell you, there are carnival based people in here. We, I can see you. I can see your lovely faces here in the group. Um, there are carnival people who've been doing it for a couple of years now and it's, it's always, I'm always like just astounded at the people who maintain it. Cause I like a wide variety of foods and I love vegetables.

I really love vegetables. But, uh, I guess my question is for you, cause you're mostly carnival. But you add in, I guess technically the dairy is dairy. Dairy is technically carnival, right? So people do carnival differently. People who are extreme, extreme, strict carnival people are beef and salt, beef, ruminants, and salts.

Uh, the other extreme of that is relaxed. Yeah. Whoa, whoa. Big, big, big shout out to those people. You have the discipline to do that. And I know they feel amazing and reap all the rewards from it. Um, for me, uh, when I'm doing my carnival challenges myself, I will eat any product that [00:16:00] comes from animal. So I won't have, for example, the oils that we would normally cook.

So avocado oil, coconut oil, olive oil, when I'm doing my carnival challenge, I won't have those. I'll be strict about it. I will stick to products, even if they're dairy that come from animals. So you're looking at butter Talos. Gay Lord. Um, and then obviously eggs, all the proteins. I'm like you, I will include spices.

I'm aware they do not come from an animal, but just to, you know, have carnivores a lifestyle and also look, I'm a chef, so I, can't not cook responses that to me, overrides everything else. And I have, do I have cream? Not really. I'm not much of a dairy person as in milk cream yogurts. All of that. I don't actually like, but I would include a tiny bit [00:17:00] of heavy whipping cream in cooking and sour cream sour cream is a good one because there's nothing in it.

So that's a great one and I would add spices to it. So I would make like interesting sources with sour cream. So that's a good one. And I'd have a small amount of cheese. And then I'd have bone broth, black coffee, black tea, which I know again, aren't strictly carnival, but you know, I feel like everybody finds their way with carnival.

Like I have people that comes to me and they say, okay, I see you're doing a four week challenge. You've written out the food list. It's basic AI. Um, I really want to do it, but I think I would die if I didn't have avocado. So I say to them, you know what, then have avocado. I would much rather you did this challenge with me and look how some tough stick you're going to feel.

And if you include a bit of avocado, it's no biggie. It really [00:18:00] isn't. So that's sort of how I view carnival generally when I'm explaining it to people. That's amazing. And I agree too. I want people, I want people to do whatever they need to do to stay on the plan, you know, and for me personally, Well doing those 28 days, I had a half avocado and like week two and a half avocado and week four.

And I got to say at that moment in time, the thought of eating more meat made me feel like I was going to gag and the avocado got me through what I needed to get through. So like, you

can't force feed yourself something if you're not feeling it. So just the, my break was having a half of avocado and I don't feel like I failed at my 28 day challenge because I had a half I've caught her.

I don't want anybody to feel like they failed at doing it, but I so agree with you about the elimination stuff and how it can just, I felt great on it. And I, I just, for me, it was very limiting to do it for a whole month. So I just really love your plan. And I really encourage everybody to [00:19:00] grab this book, get keto carnivore, uh, get the keto.

It's literally called the keto carnivore cookie. By Mel brown and who is here. And if you guys have questions for Mel or you want to just check in and say, w w we're supposed to talk a little bit of August goals and, and I am actually going to do a two week carnivores challenge and Mel, you and I had talked about, perhaps we'll lock arms on this.

If it works, how do you are all five of your kids still at home? Or do you have some office at school now? So my eldest Natasha is actually married with a baby. Yes. So she, but she's getting back to Quito also after having Orelia she's my number one, number two is going off to college and a couple of weeks into her second year.

And then I've got the three boys at home, high school and middle school twins. That's amazing. That's really incredible. And, and as most of my audience knows, my daughter is she's now 22, and she's going to be finishing up her senior year in [00:20:00] college at New York. And she. She was a noodle nugget child. And I felt like I was that mom who made three different dinners.

One for my husband, one for my child, one for me, for years, I did this and I could not get this child to eat a variety of foods. And it took sending her to Villa Capelli in Italy. And Puleo where my friend Steven and the late Paul Capelli make their own olive oil and they sell it here, but it took sending her there to work at the Villa for a summer to be shamed into eating a more diverse group of foods to now.

Now she's almost complete. She's always gluten free and almost always dairy free. And she's mostly grain-free too. And so it is interesting to see how, okay. It finally took. It just took, uh, just maybe some, it takes a village sometimes. So I, I got to say the fact that you've been able to get your kids to eat this way.

I'm always, I always want to call out the moms and the dads who get their kids on board because I failed. [00:21:00] I failed at it. And then it came back around later, but she did call me recently and said she ate beef tongue. And I was like, who am I speaking to? What is happening? This is not my child. I told you mean a chicken nugget.

Um, yeah, so that was pretty cool guys. Raise your hands. Come on up. Start, start. Checking in, getting ready for check-ins. We want to say hi to everybody. You want to hear what you're making for dinner, by the way, I made it a giant pulled pork roast this weekend. So I will be bringing a Bob here. I will be making a leftover, pulled pork, not very exciting, Bob, you know, the recipe that I made, um, Bob, by the way, thanks for your order.

Bob ordered to meet happy kitchen sauces today. So thank you. I appreciate that. And, and ask questions for Mel. Share what you're making for dinner. Get this you guys, while we're on this clubhouse, you can get her book, go ahead and order it. I'm telling you to do this. This is

I would not have on a fellow cookbook author who wasn't in line with the way that we [00:22:00] all eat her stuff.

There's there's no crap in there. It's all great. And I, and I say that, let me say this. I would, okay. How do I say this without like shading, every other cookbook author? I don't mean to be shady mill giggling. I mean, to be shady, here's the thing, because here's the thing, because people might think that I, my stuff, because in my dessert I'd have dessert chapters in my books and I put, I actually make my recipes with actual sugar or honey or, or.

Coconut sugar, because I have found that in doing this work, kind of like what you said, you still have families that you want to make a cake for. You still have a life that you want to live. And I have found that 100% of people that I've spoken with over the tens of thousands of people we've helped over the years have eaten some form of sugar again.

And so I just, I do put sugar in my dessert things, the least amount of sugar possible to make it work. But because I want to give recipes so that [00:23:00] people can make stuff at home that is tends to be a very, uh, divisive choice that I've made because people are, they w they want to binary. They want all diet book and no lifestyle book.

And I just feel like you did it here. You did. You crossed both. Yeah. You did diet and lifestyle here, and it's like, perfect for exactly what everybody's talking about that they want to do. So I really encourage you guys to get this because everyone's like, I'm August, I'm doing an all meat challenge. I'm doing the, get this book.

You're going to need it. Trust me, Bob. How are you friend? You guys raise your hands. Doing great. Doing great. This is, uh, this is pretty cool. I've I've got a question, but, but first I'll share my experience of last week. So we did the, uh, Texas college tour with, uh, both of my teenage sons. Um, it was, it was pretty interesting that they, they learned, um, how to go find a good restaurant, how to eat well locally and, um, just, it was [00:24:00] wonderful.

Hey, can we go back here? That place was great and they're eating the way that, that, that I'm eating. And, um, they're, they're loving it because we find that kind of the out of the way, places that the converted gas station, that's a tuckeria, which we ate at three times, um, you know, the barbecue place that finally just opened the last day, we're there and we order properly.

And I think, I think we've cracked the nut on kind of how to eat well and kind of stay in ketosis and, and on nsng while on vacation. Well, allowing the kids to do. Uh, a little bit of kind of fun, uh, in terms of food. Um, so, so that was, that was absolutely great. So the, the question, uh, that I have. So, so in terms of the, of the cookbook, I'd like to ask Mel, you know, what, what would you recommend for someone who's gone through?

Pretty much all the recipes in both the Anna's cookbooks. I'm not a hundred percent carnival, or, you know, we're still eating cruciferous, vegetables and whatnot. Um, you know, w what was you recommend is kind of the go-to [00:25:00] recipe out, out of that book for someone like me? Ooh, that's a great question. Hi, Bob, how are you?

Good to talk to you. Good. Um, well, you know, If you like meet Mike, very, very favorite recipe. I'm going to flick to it now. And the whole book is the mustard. I'm going to read. You

find it. The garlic and mustard strip steak. It's so yummy. And it's basically, it's that sort of quite a simple recipe, but it's a strip steak.

You cook it, but you slice it up into a lovely creamy mustardy sauce and it's divine. But to be honest with you, all these recipes off for one and all there's nothing. I know it sounds strange. There's nothing particularly carnivorous about the way I've set up these recipes. Like I'm just flicking through [00:26:00] breakfast, Hamon, Brie, frittata, meat, lovers, scramble.

I teach her how to cook eggs, all different ways. You know, there's crap, stuffed mushrooms. Called sofrito. There's just, there's so much to go out, unlike on a set, it's not just meat and ruminants, you know, there's everything in that. So depending on what your palate leans towards, just sort of look up the chapters, but if you like me, that, that's my, I think that particular recipe is my very favorite recipe in the book.

There is one other actually, which is the tilapia Beske and I love it because there's a story behind it. Um, even though it's ended up being tilapia Becka, and it's like a. It's light and rich at the same time, if that's even possible, it's just a flavor explosion with, um, the it's like a beautiful, rich, creamy broth, but [00:27:00] with the tilapia in it that's makes it quite light, but it actually started out this recipe is something else that went completely wrong and ended up being this tilapia.

Beske it was very funny. So that's another one that I love, but what do you like eating or you were meeting. So lately, I think you had me at the creamy, creamy mustard, like, oh my gosh. Yeah. Anything we could do with, with cream, that's still, you know, very, very low carb that has flavor is phenomenal. I mean, right now I'm just about to serve.

I just, just plated it, but I'm about to serve. Uh, so we've got a chimichurri marinated skirt steak that's grilled with on the side with, uh, Anna's lime soaked onions, fresh trumps, a fresh chop, a fresh slice B steak, tomato, some iceberg lettuce. I'm about to put the final few avocados on there and then we're done in Texas.

So I just got home from a week of vacation. I found that my garden on my side of my house that has the and the [00:28:00] jalapenos kind of got a little overripe. So we're going to have some of those tonight too. And, uh, but, but yeah. Yeah. So I'm looking forward to, to, to that, that, that creamy mustard that, uh, that sounds fantastic.

Sounds great. I'm Bob I'm in Texas, too. Oh, really? Well, we're up in Frisco. I didn't know. I'm like GMO, geographically stupid, but I'm in Austin. No, you're just, you're just south of us. Yeah. We just actually just drove, drove through there on Friday on the way home from San Antonio, but just south in Texas can be like the equivalent of Italy to Spain.

So it is ha ha have you had the Franklins brisket yet? Yes. Oh boy. That's not fair. Once you have that, there's no going pocket. It just ruins it for all of the food in your mouth. Th there isn't and, and you know what? We actually took the Georgetown bypass on the way home because Franklin still there on vacation this week.

And next I think. [00:29:00] Um, so, so we weren't able to get anything in there. Plus you've got to place your order like a month in advance now. Cause they've got just the drive through, but they're going to open up the, uh, the actual dining again in September from what I hear. So we might be back. I got to say something about Franklins.

So somebody gave my husband \$120 gift certificate to gold belly. Do you guys know this site that you can just order? You know? Well, the first place I searched, the first place I searched was Franklins and a brisket is it's \$250. And I was like, oh no, I'm going to have to wait. I'm gonna have to wait and go there.

I just don't know if it would travel. I just feel like I'm going to make my own brisket. And then I'll have, I'll go to Franklins and have the experience when everything's open again. Yes. Well, thank you, Matt. I appreciate it. Absolutely. Thank you, Bob. Thank you. Thank you. Thank you to reset the room. We are here with Mel brown, the author of keto carnivore.

That is the name of the cookbook. She is the author of the Quito carnivore cookbook, [00:30:00] low carb recipes tips, and a six week meal plan. Okay. So get in there and order the book. Do you, do you, Mel, do you have a preferred vendor that people order this from, or you don't? You're just like, whatever, just get it.

Yeah, wherever it just gets it. I think most people have ordered it from Amazon. Um, I know the bookstores sell it, but I think, listen, who does not have the Amazon app on their phone? Yeah,

for sure. Okay, great. I just want to make sure that that's because, you know, you never know, and by the way, I want to put, I want to point this out for folks who live in the states. If you want to support indie book sellers, there are two websites that do really cool things. Indie bound.org and books. Dot org.

You go in you type in keto, carnivore cookbook, it comes up and then asks you for your zip code. You put in your zip code, you order the book, it is shipped to you, but your, whatever your local bookstore [00:31:00] is, gets the credit for it. They get the sale. So I think that's a cool thing. If you want to support your indie bookstores, just throwing that out there.

Um, how are you? My love, hello friends. I'm saying hi from Seattle from the west coast. Uh, so I already, because it is five 30, but I went ahead and I had a, uh, early quick dinner, which was just super quick, like, oh, I have ground beef in the fridge. Oh, I have some eat happy marinara. Oh. And some veggies that I'll just chop up into all of this and make like a meat marinara, stew.

I don't know what you call it, but, so that was. That's Alison, by the way, that's one of my favorite weeknight mail meals. When I'm in a pinch, I'm like, oh, I don't know what meat is in there that I can remember to thaw and then just put a bunch of stuff in it and then dump a jar of sauce. Great. Yeah. Boom.

[00:32:00] There, there we are. So, uh, it just so happened. I was in this group today and didn't even plan it. So look at that. Um, so I have two, uh, questions. One is I've recently I keep hearing and seeing that there's some keto influencers who are saying things like, um, Hey, you can get this dry farms wine and still be Quito.

So the, the thought, which is that a wine could be Quito and I hear the sign and then likewise, a farmer's juice, a fresh pressed green juice that is like totally backed and endorsed by all these. Typical keto people. So that to me, I wanted to get your take, uh, and then which I think I already knew where it was going to go.

And then the second part, I was intrigued, Mel, when you were saying that, um, you can kind of move in between keto and carnivores. Cause one of the things that I get concerned about is like, if you [00:33:00] can't a hundred percent go into carnivore, like forever, I've been hearing like, there's these negative things that happen to your body.

If you ever introduce anything like a vegetable in. And so I was really intrigued by how you're saying, like, you can kind of move between them both. Um, and I was just curious about any negative effects, not like, oh, I want to go eat pizzas and drink beer for weeks on end. But like just, I, I always get resistant of getting so strict that then I hurt myself if I want to have some flexibility.

So those were the two things I was thinking about. Great questions. Do you, I have a hot take on the, on the wines and the juices. How do you want me to start with that one? Okay. Okay. Okay. Okay. Here's the deal guys. I got family in the wine business. I live in wine country. I like wine. I'm not gonna lie. Um, I don't drink [00:34:00] it as often as I want to for this very reason, but here's the deal.

The, the, the fermentation process when you're, when you're a wine maker making wine, and I'm talking about a decent wine maker, I'm not talking about the Ernest and Julio Gallo like giant, you know, machine, big industry, big wine. I'm talking about like your, your average run of the mill wine maker. I'm not talking about two buck Chuck, I'm talking about, let's say stuff.

That's between 15 to \$25 a bottle, which probably even 12 to \$25 a bottle at the grocery store. If you're getting like a decent bottle of California wine, Or French or Italian or Spanish, whatever fermenting wine is, you pick the grapes and you throw them in the VAT. And then, uh, you let them ferment. You might add a few things, but a good wine maker.

Doesn't add a bunch of shit to the wine. Okay. [00:35:00] Here's why I say this. So the natural fermentation process is all the yeast. That's on the skins of the wine, eat away and feed on the sugars in the fruit, right. And what's left and then it sits. And you either, uh, maybe you put it in stainless steel, or maybe you put it in French Oak or maybe new ochre.

What, however, you're going to store the wine to let it do its whole thing. And this is the very simplified version of the process, but what happens is that that yeast eats and feeds. And then, uh, you're left with the wine, the fermented. There are always going to be a few grams of residual sugar per serving in wine, which is why it's not a great choice of out.

It's not a great choice for an alcohol drink. If you're doing keto. That being said, yes, there are some sweeter wines and some drier wines, obviously dessert wines. They add sugar [00:36:00] to a champagne is a sweeter wine, never touch that if you're really want to do keto, unless you're just going to celebrate and people who do keto, they drink a champagne and then they have a killer headache, and it's because of the sugar.

But for the most part, your Sharnay, your Cabernet Sauvignon, and your peanut Anwar, your Pinot Grigio, even your Rosa, it's going to taste sweeter to your palliate. If you've been doing it. If you've been doing keto for a while, but you're tasting the residual sugar that's left in the wine, the what's driving me nuts.

Is this dry, this concept of dry farm wines. Or, and there's a bunch of these companies and people are making a lot of money selling these. And that's great. I love people to make money. I want everybody to go out there and make a ton of money, but what's driving me crazy as the misinformation member years ago, when they did the, the, um, they, the grape seed oil people maligned olive oil by putting out a huge thing.

It was late nineties, early two thousands saying olive oil has a low smoke point. [00:37:00] And it's carcinogenic. If you cook things in it, if you let it get too hot, which is an absolute load of malarkey, not true. I feel like there's similar marketing happening right now with wine, basically saying you have to get it from us because we know that we are selling the driest wines on the market.

And they're not true because this is just not true. And it's maligning a lot of wine makers, which really pisses me off. Um, again, there's half of my family's in that business. So it just, it's just not true. Now we have the little asterisk of all doing keto. We're all doing no sugars, no grains. So you're going to have to be careful of wine anyway, but so, so if you buy the dry farm wines, that's fine, but just know that it's the same as buying the regular wine.

And you're still not going to do great with keto. If you have a bunch of wine, you're just not, it's going to throw you off plan. The other thing to look out for, for, with the wine is that people will always say, oh, I just have like a glass or two a week, but it's really more than that. And you have to be honest with yourself.

[00:38:00] The same thing can go for if you have too many vodka sodas. Now I know vodka soda with a splash of lime is the low carb drink of choice, but your liver is always going to prioritize metabolizing alcohol over and above everything else. So if you want to drink, just go into it, knowing I'm going to stop my progress for a little while and that's okay.

I'm going to enjoy it. The cocktail that's fine, but just don't don't think that. You could just have unlimited vodka sodas just because it's the low carb drink. So I just wanted to give you guys that take, uh, it's it's more marketing BS and, and good wine is good wine, dry farm wines. Doesn't have the in with like wine makers that only make wine with zero sugar.

It can't happen. It doesn't exist. You guys there's no wine was, there will always be a couple of grams of residual sugar per glass. There you go. The juices, I can't even begin that. It's it's. I would like to see the link. Alison, if you can, DME, I would like to see what this is. [00:39:00] That any juice you've you've you've pressed juice.

It's just liquid sugar. Yes, of course. A green juice is going to be less sugary than say orange juice, of course, but it's still liquid sugar and I don't know why you wouldn't just eat your veggies. So just eat some vegetables, if you really want to think, just eat vegetables. So I just wanted to say that.

So, uh, yeah, go ahead. Does it work if I just real quick, does it work if I use that little paper? Airplane. Icon? Yeah. That's the new back channel. You can do it there. You can DM me on Instagram or Facebook either one. That's awesome. So thank you. Oh, somebody says so-and-so has been pushing the juice. Oh God.

Oh yeah. You'll you'll know. You'll know the names, the name you'll be like. I see it. I know who that is.

Mel. Why don't you ask the second part, answer the second part of the question, because, but I'm going to go calm down. I love it. It's just so much that set in his silence. [00:40:00] Ali said, I have to tell you I'm a tequila girl. I love my tequila shots and it's not the tequila that causes me a problem. It's the bad decisions I make after.

That's the same. No doubt. That is so true. For sure. For sure. Um, but to answer your second question, so yes, you can definitely flipped backwards and forwards between ketone carnival. It really is fine. The only thing you'd have to be aware of is if you were doing a very strict carnival reset, that's just meat be ruminants for example, and salt.

And then you did that for two weeks and then went straight back into Quito. You would find that even green leafy vegetables gave you a little bit of stomach ache because your body just can't handle the fiber. And it just can't handle all the extra. Metabolizing really? [00:41:00] That has to go on. It's not like when you're in ketosis and you can be kicked in and out of ketosis.

It's not like that. It can just take you a hot minute to adjust, to digesting different foods. But like I say, that only happens if a really, really strict conduct, diverse person, and you do it for an extended period of time, but I have to tell you all this I've done. Quito carnival carnival back to Quito for two years now.

And I just transitioned backwards and forwards seamlessly, and I can have between four and well between two and six weeks, let's say at a time doing carnival my way. So pretty strict. I'm still having just animal products, uh, with the occasional spices thrown on, but nothing else. And then I'll go back to clinky to, with no problems at all.

And actually going back to clean Quito. I know when it's time, my body tells me [00:42:00] it's not the time, even bored of the food that I'm eating. I'm just very intuitive now and in tune with my body and it's like, no, it's time. We need some salad today. I listened to my body. I believe that challenges are great for discipline, but if that particular challenge is not serving you.

Or giving any positive benefits. I don't see anything wrong and saying, you know what, I'm actually going to end this challenge because it's not actually causing anything positive in my life. So never feel bad about starting a particular challenge. Like carnival challenge that potentially is four weeks.

And after two weeks, you're like, you know what? I feel like crap. It's not one of those. We'll just power through girl. You've got this. It's maybe this isn't for you. And that's okay. So I hope that answered your question. You can always always message me. Um, listen, I'm here in the [00:43:00] clubhouse streets, but also on, uh, on God you can tell I've got a cookbook for sale right now.

When I'm saying you can find me on Amazon, you can find me on Instagram at lady Mao's kitchen, and I will reply to everyone. Yeah, that's incredible, Mel. Thank you. Um, yeah, I, oh man, I couldn't agree more. And I think that with a challenge, if, if, if you know that it's not working for you definitely shift something.

I, oh, I know what I wanted to say. The, um, the thing that I didn't know, I knew, I knew about betaine HCL when starting the pure carnivore challenge. So I took that, so I never had any

stomach upset, but I didn't know about having other digestive enzymes when re-introducing the vegetables. And I went straight to having a giant chop salad of every raw vegetable that I missed having for a month.

[00:44:00] And that's what Mel said is exactly what happened. So I highly recommend, uh, taking some enzymes. If you think that you're going to have any troubles or do what I did, which is I never thought I would binge a salad by the way, tell your teenage self that your one day you're going to binge a salad and it's going to be like the best thing you ever had.

And, um, and your teenage self would be like that's pathetic. Um, let's see here. Alison, are you good? You good? You got, you got some answers. You got stuff to do. Yeah. Yeah. Thank you so much. I appreciate it. Of course. Thank you. Thank you for your great questions. And my friend triple J who? BT dubs, HIPAA violation.

He is no longer type two diabetic, triple J.

How are you? My friend. Oh man. Um, I'm fabulous. I'm doing great. Um, I'm here [00:45:00] to talk to these lovely ladies. I seen keto carnivore and male brown, and I had to that's right. That is right. This is the carnival queen. If you do not know. Okay. I just want to let you guys know that. And I have something interesting in my hand.

Do you want to know what it is? It is the Quito carnivores cookbook. That was my first guest.

Yes. And I'm just excited about her book. I just wanted to congratulate her. I know it's awesome. And mail. I found the page. Okay. I told everybody when they get their books to just do something fun, opened up the book and the first page you get to, you got to make whatever it is. Right. So my page is paid stuff.

Garlic and mustard strip steak. It's about that. [00:46:00] It wasn't, I wasn't here. This is what I landed on. So yes, yes. That is my favorite recipe. I just said at the beginning to honor and Bob, the garlic and mustard strip steak. If I had to choose one recipe in the book, that's my fav. It's that one. So I love that you are making it my friend, listen, I totally just opened the book when I first got it.

And that's what I landed on. I didn't even, I say, oh my God. And I said, I don't even know if we have mustard powder here, so I'm going to be hunting for that. But other than that, yeah, I think I'm going to be good. I think I'm going to be good. And one more thing, Anna, something else came interesting in the mail.

Do you want to know what it is? I think I know what it is. It is eight happy to 160 new gluten-free. Grain-free low [00:47:00] carb recipes for a joyful life laughing over here. And there is a beautiful lady. She has all of her teeth. I see him. And there's this shining and Glasnost and glistening, and she looks so happy and radiant, you know, it's just awesome.

Yes, God. She has Nigella vibes. Doesn't she? She's like America's answer to Nigella. I have got in my pantry. I'm just literally walking through my house. As I'm talking to you, uh, Quito, carnival cookbook by Mel brown. Hey, that's pretty sat on top, huh? This gorgeous. Woman's face eat happy too. And it's funny.

I was triple J saying that I'm looking at my two books, literally here next to me, sat on top of each other. So funny. I love it. And so I did the same thing to your book, Anna, and I can't

even pronounce what I'm going to have to make. [00:48:00] Oh my God. I can't wait to hear what, what is it is if I'm saying it right?

Trishy is sea bass with a grudge dote cheese Trisha sea bass with Agra Dolce. Very good. Very good. I can't ever pronounce it, but now I got to make it. So give me the page number. The page number is 86. Okay. So Agra Dolce mean it's like a sweet bitter sauce. And the only sweetness in there are some dried cherries.

And, uh, but what it, what it is is that you basically make that sauce, Italians make that sauce, and then you, you put it away for a while and just let the flavors get off. Yeah. Just let them come. Let them consummate the relationship. You know what I'm saying? And then, and then you make, then you just make a cut, a fit, whatever you don't even have to use.

CBS, whatever fish you want to use, you put it on there. Or even chicken is great too. I'm a big fan. I'm a big fan. And of [00:49:00] substituting proteins, Mel, what, what say. What say me about what substituting substituting proteins, like are, are the recipes? No, no, no, no, no. I know you're like, I'm doing something else, but are you, or do you like to substitute different proteins or do you have that thing right?

Where you look at a recipe, you're like, I'm gonna make that, but instead I'm going to make it with this other stuff. Oh my goodness. I am the worst. I'm like, I'm going to make this recipe that has seven ingredients, but I'm going to change five of them. I'm just a nightmare. But this is fabulous. When you said like you want the ingredients to consummate their relationship.

I always say I want the ingredients to sit and think about it, but that's the teacher in me. I like, I always want them to sit quietly and think about it. And then I'll get back to you. I think, I think, I think thinking about is better than consummate. I, I, it was so many things that could have went wrong with that, but it's okay.

It's okay. It's okay. [00:50:00] I I'm, um, I'm just nasty. Okay. Um, triple J thank you so much, my friend. And by the way, I love seeing your posts. I really, it made me happy. 5.5 A1C. Oh man. You can't beat that. I'm just thrilled to have seen that result. Well, to be honest, I felt like I was in the matrix because I was like, this can't be right at first.

Cause I was like, it's only been six months because I actually, when I went to the doctor, that was my six months, that day of Quito. So it was just unreal that I went from a 12 A1C to a 5.5. So I been, but Hey, stranger things have happened. Listen, that's actually not that strange. Here's the thing. The body is pretty incredible at healing itself.

If you just will give it a break for a little. And, you know, it's not like everything's gonna be perfect. Hunky-dory, you know, we're not all like going to live forever. Cause we're doing Kito where, you know, [00:51:00] there's still going to be an end point at some point, but it makes the things that you deal with on a chronic day-to-day basis so much better.

And it just in so many ways. So I just loved seeing that. I'm so proud of you. I feel like I met you on the clubhouse one day. I'll meet you in person and I just can't wait to one day, give you a big hug, triple J and I will receive that hug and a woman that any woman listen to me, y'all any woman that is bold enough.

That is bold enough. Profile picture eating a chicken wing and to look so fabulous doing it. Shoot. That's my kind of, well, thank you. I just, I want to, I want all the vegans to know where I stand. Um, I'm just kidding. No shade on the vegans. I actually, here's the thing I'm in LA or at least I was in LA.

Most of my friends are vegetarian. So when they come to me saying, Hey, I want to do no sugars, no grains. I have an extra set of challenges with, with helping out with that. So listen, if you're plant [00:52:00] powered, which I know some of you out there are doing nsng, uh, we'll, we'll help you. We'll help. We'll figure it out.

Uh, but thank you. Triple J. Tina, my love. Hello? How are you? I am fantastic. Are you there? Oh, just got back from the grocery store and I am in the middle of cooking dinner. What are you making for everybody? Well, it consists of ground. Onions green peppers and seasoning. And that is all fantastic. So I have a question for either of you, so I'm not real good with the fresh, um, seasonings, you know, I don't have, um, plants where I can cut up the cilantro and throw it in my food or anything like that.

And I know spices get stale when you get them in the powder format and things like that. [00:53:00] But, um, so I have started experimenting with like essential oils in my food. And I'm just wondering if you guys have any pros or cons or suggestions on how to use them, if you've ever used them in your food. Thank you, Mel.

Do you want to, do you have some insights? I actually don't. I think that's absolutely fascinating. I've never done that. Tina I'm with you. I'm not good at growing anything. I can kill a fake plant quicker than you can say, fake plants, but I have to tell you, I recently bought that's a lie. My husband bought for me at Christmas, this Aero garden, and then nifty, it's this little thing that grows Herb's in any dark space in your house.

You can literally put it in the pantry. You can go anywhere and they grow really quickly and you can grow [00:54:00] fresh herbs and it's foolproof. If I can do it, you can do it. So if you're actually looking for fresh herbs, Aero gardens are great. Are you saying Aero? H E R O or a R. Okay. Okay. Got it. Am I saying it wrong?

No, no, no, no, no. I just want to make sure I'm spelling it correctly. Cause I'm gonna put it in the show. Yeah, that is really good. Um, but in terms of like essential oils, I personally haven't ever used them. I would be fascinated to know Ana if you have and what, what they do. You know, I, the only time I've applied essential oils was, uh, I have a, what's it called a peppermint mocha latte recipe for Christmas on my website.

When I found out that the Starbucks one is 74 grams of sugar in it. And I love me a peppermint mocha latte. Um, and mine has no grams of added sugar. So whatever grams of carbs are in the a 100% cacao or [00:55:00] heavy cream. And then I put one drop of peppermint essential oil, because it's quite strong, quite, quite strong.

Um, so that's the, and it's delicious. It's wonderful. It gives you all the vibes, but other than other than that, I have never. Experimented with it, but I love this lead on the arrow garden. I'm very much going to look forward to that. I mean, I'm in California, so stuff should grow better, but we planted, we finally got raised beds.

We have an acre of land. Now we finally got raised beds, all the zucchini, the night shit we had zucchini eggplant. Um, And different various kinds of squash and yellows, zucchini all got eaten by bugs, like in the period of like 36 hours, but the tomatoes and onions survived. So we'll have those. But again, I always say I have a black thumb.

I'm not the best gardener. So I'm hoping that my husband just turns into an old Italian man and just wants to garden tomatoes. For me, that would be really helpful, uh, because, but we do have herbs herbs we're able to grow and herbs grow [00:56:00] like crazy here. So I do have an access to a lot of herbs, but Tina, make sure you can still stock up with dried herbs.

And the thing is when you put any dried herbs in is, and I'm talking about just the herbs, not the spite spices, you don't need to do this, but like if you put dried oregano and dried basil, if it's, if it's a teaspoon of each, put them in the Palm of your hand and then crush them, like you're, you're, uh, rubbing them, crush them and it'll kind of release more oils and give you more.

So, whatever oil is left from the drying process, it's in there, that'll that'll help to release them. The other thing is Villa Capelli, which we talked about earlier. They sell some dried spices that are the most pungent spices I've ever had. But yeah, I, I, not sure I raise your hands. You guys, if you've dealt with essential oil, somebody else's oh, here we go.

Lori, come on up, Tina. I'll tell you what outside do with dry hubs is I make compound butters and literally just buy your favorite butter. I mean, Kerrygold for the win, as far as I'm [00:57:00] concerned and you just basically cut. I like the salt is one, two is the gold one. Cut it into half. So you've got your two sticks and just leave.

Sitting out for the day. So they're at room temp and then add in two tablespoons of whatever flavor component you want. So if it's your Italian herbs go green, if it's your spices go red, you could do lemon and lemon zest. And if you make compound butters, and then they last in the fridge for so long, but then you literally have got these beautiful Herbie, flavorful butters to hand, ready to add to anything.

So that's my little tip. Great fricking tip. Everybody needs to go make some compound butter, right? You just got me excited. The lemon zest and the lemon. I love a lemon butter. I'm just going to let everybody have a moment of silence for lemon butter. That sounds good. So let me tell you the reason why I actually made that lemon one is because my arrow garden right now, it looks like the day [00:58:00] of the Triffids like it's taking over my kitchen literally.

And the thing that sprouted out of Noah was the oregano. And so I cut a load of it and I mentioned it and I added it just with disaster. Don't use the lemon because it breaks up the butter. So a zest from a full lemon and all this Oregon. And when I made this butter and it's literally blocks in the fridge and the kids are like, what's, this is it, cake butter.

And I was like, yes, yes, it's cake spitting out, but it's really, really good to see you're going to, you're gonna make all Greek themes. For the next two weeks. That sounds awesome. That is watched my big fat Greek wedding one on two. So maybe subconsciously I was, you know, channeling it for sure. And, and by the way, any, uh, if you have an overgrowth of herbs before they grow too big and get bitter, make sure you rip them all off and make a pesto pesto.

Doesn't just have to be with Bazell. It can be made with any herbs and throw it in there. Put some spice in there, make a [00:59:00] chimichurri throw it all in. I'm telling you, you will not regret it. Put it on a piece of fish, put it on a piece of chicken, put it on some steak and take that compound butter that she just talked about.

Make a steak, rub that butter on there and then throw whatever or pesto on there. You'll oh my God. It's almost six. O'clock I'm getting really hungry, but I really want to hear from Lori, Lori, I want to hear your voice. How are you? Hello? Lovely. I am fabulous. Great. You all drew me up here with the topic of essential oils, lay it on us.

Okay. I'm not a nutritionist or any, or any expert or anything like that, but me personally, I strongly suggest that you do not put essential oils in your food, even though, um, you will see from that are labeled as food safe or G R a S, which stands for generally regarded as [01:00:00] safe. They're not really meant to be ingested.

Most of them are highly, highly concentrated. And typically in a kitchen, in a home, you don't have any measuring devices that would measure the amounts small enough to put in your food. Um, like I said, they're highly concentrated. They're extremely potent. And you could kind of increase risk of injury to your body by doing this.

Um, like I said, I'm not an expert. I strongly encourage you to do your own research, but knowing what I do know about essential oils, I don't recommend that you put them in your food. Um, so let's we do

[01:01:00] lemon that,

hello? Hold on just a second. Is anybody else having a hard time hearing Laurie? Yeah, we can't hear you, Laura. You're in the matrix. There you are now you're back now. You're back, start over, but you made something and then it went like matrix C. Oh, okay. Yeah. I, I made some lemon bars one time and I thought I'd be fancy and put some, uh, a couple of drops of lemon, essential oil in the bars.

And that was not a good idea. Um, it made them taste. Even those cup, those couple of drops made them taste kind of chemically Kimmy. If that's a word and it, it caused like some serious stomach upset. So I strongly, strongly discouraged anyone to put essential oils, especially ones that you buy in a store, whole foods or whatever.

Even if they say they're [01:02:00] food safe, not in that way. So I'm not trying to no, no, no, no. It's, it's actually good because now that you clarified, I am realizing that in my peppermint oil is not a peppermint essential oil. It's like a peppermint extra. Right. Vermin extract is what I put in the peppermint mocha thing.

So thank you for clarifying and, and it's good. Actually it's proof in the pudding, right there is that neither male nor myself use those things. So I don't, I don't know Tina, was that what you were asking about? Oh, she's making her dinner. There we go. Yeah. I just sound muted. Sorry. Yeah, I, um, I have used some and I'm definitely aware of how strong they are.

Um, so in a big pot of something, I usually only put a few drops and I do know that, um, the ones that I get are consumable. Um, but I was just kind of curious cause um, I had just gotten some, uh, new food flavored ones, um, [01:03:00] for more variety, but, um, yeah, I usually just use like one or two drops in whatever I'm making.

Um, but I, I hear what she's saying and I will take that. Definitely under advisement do, uh, do use with caution or do more research or all of the above. Um, so yeah, yeah, yeah. Now I say, now the extracts, obviously you're fine. Um, and

my suggestion is something that I've done myself to make your own quote, unquote, like, you know, some dried herbs, probably best to get pressers and dried them yourself, and then put them in a carrier oil and let them sit closed up in a dark space for a few weeks and then strain them and then use [01:04:00] that as the oil.

But as far as like, like I said, to my knowledge, I'm not an expert and, you know, Don't don't quote me, but, um, I, from what I know, they're safe for certain things, but they, they strongly recommend that you don't use them for ingestion. That's perfect. Lori, I'm so glad that you got up and talked about that so we could clarify and, and, uh, I really, I really do appreciate it.

I thank you. Thank you. Thank you. Cause I w I don't want, I remember seeing a documentary recently, maybe not recently, like a year or so ago on Netflix. And some lady had her skin looked like it was gonna fall off because she was eating the essential oil. I don't know. What's what it was again, I love the essential oils.

I get whatever they always have them at sprouts because I use the, what does that thing called? Not an atomizer. What is it called? The nebulizer. The, yeah. And you could put like the love and Duran and forgetting my nouns. Yes. That those things. [01:05:00] Air freshener. No, I don't know if user diffuser. Good Lord. All right.

That's, that's a pyramid of puzzle brain. If I ever heard one. Um, well I want to thank everybody for being here. I want to thank my, my very special guest, Mel brown, the author of the keto carnivore cookbook, which all of you guys now have bought her cookbook, right? By the end of this, this hour, I want all of you all to have bought her cookbook.

It's fantastic. It is fit. It's just right up our alley. It's got so many meat dishes has got the meal plan. Everything is delicious in it. And by the way, follow Mellon, Instagram too. Cause she always is posting gorgeous pictures of food that I want to eat. And uh, thank you for sharing your gifts with us and for being here in the group.

And I just can't. Thank you enough. I appreciate it more than other you having me here. I have enjoyed every minute. I will definitely be stalking you more than I was [01:06:00] before. Ah, this is not just talking is mutual. And by the way, I'm going to make the Leonidas photos because I love me some Lyonnaise potatoes, but I don't eat those anymore.

And now I can make your Lyonnais photos. Thank you so much. I need to deal with your cookbook. What triple J did with mine and flip through and make whatever it lands. Perfect. I love that plan. Everybody should do that with both of our cookbooks. Hello, you guys, between the two of us, you have, uh, enough recipes to last.

Hmm. I'd say a good almost two years. So everyone get ahold of that. And thank you everybody who raised your hand, who, who contributed to the conversation who asked questions? We are here every week in the eat happy kitchen club, uh, from five to 6:00 PM Pacific. And this will go up on my site. I'm gonna type up some show notes and, and trim some things down.

So it's two about two an hour. And, uh, put this thing up@annavaccinia.com. Of course I have, you know, meal plans. [01:07:00] Now what's the best way for, I know you said that you answer your DMS, which is awesome. What's the best way for people to, is it Instagram to follow you? Is it, or is there another place where you'd rather them go?

Yeah, Instagram is my main stomping ground. Really? I do have a website, but truthfully I'm not very, um, Checking in on it. So Instagram hell's kitchen lady, Mel's kitchen. And of course I'll link to that in the show notes as well, but just go to her profile right now and then tap through and then follow her on Instagram.

And that will take care of that. Thank you everybody. For being here also come to the Thursday. NSN G a F check-in group. We didn't really get to goals next week. We're going to get to goals. I actually am, have been bad about decided what my August challenge is going to be, but I am I'm I'm I'm 85%. Sure.

I'm going to do two a two week current of war reset because I got the book right here to tell me what to do. So, uh, check in next week, check in Thursdays from five to 6:00 PM Pacific with Megan and Leona who run that [01:08:00] check-in group. And, uh, everybody go have a fantastic week and happy August, rabbit, rabbit, all that good stuff.

I love you all. Thank you. Thanks everybody. Thank you, Ana. Have a good night. You too. Bye everybody.