

018 EHK Clubcast 92021

[00:00:00] Lynda I'm bringing you up here. Welcome everybody. Welcome to the eat happy kitchen clubhouse. It is September 20th, 2021. This is being recorded. Please come join us. Check in, bring up your stuff. Good, bad, ugly. Pretty, whatever it is. We don't judge. We're inspiring each other. We are, uh, giving each other feedback.

Inspiration advice I am. As you guys know, I have launched the pumpkin marinara. Thank you guys for all of you who have pre-ordered. We are manufacturing it on October 7th. So if you've pre-ordered the pumpkin barren area, it will ship on Monday, October 11th. That's the plan. You guys that's the plan. Uh, Susie is driving, so she is listening.

Thank you, Suzy. I appreciate that. I am very excited to be here today.
[00:01:00] I am. I am staying the course. You guys. I am I'm nsng. Um, just so you know, Ty, I'm trying to bring you up. I don't know what's happening if it's not working. If I try to bring you up a bunch of times and it's not working, you can exit the room and come back in and generally it will work.

Linda, I'm gonna make you a moderator as well. Just real quick tonight for dinner. If this inspires anybody, I'm making bison burgers. Why am I baking bison burgers, Oop, time and unmute you. Oh, there you go. You dip, um, I'm making bison burgers because I eat beef all the time. So why not make bison burgers? I actually have a great bison burgers, uh, with onions and mushrooms recipe in eat.

Happy, too huge fan of that. Yes. Pumpkin marinara is launching. I am. We finally got our clearance on the barbecue dust. I talk about it in this Monday. Show that. W I think today's show with Stephen Crutchfield, what happened with the whole barbecue desk process? I basically got them to agree to make my formulation without putting any [00:02:00] crud in it, like they really wanted to.

So, uh, we're, it's a go ahead. And I'm trying to get these spices launched before Christmas because honestly the three pack of spices, the one that has the barbecue does the taco seasoning and the dill ranch seasoning in it. It's going to be such a good gift that I want to have it like ready to go. I I'm going to miss out on a huge opportunity.

So I am all hands on deck trying to get this thing done. So that's kind of where I am. Oh, Susie did ask, can you discuss iron skillet cooking tips? Yes, we will. Hold on, let me write this down. Iron skillet cooking tips. Also, I want to bring

up the FasciaBlaster, which we've talked about briefly with other people who are having some, uh, how you say pain issue.

And, uh, I, because Leona had brought, she texted me about the FasciaBlaster. I don't talk about it a lot on the air. I do need to do a regular post about it. And I will put a link in the show notes because I do have a coupon code and an affiliate code because I have now [00:03:00] used the FasciaBlaster for about three years.

I own all of the FasciaBlaster. I don't like any of her oils or anything like that. I don't buy any of the skincare products, but I love the actual FasciaBlaster. And I bought the FasciaBlaster because, um, I'm completely vain and I wanted to get rid of any dimples in my legs and my butt. And what wound up happening is I use that FasciaBlaster for anytime I'm in.

Uh, anytime that I am getting a migraine, I will fascia blast my scalp on down to my shoulders and my arms and my hands. And it gets rid of the migraine before I get a migraine. And I'm obsessed with this thing. Uh, I think it's like, I, I know it's classified as a medical device because it is helping people and it had to get that, that sort of approval.

So I'm a huge fan of the FasciaBlaster. Let me know, chime in. If you guys have tried it or use it, or if you use anything similar, I used to like doing the foam roller, but I didn't feel like it was doing enough. You know? So I like the FasciaBlaster the way I describe it as like, when you take a chicken breast, right.

And you have that little skin that like thin [00:04:00] layer of sinew or skin that covers the chicken breast, that's kind of like our fascia holding the muscle and the organs and all the things together and things can get bunched up. Things get injured. If you've had an injury, if you've been a. People get injured all the time and then your body, you know, does its best that it can do to heal.

So I have liked using, using the FasciaBlaster around that kind of stuff. And everybody's different. Um, you, if you're like me, you'll bruise a lot when you first use it and that's actually, you don't want to do it too hard. There's tons of videos about it online, but I just want to talk about that. Let me bring Bob up first and let's I know Bob is probably making something really yummy for dinner.

So I want to hear what it is, Bob Zimmer. How are you doing? Good. Good. Here. You can hear it. Yes. Sizzle sizzle. Oh my meatballs. Oh, chicken Pyre.

Oh, bacon. I shouldn't know. Shit. Yeah. So we're on day 10 of, uh COVID um, [00:05:00] so how are you feeling? How's the fam what's going on? Afternoon, just got the taste in. Well, somewhat tastes all smell back, which is fantastic.

Oh my God. Trust me if the worst that I had it, I'm sure people had it way worse, but that was just unbearable going a full week without being able to smell or taste anything and not being congested with the cold, just like normal. It just can't smell or taste. So the doc got me on meds last Tuesday Z-Pak and something for the cough.

Um, I stay out of the gym, uh, stopped running. Um, basically just yard work was all I've done from a physical standpoint. I just let my body rest relax, chill. Um, there was some alcohol involved, uh, but at the end of the day, I think I'm coming out of it, which is fantastic. So I'm making, uh, Franklin style ribs, so they just hit six hours, just took them off and they're resting.

And, uh, I [00:06:00] don't normally do ribs and, but my son was, was craving them. So I did the Franklin style. He was just salt, pepper, a little bit of paprika, three hours on the smoker, over Hickory at about two 50 and then wrapped for three hours and at two 50 over Hickory, clean Hickory. Um, and I'm plating that with twice baked potatoes, real ones for the kiddos, with bacon and all that on top.

And then your cauliflower mash in the two for me and the wife, uh, again with bacon on top. And that was what was finishing outside, uh, according to the comp for the boys on the grill. And then I actually cheated and went to Hutchins and I got six of their, uh, stuffed brisket, jalapenos, and a pound of brisket to go on the side.

So I think we're going to actually have a dinner that I'll be able to taste, which is great. Still, still nsng um, uh, And I think I know why you made the bison cause the, the bison of course, you know, Kurt Lapeer and my favorite team, uh, in college football beat, beat Townsend 35 to seven on, on Saturday.[00:07:00]

There you go. There you go. So I'm just, I'm trying to have, uh, you know, a positive mental outlook on all this and, you know, coming around the corner of it and, uh, yeah, so that's, that's pretty much the check-in amazing. I'm glad you're feeling better, friend. Yes. Thank you. That's the most important thing and your wife never got it.

Right? My, my wife and my youngest son never, ever got it. Uh, she was actually sleeping right next to me. She kicked me out of bed, I think the second

night, because I was coughing too much. I was like, go sleep upstairs. Uh, so, but she, she never got it. And uh, yeah, so. Um, just a, just a fluke. They, they got their vaccinations a little bit later than I did.

So maybe that was, I don't, I don't know. I told my doc, I said, look, maybe it wore off. And that's what I got. He's like, no, God, no don't believe any of that. It didn't wear off. He's like, this is the best thing you could have done is to get vaccinated. You're going to get through this, just like having a cold.

Don't worry about it. That was the best thing you could do. So my advice, it won't prevent it, but, uh, it'll definitely make it a little [00:08:00] more bearable that's for sure. Well, yes, please get vaccinated people. Um, also too, Bob, you sound better. Your voice sounds better this week. Oh, that's that's that's great. I feel better than actually this, this afternoon.

It finally came. Um, so Jenny had. Um, a long holler and, uh, that was a fantastic interview. And she had mentioned that she went to, um, a doctor, I guess it was practicing out of Hawaii over the, over the air or whatnot, um, online. And he had recommended, uh, something called recovery factors. It's an amino acid complex.

Um, I did the research on it and ordered it. Um, it took a little while to get, I got it. This is my first day on it. I got to tell you just one dose. I feel like a different, I have more energy. I'm like amped up. I can't, I can't believe this is a man who's had COVID. I just thought maybe you were really excited for barbecue cause you could taste again.[00:09:00]

Well that too, but, but I mean like, wow. So if anybody wants to know more about that, go back and listen to that podcast. That was one of the Fridays. And um, and she mentioned the recovery factors, uh, it, or go online and look it up. It's. It is it's slow. At least it feels like the real deal off the bat.

Maybe in a month, I'll have a different story who knows, but, uh, gave it a try and I'm a big believer in aminos. I always have been, um, you know, after workouts and whatnot, but, uh, this has got everything in the right proportions. It seems like. And will you, will you text me the link, Bob? Yeah, that's awesome.

Thank you. Perfect. That's great. I wonder if it's one of those things? I don't know. I I'm very much like, well, I better order it just so I have it on hand just in case. Well, well, this will aminos, unfortunately, aminos or something. You've got you take kind of more regularly, you know, like, like a multivitamin, but,

um, if your body is under stress, whether it's mental or physical places, it is, and they, they [00:10:00] definitely help with recovery.

I've always had. That, you know, coming out of a very heavy workout at the gym. Um, I'll definitely I'll do five of the VCA A's, uh, from what the heck is that company's name? Uh, hang on a second from neutral bio, which is another one of those pure ones, like, you know, has not none of the garbage in it. Um, and, and it just, it helps me recover.

I don't, I don't have that soreness the following day, so I, I, I was already a believer in it and, uh, yeah, I'll text you a picture of the, of the box. That's great. Thank you. Yeah. And I'll, I'll put a link. Absolutely. Thank you, Bob. I'm glad you're feeling better. That's awesome. Yay. Yay. Um, oh, hold on, Linda.

I'm going to get to you in just a second here. Cause I'm going to read Suzy's question. Okay. Susie did right. Could you discuss iron skillet cooking tips to butter or to not butter? Uh, I hope to get it like Pittsburgh rare or medium rare, crunchy put ODU [00:11:00] ladle juice on it. I can tell Susie's doing text to speech on her thing she's driving.

So she can't, uh, chat on the clubhouse right now, but that's amazing. Um, I, I have the feeling you didn't mean to say Pittsburgh rare, unless that's the thing I don't know. Do Pittsburghers not cook their meat? Cause my father-in-law's from Pittsburgh and he always orders his steaks well done and everybody gets mad at him at the table.

Um, iron skillets cast iron skillets are a gift from the iron working metal metallurgic gods. Uh, definitely have a cast iron skillet on hand and even better is if you can get one of those, uh, ones that have a little bit of nonstick in them, but you can season it yourself, which is basically heat the pan up really hot with, uh, some oils, coconut oil, some.

And the more you cook on it, it is a thing Susie just says, it is a thing, Susie. I wish that you could talk to us instead of actually like texting and driving. So raise your hand. If you wanna talk. I just worry. I worry about her texting and driving, but hopefully [00:12:00] she's doing Texas speech. Um, get a cast iron pan.

I have a great one that, you know, lodge is a very famous brand. You can pick up any one of those, even if you can get them used at a yard sale, you can re season them, but I always use butter. Why not put some extra fats in there? It

also helps to Reeses in the pan. And when you clean them, you could, you could do it as roughly as using a Brillo pad or using one of those metal mesh things.

Or sometimes I just rinse it and wipe it with a paper towel and leave all the little grit in there, all the little baking, the extra little bacon grease for next time. So I'm a huge fan, but let me, let me see. It is a thing. Hope to get it like Pittsburgh rare or medium rare. I am texting to speech. Yeah, I know you are.

Um, it's awesome. But I don't a crunchy put, I think you want crunchy on the outside. So get it hot. A F here's the thing. Most stoves don't get things hot. And that's why we're so used to having, when we're at restaurants, they get the perfect sear on things because they have double [00:13:00] gas lines and they're able to get things really hot.

So get your cast. Iron pan is hot as possible. And when you see her, you want to get as hot as possible. And then as soon as you see her and get that sear on it, you turn it down because you don't want to then burn your sear. So that's why I really liked the fat. And if your pan is really hot, don't put your butter or your oil in there from a cold start, wait for your pan to get really hot, then do the butter right before you're going to do the steak, get it all nice and brown and bubbly, then do your, your sear.

And that is by the way, a steakhouse. Almost all steakhouses, do a butter coding on the steak to keep that sear nice and Sisley and beautiful. So just want to throw that out there. I'm sure. Susie will be asking more questions as we go along. Hopefully I've helped Linda. Oh, Linda you're reminding me real quick.

Everybody in Southern California, please go to lessons. The sauce is in all 11 locations in Lassens. It is on the shelves. I am going to get there [00:14:00] myself and take pictures and I'll probably go to the Santa Barbara license and let's be honest by a bunch of them to show support, but I am really excited that, uh, cause Linda you're in Southern California.

You're reminding me go to lessons, get the sauces. Thank you so much for your support. So Collins, I love you all Linda. What's going on, sweetheart? Well, it's always a nsng day, right? We start off with the good intentions. But we just were having to reset in the house. So I'm like my daughter calls Vinny, my boyfriend, cause I'm always, you know, looking at the PDF and doing stuff, but now my fiance is actually totally on board with it.

So we're having a reset at home. We pulled out the cookbooks, we pored out happy one and two, and we picked out some recipes. We went to the market this morning, we bought the thighs. We're going to do the lemon chicken.

And we're just doing a [00:15:00] reset and just starting from scratch, looking at all the labels again. And, and you know, I. It worked. So we just have to work it. Um, you know what I love about a reset too. Not only is everybody resetting and getting on the same page, but it takes a certain amount. I bet you anything.

You've had to answer some questions because now your fiance's asking a few more questions about what are we going to eat and what's going to be like, and how it's going to do. What's going to be, and it almost reinforces it within you because when you're answering questions and teaching somebody, it's like, you're learning all over again.

Am I correct in that? Yes. I feel like I'm learning it again, but then I feel like I have a little bit more support. Like there isn't going to be like, well, it's okay. I can just have like half the baked potato and not the whole big potato. Like those little things that I, I was letting sneak by me just to have the meal with him or, you know what I mean, to enjoy going out with him.

So it's now wheel it in and say, no, we're eating at home. We're not going [00:16:00] out. We're not eating that. Or. You know, do we need a little place in the cupboard with what we've already read through what we already know? So it's, um, it's exciting.

Oh, Kurt, meet yourself real quick or I can mute you. There you go. Um, that is exciting, Linda. That's really, it's awesome. It's when you have the support at home, it's going to make all the difference in the world. And so what, what kind of, what did you guys say? Like, Hey, let's do 30 days or like what's the, what's the challenge you've set up for yourself or yourselves?

I should say. Um, I didn't want to throw the 30 days out there just yet. I'm like a week or two let's let's do a week or two weeks. We have a wedding on Saturday. So that's out of our country. But I said, let's just see a week. Let's see what happens because I'm hoping if I do a week and then he has some good results and he'll want to do another week and then it'll just kind of be what we always do.

So I [00:17:00] did it throw the 30 day out there just yet. I'm kind of wheeling him in stale, but for the most part, we, we do do it. But then when we get off

track just a little bit, it makes a big difference when you don't follow it to the T. It really does. You guys, it really does a little bit here and a little bit there.

That's why Vinnie is always really clear about the life and the living thing. If you're going to do life into living, do life into living and then get right back on because you do a little bit here and a little bit there and it gets away from you. Um, Carrie, I bet Carrie can chime in about that. We've talked about that in these past few months, and I think that it's, here's some things I think about getting out of here.

Is when you hear things like, you know, and I just want to have a pizza or I just want to, you know, be ready to make those things, you know, and, and be ready to, because in the first two weeks, especially with somebody who's totally new to it. Has your fiance done it at all ever with, well, we've been, no, we've [00:18:00] been doing it together for months, but he falls off.

No, he doesn't. I don't know what he does when I'm gone. Right? Totally. So, because he hasn't lost weight where I've worked and I've seen the results and I've lost the weight. So I know how to do it now. I know I can do it and he hasn't gotten there yet. And I just think it was because, um, for one example, um, Costco chicken, like that was supposed to be healthy.

It's chicken and it's not it's full of sugar. So looking at those little things is, um, makes such a big difference. And now we have two sets of eyes looking at everything. It's not just me trying to do it all. You know, he's looking more now than what he was before. That's really good. Listen, that's a step in the right direction.

And I will say this, if, if he wants it badly enough, he's going to do it. You know? And it [00:19:00] sounds like, sounds like he's turned a corner about it with the, with the great reset. Yes. I think it's a good reset for both of us. I pulled out the sauces. I'm like, look just ground some beef, put this marinara.

You're done good. Yep. It's that easy? So we, we went through, okay, what are you going to eat? What do you want? And you know, I'm looking forward to the lemon chicken tomorrow. We bought the thighs together to. Um, but just really pulling out the books, like I'm even looking now at your, um, your mail recipe, like coming down and not using all the sauces that, that we did in the past.

Yeah. And we actually had a reset because our kitchen or our refrigerator died, so everything got thrown out. Everything has gone. So university telling you your hours starting completely from scratch. I love that. Yes. So the books are

there, I'm using [00:20:00] them and I'm just gonna, you know, start off the day the same way and just keep going.

But with the plan now I have a plan Ana. That's that's great, Linda. And listen, if you want to, if you need to write out what you're making for each meal for the next three days, and then do the next three days, and then just start doing that because until it becomes second nature and you just grab the ground beef and he grabbed the Murriner and you grabbed an onion and you're done until that's kind of stuff becomes second nature.

You know, you, you want to feel like I've planned this because the trick is, is that you never want to get to the end of the day where you're so tired and you're so hungry that you're like, screw it. I'm just going to call Postmates or screw it. Let's just run over to the thing and get tacos. You know, you, you want to just make sure that you're armed and know where your particular weak point is.

Some people are really great at stocking up. Other people are not great at stocking up. You know what I mean? Some people are great at meal planning. Other people are not. So just know where your [00:21:00] weak point is and, and, and do everything you can to head that off at the past until you form the new. Got it.

Yeah. That sounds like a good idea. It says, if it's written there, then we can both see it. And we both know what we're going to do because usually he'll start dinner before I get home sometimes. So I could do that. Oh, that's great. I'm just, I'm like somebody starting dinner before you do. That's what a luxury I'm kind of, I kind of spoiled, but I don't tell him.

I am. Don't tell him. He knows. He knows he's a good man. He knows. Um, all right, well thank you. And, and let's keep checking in because I want to hear how this goes for you, because trust me, everybody out there has had to deal with the family situation. And especially when it's your loved one and hello, look who I'm married to Mr.

ASA G and now he mostly eats the way that I do, you know, And he has, I always say like, you know, whatever [00:22:00] you're doing on your own time, you can do on your own time. And he does, by the way, we had to go into LA on Saturday and do a show. And so we had to leave around 11:00 AM and we stopped at Wendy's and I got a Baconator, no bond, obviously, and they don't put any ketchup and mustard.

So it's basically two patties of meat, cheese, and bacon. So I eat that good to go. Then there's not really another time to eat the shows at 6:00 PM. So we ate around 1:00 PM the shows at 6:00 PM. And then literally on the way home, I brought a Vinny nut butter with me and, uh, didn't get a chance to eat it.

Cause we're busy working. We had to meet with so-and-so do this, that, go do the show and then go pick up our dog and then drive back home after the show. And we stopped again, another place, I think it was hook burger and had a lettuce wrapped burger. And I was at that point in the night where it was like 8, 8 30, where I was pretty hungry, but if I didn't have.

It would have been okay. I could have had a nut butter and just called it a night, but since we did [00:23:00] stop and, uh, my husband was like, you've had a lot of burgers today. I'm like, I could eat burgers every day. Like to me, I'll always find something to eat. Like it's not a problem. Of course. It's not my main, you know, I'm not looking for fast food.

It's not like my main thing, to be honest with you. I don't think I've been to Wendy's in like two and a half or three years. So it was fine. It wasn't great, but it was fine. So you just, things like that when you're just like, no, you know what, I'm tired. We've been traveling all day. We just did a show. I wa I, it would be so easy to eat a bunch of French fries and yada, yada got it right now.

And instead I was like, Nope, I got him the fries. And I just had my little lettuce wrap burger and it was fine and went to bed that night. Fine. You know? And it feels good to be able to do that, to make that choice. Yeah. It's just nice to know, like, those kind of options are out there because I find sometimes when I'm out there, I'm not as comfortable as like, you already know what you can go on.

So me knowing when I go out, what to order [00:24:00] is still, um, I'm still learning, but I do look at menus before I go in and I try to make smart choices when I'm there. But having those options when you're out and about is, is important too. Like your go-to places. Absolutely. And I think too, if you've guys have noticed week after week, we are talking about the eating on the road, eating while traveling, eating, you know, if your job takes you all around, this is a very common theme.

This is not going anywhere. And it's only going to open up even more with going to places. So definitely do whatever you can. I love that, you know, look at the menu ahead of time. Know that pretty much anywhere in America, you can get a burger with no button. Again, you might not be able to avoid the

canola oil or some, some other crappy ingredients, but you can get a burger with no bun.

That's. Merck. And we got that. So thank you, Linda. I appreciate it. Um, keep us posted. We are here every Monday and also every Thursday, Megan and Leona hosts. The NSN G [00:25:00] a F check in from five to 6:00 PM. Pacific eight to nine Eastern. So make sure you guys tune in for that to tie what's going on, friend.

You there tie, tap your mic. If you're available. If not, we'll talk to Carey. No big deal. Tell you what blink your, oh, there we go. There we go. Hi friend. Sorry, kids a little. Hi everybody. How are we doing? Great. How are you? I'm actually walking toward, uh, toward what might be lunch. Maybe not. We'll see how hungry I am when I get there in the middle.

Just outside of Waikiki right now. So traveling yet again, it seems like every time I talk to you guys, I'm always on. So, which is why the food, the eating on the road thing. That's so important. Just finding that one little niche that you can kind of latch onto, you know, they're going to make an innocent G thing.

Trust me, man, I've done it on all five islands that I've been to. And, uh, it works like a charm. It really does. You know, what I like about Hawaii [00:26:00] is that you guys have a lot of really delicious grass fed burgers, pretty much anywhere I go, we do. And actually the best ones are actually on this little island called Molokai Molokai.

If you stayed behind, I are cutting up Holly on Nally. You can see it's that one kind of weird look, an island that nobody goes to, but their Molokai grassfed beef is incredible. I was going to say, that's where the snorkeling is. If you go to Maui, they take you to Molokai for snorkeling. They will, they'll take you to Molokai Lanai and Molokini as well.

So those are three great little spots that the boats will always take you to. And, uh, you know, please enjoy. Guys to be honest, if you're planning a trip to Maui right now, give it about 30 more days. Cause it's a disaster. Why what's going on? Well, yeah, the cases are high and our government's really, they're very worried.

And so they're very, um, they they're short of locking us down right now. When I go into this restaurant, I'm going to have to present [00:27:00] a QR code. They're going to scan it. And that QR code represents my proof of vaccination

and my registration with the state that I've been vaccinated. So just to go in and sit down at fricking Dave and busters, that's what I got to do.

So if you guys are cool with that, come on over. Otherwise it's not a good time. So that's what we're living with. Um, real quick, I want to talk about putting a little life into living. Uh, so I played baseball every Sunday with the Maui adult baseball league. And if we actually win, which we did yesterday, we lost probably cause I didn't.

But I like to go to a pizza man. It's one of our favorite local pizza joints. And typically what I do is I understand, yup. I'm going to feel like hell tomorrow. I don't care. I'm gonna have my one slice of pizza and then eat the toppings off the rest and be done with it and then move right along. And that's what you do.

And that's the mindset you have to have going in. So please, um, you know, keep that in mind. It's a simple thing to do as long as you just plan ahead, if [00:28:00] you could actually do it every so often, you know, especially once you've been innocent G for quite a while, and it's called pizza madness. So it's bound to make you feel a certain way.

It is, but they do make everything up. My buddy works there. They do actually make everything from scratch. So it's, you're not going to find a freezer or a microwave.

Real quick. I want to talk about awesome. You're hold on. You're a little bit in the matrix. Ty, can you, are you sure that's better? Whatever you did just there is better. I'm just going to stop walking. Um, so one of the things that, um, is cool about eating innocent G is you get to eat cool things like tonight.

It's going to be chicken wings and a one share you guys share with everybody the recipe. So they're organic, um, chicken wings from Costco, and they've been defrosting now. And when I go home, we're going to go in the instant pot [00:29:00] with a little bit of chicken broth to wall, uh, pepper and paprika. And they're going to cook for seven minutes on the actual, uh, pressure cook phase.

And then we're going to take them out and the sausage we're going to go traditional sauce, which is just right. I put in my wife's a little bit. Uh, so I put in a little sour cream, kind of nullify that a little bit. And then, uh, so it's going to be one of those we're in tossing those. And I found a really good sugar-free, uh, mustard based barbecue sauce is absolutely tremendous.

Some in there. And then I'm going to make a homemade blue cheese using a spin on the ranch from Ana and then the last, but not least, we're going to go lime cilantro wings with an avocado crema sauce. So we'll see how that goes. Uh, yeah, it should be. So we're going to toss them in those and you throw them under the broiler for three, four minutes, flipped on three, four more [00:30:00] minutes at pal your name and keep us posted.

Let us know how it turns out. Post those pictures in the group, please. I yet, oh, you know me? I'll be taking your shirt. Yeah.

Thank you, Ty. Thank you for recovery Aloha from your pizza.

Yes, you survived. And, and again, the gr a great attitude. I'm doing this and then I'm not going to do that anymore. So good job, Carrie, my darling, I missed you last week. I've been wondering how you are. I'm glad you're here this week. What's going on, sweetheart? Hello? Yeah, I saw that it popped up and notified me that you guys were starting last week and I can't actually, I think I was still, which I'm still working now too, but I think I was just so overwhelmed last week.

I was like, I can't talk. I'll just up. It's okay. Listen. I understand. Also not everybody can make every clubhouse. I completely understand where are you? No, I [00:31:00] get it. And also I know that you know this, but anybody who wants to come up and talk and you wind up crying, it'll be okay. It's okay. We we've, we've seen and heard it all before.

Okay. Okay. You have 30 seconds. Sometimes I crack, I don't think I'll cry today. I'm actually doing pretty good. Uh, even mood-wise feels, um, actually lately I don't even think I was having a bad mood day Monday. I think I was just in a moment of just overwhelmed in that moment because I think it was work-related stuff.

Um, and, uh, but the week, as far as me, um, kind of getting little more back to acting like myself and, and not being so sketchy with my giving myself too much clearance with eating things. I know aren't good. Um, has been better, but I'm not as far as I need to be with that, but I did well, so that makes me feel good.

And so I'm very happy about that. Um, I think maybe even that in itself kind of helped with my mood a little bit, [00:32:00] because I'm generally feels good when I make the attempt to kick my own ass and I actually follow through that's very satisfying. Um, so I guess I don't really have a whole lot to say, I haven't

even eaten dinner tonight, so I have nothing to talk about as far as dinner tonight.

Cause I'm sitting here at my desk, still editing all of today's jobs that I shot because my computer's being psycho. And I guess that's pretty much it, my check-ins kind of boring, but I didn't cry this time. So that's good. It's never boring also to you, you make me think of the idea of, you know, how little kids just want to help and, and they want to be given a task to do, and it's really human nature to want to be given a task and to follow through with it and to feel the accomplishment of a job.

Well, Yeah, it's innately in our nature. So the fact that you enjoyed kicking your own ass following [00:33:00] through with it and feeling that sense of reward, that is exactly how a new habit is created. Yeah, no, if I didn't, if I didn't happen to, to succeed in my, in it, I probably would have had the opposite feeling, but which I guess has been the part of what's been going on with me in my deteriorating mood over the last couple of years.

But, um, but yeah, I mean, and like I said before too, like I never even really went off the rails or anything, but I just, I just, I know how some of the things I was choosing affect me in general, as far as, as I just have a, I have a huge appetite. I am just naturally an overeater. Um, I mean, there was, uh, a brief period of time upon first going in as a.

Like my appetite was just like, Hey, this is what it feels like to actually be satisfied. And then I found like there were even times when I would go like just [00:34:00] naturally just do one meal a day. And it was with zero effort because my hunger was so well controlled. But then I think after a while, especially when stress kind of came back into the picture, I, I sorta lost that ability.

And then I was upset because I was feeling so hungry and then I was grabbing, you know, just junk stuff, like, um, Akita related, junk stuff, but I know it's not good. It's still very even things that, that, even things that people in Quito groups are like, that's not keto, but the package says it is like, I have grabbed some stuff like that.

I have a surprise. Anyone would say that in the mainstream Quito people would have been like, even I don't need that. You know what I mean? Like, I mean, I wasn't doing it like every single day. Well, actually I probably was, sometimes I was doing it every single day, but. These things just make me hungrier and I already have too big of an appetite and I've gained weight and I know it's, it's just generally eat too much.

I want to eat when I'm not even hungry. So like October, I'm going back early, told my husband too, I'm going back [00:35:00] to focusing to being current of Oregon. Um, I feel like even my gut feels it doesn't really feel great, even though it's not, I don't feel like I've got like full on IBS. Like I always had my whole life, but it just doesn't, I don't feel like, um, it's just different.

Like I just don't feel as, um, energetic, I guess I feel a little sluggish. And so I'm looking forward to going back to carnival. Oh, and speaking of the bison, um, my local Meijer grocery store, my husband does all our shopping and, and, and I don't know what was wrong with him. So he went to the grocery store.

Sunday comes home. And I don't know, it's like 11 o'clock or something when he comes home and he's like, oh, Hey. So I saw a whole bunch of that ground bison. Cause I bought it before. He's never bought it before. And I've only bought it when I saw it like mark down, it's like short dated and um, you know, put some in a freezer, a bottle, they had kind of thing.

Um, he goes, yeah, I saw some of the bison it's 99 cents a pack. I was like, is the pack a pound? Like, they're always a pound. He's [00:36:00] like, yeah. I'm like, that's not there. They will not 99. So he's like, yeah, they were 99 cents, \$10. I just bought \$10, the regular price. So I frickin threw some clothes on and went back up cause he didn't buy any.

I throw my clothes on and went back up there and I bought 15 pounds bison. My bill came to 1497. It's envy right now that made me so happy and I felt really bad. Even buying 15 pounds, super greedy. I left like 10 pounds on the shelf. I really wanted to buy it all. So, um, Then I told my, both my adult daughters who don't live at home, I was like, you guys need to go up there and get this BICE, like, hurry up and get up.

They both immediately left too. And it was all gone. So I'm like, I should've just bought it all and split up what I have with the rest of it, to my daughter. So, yeah, it was that's my steel the week here and yeah. And it's going to really help me. Um, so I feel like I've [00:37:00] set myself up really well for my carnivores.

Oh yeah. You're good. At, you're going to make burgers. You're going to make meatballs. You're going to make, you can make a ground, something you could put to taco seasoning on there. You can make, oh, there's the possibilities are endless. I'm going to do it all. Do it all when eat all the bison things.

That's awesome. I love it. Well, it's great to hear your voice and thank you for checking in and don't forget to get, when you go back to full carnivore, don't forget to at least take a couple of weeks of HCL betaine or betaine HCL. I can never remember. I, well, I, I need that for vegetables. I never needed it when I was crying before I need it for, but I might, I mean, I still take it anyway, but I might do it as my trends cause there's no harm in taking it, but Tane is more geared towards the bioproduction that comes from digesting meat.

Yeah, what I have has that for sure. Okay. Perfect. Cause I don't even think it's worth buying digestive enzymes if it doesn't have that in it, like, I, I think you just wasted separate kinds. I have one for me that works for the [00:38:00] vegetables and that works for them. I need that for vegetables. Yes. Yeah. I can't do can't do veggies.

I mean, I love them. Yeah. Can't really eat them without it. Me too. I'm with you. Um, in fact, I'm writing down digestive. Enzymes link. I'll put that in the show notes because it, you know, I, I can't tell you, I just keep seeing the posts from people of like, well, I went carnivore and really cleaned my system out.

And then I ate the one thing and I got really sick. I mean, it's every day I see these posts. I'm like, no, you have to take enzymes because your body has downregulated. Uh, you guys, I will keep preaching about this till I'm blue in the face. So if you're on the clubhouse every week, you'll probably hear me talking about every week.

Yeah. Yeah. And I honestly kind of, if somebody just wants to do current aboard and curiosity, I almost discouraged them from doing it because it's like, why? Like don't teach your body to not eat vegetables. If you plan on always eating veggies, like, why are you like, I don't know. I mean, I guess that's kind of crappy way to look at.[00:39:00]

But I feel like why even expand, like maybe just do more of a cutovers, like, you know, not the junk stuff I use. I don't use the word keto in a bag, like, and don't mean don't mean that junky way. Oh, you know, you said some interesting things earlier about eating certain things and having a big appetite and wanting to consume a lot of stuff.

And you know, me, we've talked a lot about how, when that has happening, when the stress levels come up, it's generally unbeknown invite Megan here, and I'm sure she has something to chime in about. Uh, thank you, Megan. I know that. That's usually something emotional that's coming up. And, and then how it plays itself out is consume a bunch of food because we eat something

and emotion is happening right now, or a belief is happening right now that might not be congruent to how you want to live your life, but we can either squelch it by eating a whole bunch of food, or we can numb it by eating a whole bunch of food.

But, but the point is we're going to distract. And often a lot of us in this group we'll eat, we'll eat food. Some people will drink alcohol or some people will go shopping or somebody will. Yeah. I mean, [00:40:00] you know, there's any number of things that people like to do. Some people like to go have sex with strangers.

Some people like to go gamble. It's just it's everybody that I don't recommend it. Okay. I'll make a note. Yeah. We'll leave that to the Sexaholics. You have your own a halach um, so no, it's like, and I'm just kidding by the way. I don't, I'm not labeling anybody, you know that, but. No. I, I just think that when stuff comes up like that, and so I get why somebody wants to go carnivore out of curiosity, because carnivores is such a boundary.

Like it's really clear you eat the meat or nothing else. Yeah. And so I get that for somebody who's not great at establishing their own boundaries yet. Something like nsng can feel too out of control. Yeah. It honestly is very, it will teach you how to reset yourself. That's for sure. It will teach you the absolute bare minimum that you can, um, be healthy on.[00:41:00]

And then you can just, if you can then selectively and choose wisely what to add back in. And that is a really good place I get from, I think that if you are hearing yourself in what we're saying right now, and that you go, you know what, sometimes nsng becomes a really slippery slope. I suggest try, like you just said, Quito, Vore try doing meat, fat possible leafy greens and cruciferous greens just for like two to three weeks.

Just do that for two to three weeks, and then maybe you mess with some nuts or some dairy or some, but instead of going completely strict carnivore where you have to really take some precautions with your digestive enzymes, just try that. That's our pick pick one veggie like me and one veggie. Yeah, meat.

And I'm still going to have meat, meat and brussel sprouts. Great. Yeah. Uh, that's a very good way to, if somebody didn't want to go all the way carnivore, Megan is chomping at the bit. Come on, [00:42:00] girl. Lay it on us. Oh, I'm not jumping at the bed. I was just kind of clapping. Oh, yay. Okay, good. But I do have, um, a little thing that I started last week.

Um, so I don't eat until noon and then I eat my lunch and it's usually pretty quick. And then I would come home and I'd be starving by the time I got home. So, so I didn't eat everything that was in my house. I started bringing in extra like chicken and then I eat it on my way home. And then it's like, it's not a lot, but it's enough.

It adds to technically a third meal for me really, but I just have upped my pain in the last, well, I started last week and I did it today too. I did Stewart's eggs today. Um, but I feel so much better just having that extra protein. And then when I get home, I basically, I make dinner and there's no snacking is just, I eat my meal and that's it.

So just an idea. [00:43:00] It works for me, Megan, be specific. What kind are you just, what kind of chicken are you having? I have a chicken thigh. So have you grilled it? Have you marinated it what'd you do to prepare it? You know, I stick them on my smoker, so I stick probably. 15 of them on a Sunday, on my smoker. And then I just kind of divided up during the week, um, between me and my husband and my, you know, the kids or whatever, they're, they're up for grabs.

So, and then usually whatever I have from lunch is kind of whatever I made for dinner the night before. And then I have, uh, just one chicken thigh and that's all I need is just enough to get me home. Um, make dinner, not snack on anything. Cause nuts would be my thing that I would come home and uh, oh, I'll just take out a handful of nuts.

Oh, I'll just take another handful of nuts. So it has, um, totally stopped all that. That's a great frigging tip. Thank you. You're welcome. [00:44:00] This is why I love this group. That's my check-in. Oh, that's it. Okay. Well, I mean we can do more of a check-in after. Yeah. All right. Perfect. If you, if you can hang out, I mean, I just accidentally muted myself while I was talking.

If you can hang out. Um, Kurt leopard feels really weird to call you that. Hey, does it feel weird? He called Kurt leopard. Yeah. It's like, it doesn't even sound like my name anymore and we don't have any cool sayings like Ty does for more he lives. So we just say, well from North Dakota. Yeah. What's going on Kurt.

Check-in tell us. What's what shaken over there. Up there in North Dakota with death check in. Uh, well, someone just talked about wings. We just got nominated for best in the valley for our smoked wings at work again. So we're,

we're working on that. [00:45:00] Uh, also we went to Nashville on labor day weekend, so I did have a couple of wills.

And when I go on vacation, I kind of research and look what the area is known for. Tri, usually one dessert and one meal and that's, that's, uh, you know, it's easy for me to limit that and I had hot chick . Yup. And I don't really know if I want to say it cause it was so good. Uh, banana pudding is what they're known for.

They're called Hattie. B's hot chicken, but they're known for their banana pudding. No, there've been an, I put in socks. I, we found a little restaurant that was a stablish in 1939. And we went there and had breakfast. I did have fried bologna, so that's probably not the most and SNG thing. Fried bologna and eggs for breakfast and then banana pudding.

So wait, is there something wrong with fried bologna?

I know it's probably [00:46:00] trash, but that's never seen it on a menu in my life. So that's something I had to try. Well, it's funny that you say that about Nashville. Cause yesterday Lauren and I were on a walk and I have to go to Nashville, uh, for when we were making the pumpkin marinara. I want to go to Nashville because I'm going to be onsite for the making of the pumpkin marinara.

And, uh, he said, you should look up a thing to do. And I was like, I think Nashville is known for hot chicken, but it's gluten. I can't do, I can't do gluten hot chicken. I'm gonna have to find another look, banana pudding. I can't do this gluten. So, uh, I might, I might be out of luck. I might just have to stick to the plan.

Okay. Yeah. If I had to do it all over again, I had my one dose of hot chick and I had no need to do it again. So, um, it was just basically fried chicken and you pick the level of heat illness of the bat or they put on the hottest one, they call the clock and hot batter. Um, but yeah, it was just fried chicken.

So I just make Tori's chicken legs and just do Tory's chicken legs with Frank's hot sauce and do Tori's hot [00:47:00] chicken. Okay. Done. Let's do it. Um, so you're back on plan back on track. You're reveling in your nomination for the wings. Yep. That's fine. And tonight I just threw some bacon. I've been taking seasoning and seasoning my bake.

And when I bake it now, we we've been using one for the ribs and chicken at work. I buy it by the bucket now. So I'll put a little seasoning on the bacon and then, uh, pulled the bacon out and I had some chicken thighs. So I dredged out in a bacon grease and it's kind of reddish colored now from, uh, from the seasoning and just kind of dredged it around and, and re seasoned that chicken.

And that's in the, in the oven chicken thighs, I enjoy better cold. So I probably won't even have any till tomorrow. I like, I like cold meats and weird that way. I'm with ya. Yep. That's almost, you know, when I fire up the grill, I just throw a ton of stuff on there and then I, I always eat it cold, so works for me.

Thank you, [00:48:00] Kurt. Good to hear your voice. Rebecca. How are you, sweetie? Huh? Hello. This is my first time checking in. I am so glad you, I know. I listen and let Rebecca be an example of how excited I am to hear a new voice. No shade on Linda, Ty, Carrie, Kurt, and Megan. You know, I love you guys, but I get extra Uber excited when I hear a new voice.

So Rebecca lay it on me. What's going on? Well, I have to say first, I'm like a little nervous about, you know, talking to Anna. This is very exciting, but I will try not to sound. I'm just kidding. Um, yeah, so I've been, you know, listening here and there when I've been able to I'm in New York, so it's a little later here, but.

Yeah, I've been doing nsng since may. And I went off like gangbusters and lost 15 pounds real quickly. And then over the summer I was doing everything and it was kind of slowed off a little bit. And then I had COVID and all of a sudden I started losing more weight, but I think part of [00:49:00] that was also having been sick, very similar experience to Bob, a post vaccinated case and not horrible except for the exhaustion.

And I'm very grateful to have had, uh, you know, not terrible, um, symptoms, but I was also listening to, uh, that the, the show from the, uh, with the long hauler person, I was a little behind on listening and I was actually listening to that earlier today. Um, And, you know, since I'm feeling good, I don't know about that whole amino acid thing.

I haven't finished the whole thing, but it might be something to think about. But, um, so I had gotten down to like down like 35 pounds, like at the end of when I was sick, which was like, wow, that's like two weeks ago. So, and I've slowly gained like about six pounds back and I'm like, oh my gosh, I have to be careful.

But we also just had the Jewish holidays. And so I was eating some of the more traditional holiday food. And so I'm thinking, all right, well, yeah, no, I lost all this because I was sick. It's, you know, it's fake loss. And it's like, [00:50:00] okay, it's natural to gain a little bit back. So I'm like, kind of on that sort of afraid that I'm going to just say, oh, I can eat a little of this and I can eat a little of that.

And so that's where my mindset is right now of just being like, I gotta make sure I don't let my head go into this. Oh, I can have a beer on a Saturday night and I can have a little bit of ice cream or stuff like that. And I'm trying to.

You know, it's funny you say that because the little bit of this and a little bit of that really, really adds up and it's funny, it's like, you can, you can totally have a little bit of this and a little bit of that. And what you're doing is you're gaslighting yourself. And then all of a sudden you've gained 10, 12 pounds.

You're like, oh crap. Oh dear. Like it's undeniable now, you know? Right. And I'm in that, like what? I was kind of allowing my brain to say, I was like, well, you know, you, cause you were feeling crappy when you were sick with the COVID, you know, of course you're going to lose a little bit of weight cause you weren't eating as much.

And I'm like, no, that's [00:51:00] like fake. Now. It's like, I'm two weeks away out of that now. And so I'm thinking to myself, no, this rebounding back to sort of where I was before that is because I'm eating, adding crap in. So that, and keep in mind too, we definitely have encoded into our DNA. To try to feed ourselves and others when there's sickness involved, because you don't really eat as you, you don't because your body can't simultaneously digest and fight off things.

And it doesn't matter because we are such feeders. We want to give people food who are sick. We want to feed ourselves and we're sick because that's a sign of being robust and healthy. Right. I mean, that's encoded in our DNA as humans we're meant to eat when we're well, so you're right. And there's going to be a certain level.

And even if it's subconscious, we all do it of, well, I've been sick. So now I'm feeling better. I'm going to reward myself with a little thing here and there and, and you, and you basically, what we're saying is you [00:52:00] can't do that. You have to go, it's okay to eat. I mean, you know, but, but if you're, if you're using the little bit here and a little bit there as some sort of like reward, it basically turns into the rat with the crack pellet and it's never ending.

Yeah. And that's what that's like the main reason, like even getting over my saying, Ooh, I'm a little nervous to check in. I'm like, Get my head screw back on. Right. Um, and that's the, you know, why I'm talking right now because I'm thinking to myself. Okay. So like Rashaan, I had matzoh ball soup. Cause I'm also, I love cooking.

And so I'm like, oh, I got to make the big family dinner. And then I had a bagel. I'm the young reporter, it's our break fast. That's what we always do with the lox and cream cheese and stuff. But I only had one bagel. I was like, I'm done with the bagels. I don't need more of those. That's it? And like the last couple of days I've been like, all right, no, no, no, no.

You can't fool yourself into thinking like, you know, the, the little weight gain you're seeing is because you lost more while you were sick. Like that's because you're adding these things in over the course of two weeks that don't belong in your diet anymore. [00:53:00] And when you stop that, you'll, you'll immediately lose three to four pounds of waterway to, yeah.

I feel better ready to, cause I did feel a little like bloaty, but. Hoping for the best to keep my brain going that way. And I also have to thank Bob because I made the sausage deep dish pizza. I don't know if he's still on or not. I think he might have left.

So if anybody has not had that, I know it's in both Facebook groups. I think we've got the PDF and he made a PDF and put it in the file section of the eat happy group. And I think the main Facebook group. Yeah, Lou, Lou Malnati's deep dish sausage pizza made with sausage as the crust. It's amazing. Yes.

That helped me get and get me back on track at the end of the week. Cause I made that and unbelievable. Good. That's Rebecca. You're doing amazing. And by the way, what was Yom Kippur was Thursday last Thursday. [00:54:00] Okay. So you had a bagel when you, when you break your fast. Friday morning or no Thursday night sundown.

Right. Okay. So that's fine. Now you're back on track and you're going to start to see results and it might take a little bit of time, but, uh, yeah, you're, you're, you're doing a great job and thank you for making yourself brave enough to come up here and do it. I hope that, uh, folks who don't want to check in yet, um, all as well.

I see you guys down there. I'm sending you love and, uh, Susie, I hope you got some, some of your questions answered about, uh, Pan's not, what is it called?

The pans? Why can't I think of the word for the pans? You guys thank you. Woo nouns. You guys am I right? I, when I first started the podcast with Vinnie 10 years ago, I used to make fun of him because he would forget words or names of people.

And, and, and you know, when you're in your thirties, you're just so damn [00:55:00] sharp or you think you are, and now I'm in my late forties and I can't remember anything. Megan, now it's official. It's time for Megan's check-in even though she already checked in, check in some more check in more oh, right on Bach.

Well, you have, you heard most of, I mean, what I've done this week. So it was a hard transition coming back from, um, vacation than coming back and, you know, just making sure you're eating right. Not that I ate wrong and on vacation, I didn't at all. Um, but just getting back into the swing of it. So, um, this week I feel great.

So far as far as eating, right. I don't um, so exercise I'm, you know, Susie is my little exercise partner. Oh, she's gone. Darn it. So. We are still lifting. And, um, I still have my hour of cardio that I have to go do, which that's the thing I dread the most actually an hour just seems like so [00:56:00] long, so long. Are you watching a thing?

Are you doing podcast? How are you? Cause I did the 30 minutes on the bike every day for 30 days. And even though I know I felt amazing after, and that was half as much time as you you're devoting. And I was still like, oh my God, this is excruciating. And then when you're done, you're like, I'm so glad I did that.

Yeah. See, I was doing 30 minutes and then we met with Vinny again and he said, well, you really need to be an hour. Like, well, what, yeah. So, um, I've bumped it up. And so I have actually been splitting mine up into usually two 30 minute things. Um, today though I have to do the whole hour and I listened to podcasts.

Sometimes I'm listening to a book as well or just music, you know, you can just Blair it and you're, you're good to go. Yeah. And it started raining again this week as well, and that's been hard. Um, so we're into our rainy season [00:57:00] where I really like the sun. We need to trade locations. You would get bored of it too.

I'm sure. Yeah. It, it, it gets along here, but, but other than that, I'm doing great. Doing a great job. Thank you very much. Uh, Vinny, we just, we actually had record early. We recorded our Monday show for next Monday, today. Cause he has to go out of town. Uh, he gave you and Susie a little shout out for the workout.

So yeah, you guys check out the pure vitamin club, Instagram account because he gives little tidbits of a weightlifting exercises. Like everything that you could possibly. Everything that you need. And basically the whole program we are pretty much on is on that pure vitamin club. And I didn't even know it until I think a couple of weeks after we had started work doing his program, and then you could actually see him do it and lift.

I mean, he showed us, you know, on video, but it's, it's fantastic. So [00:58:00] yeah, it's on Instagram, pure vitamin club. He has all of his videos, exactly how to lift and what to do, and he breaks it up into push pull legs. So check it out for sure. I'll link to it again in the show notes. Even better yet.

Weightlifting, you do a consult. I mean, you, you would never, his consults are not good. Yeah. Every time I take out, I get something from it and it's been fantastic. So that's great. Thank you. Thank you, Megan. And, uh, Daniel, we're going to land this plane here in just a minute, but I couldn't resist bringing you.

Hold on DSL was also raising her hand. We're going to get to this real quick guys, because we're going to land this plane shortly after the hour, but I want to hear both of your voices. So thank you, Megan. Daniel, how are you? I'm well, friend, thank you. How are you? Yeah, I don't always need a sort of barge.

No, but I like hearing your voice. So I just, I almost just want him to say like, like I really appreciate this space and [00:59:00] everyone's shares and it's like motivating me to basically hunker down and actually get into a consistent practice instead of incrementally and sporadically. I also want to share, I bought both the books, Anna for my mom and I gave them to her and she's like, yeah, no, of course.

Um, and like she said, I don't read, I was like, mom, there's pictures. And then like, we can read it together. And I think it will be a nice little link for us to be able to do together. So I love it. I don't read. It's pretty funny. Listen, as somebody who considers us weekly literature, I can relate to your mom.

Okay. Um, that's awesome. Thank you. And by the way, I really appreciate the support of the cookbooks because it's folks like you and all you guys on here

that you love the cookbooks and you buy it for your friends and your family. Cause that's what gets the word out. So thank you. I really do appreciate it.

And love leader voice. I wanted to bring Jazella because Jazelle, did you ever consult with Vinnie today? Yes, I told [01:00:00] me. Hello, sweetheart. How are you? I'm doing good. Um, I I'm loving the clubhouse tonight. Very informative. Thank you. And yeah, I just wanted to, um, give that little, uh, in addition to what Megan had said, and you know what you guys both had mentioned that the consults are awesome.

I was really nervous. Um, when I scheduled it, cause I was like, I really want it. Put myself on the spot like this and all that. But, um, you know, Vinny is really down to earth and, you know, it's like talking to a longtime friend, so it was great. I'm really looking forward to putting all of his advice into action.

So, yeah, he's really great. I'm so glad that you did that, but it is funny because he goes, I talked to somebody named Jazelle today. He mentioned when we were recording the Monday show and I was like, I've seen her in the clubhouses. So I'm glad that you came up and said, hi. Yes, it's always great to talk to [01:01:00] you too.

Anna. Love it. I love it. Thank you. And by the way you guys, we are now at the end of, or next week will be the end of September, September 27th, which also has Vinny's 59th birthday. Um, Next week, end of September, start thinking about what you want to do for October and how you're going to wrap your brain around these upcoming holidays.

I know we just had the high holy Jewish holidays. So some of you were put life into living for that. And now we're coming up to the, you know, high, holy Wiccan holiday of Halloween. I don't know, describe it, but it's Halloween and there's going to be treats, uh, plenty around. So we're going to start into Halloween season.

There's pumpkin spices. And by the way, my answer to that is of course my pumpkin marinara, there is no sugar added in that. I, I, I hope I wouldn't have to explain that to you as I think you guys would know that, and I'm not gonna make a pumpkin marinara that tastes like, uh, it has 24 teaspoons of sugar in it, like a latte from Starbucks.

It is really good though. And, uh, last week on my Instagram live, I made my Pittsburgh Chile. [01:02:00] With beef. And I used a jar of a sample jar that I had with pumpkin Marin. Eric is, of course it hasn't been fully manufactured

yet, not til October 7th. And my husband said to me, and I'll keep in mind, I've been making that Pittsburgh Chile for 25 years.

And he said to me, that is the best you ever made it. And I said, well, the only changes I made it with the pumpkin Marin air. It was really, it really compliments that recipe because there was a little spice in there and it's really nice and dark chocolate. So please, uh, pre-order the pumpkin marinara you'd have a kitchen.com.

I would really appreciate it. Uh, actually I think most of you, I'm looking at this thing. Most of you have, so thank you guys for doing that. It will ship on or around October 11th, if you're in. So Cal please go to Lassens and get the other three flavors of sauce. They are now on the shelf. They were made specifically to be on grocery store shelves.

I'm very excited, uh, but the best way to keep it on the shelves is to buy it so that the grocery store has continued to reorder it. So thank you for that. If you have a local grocery store that you like, especially like a [01:03:00] gourmet grocery store, I'm sorry, a natural food grocery. Of course, the gourmet groceries.

That's always a good place to, uh, not a big chain. We can't focus on the big chains yet. We're not ready to scale up, but any sort of. Uh, local natural food co-op sort of situation, maybe a smaller chain, like Lassens is a chain of 11 locations. Uh, mothers is one that's interested in the sauce and I'm sending them samples.

They're getting them tomorrow. Mothers is a chain in the south bay and in orange county and they are very interested in the sauce. And they're a chain of like 11 or 14 stores. So some of that in that range, that's what we're looking at. Uh, there's a place called, uh, there's a place in Scottsdale, Arizona called wicked meats and seafood it's there and we are hitting the east coast.

I have been emailing like crazy. Meghan's been emailing like crazy. We are trying to get this stuff into grocery stores, but for now ordered online, uh, the spices I'm working on, they're coming soon, fast and furious. I want them ready for Christmas. Uh, probably won't be ready in time for Hanukkah because Hanukkah is very early this year, but Christmas for sure.

New year's great present anybody who's [01:04:00] looking to, you know, January 1st is a big time for nsng because everybody goes nuts during the holidays and then they want to dial it in on January 1st or whatever the Monday

is, which I think is January 3rd, January 3rd will be the day that everybody's. And S and G so, um, our clubhouse coffers, I'm not coffers.

Our clubhouse attendance will expand that's for sure. So I want to thank all of you guys for being here. Thank you for, for your support and, and thank you for letting me hear your voices and come back next week. Let's talk about end of September, beginning of October goals, challenges, whatever it is that gets you back on track, whatever it is is gonna keep you on track during these holidays, wherever it is that you need support.

Think about those things. And let's talk about them next week, and thank you so much for being here. I appreciate it. Bye guys.