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[00:00:00] Thank you for being here. Welcome to the eat happy kitchen club. Welcome to the having kitchen clubhouse.

I dunno what they're called at a club or a clubhouse. I don't know. It just makes me feel like we're all in fourth grade. Guess what? You all have the password. It's nsng we're all here. We're going to check in. We're going to talk. We'll see how everybody's doing. Raise your hand. Let me hear your voices.

So being in Vegas was an interesting time for me. That's the first time I've been on a plane and forever Leona. Are you there? Oh, she's lurking today. She's still working.

She's still work. Raise your hands. I might bring you guys up here, Michelle. I'm bringing you up cause I want to hear your voice.

Michelle, have you ever been more glad to live in Vegas to not have to stay in that particular hotel and by hotel? I mean murder motel, Michelle, how are you? I actually looked into, well, how, how are you doing? [00:01:00] I'm doing great. Um, I actually looked into to stay in there Saturday night, so I didn't have to drive home.

And it was like \$250. I'm with the floor. You gotta be kidding me, I guess. Cause it was last minute. I don't know. But I was like, I'm just, I'm just not going to drink that much. No, no, you absolutely did the right thing. Yeah. So I feel bad for all you people that had to go there. No, listen, it was worth it.

It was fun. We had a good time. I loved seeing everybody. Um, but there were some, some good intentions trying to be stolen. And I'm going to talk about it a lot more detail in the podcast, except for, I don't want to throw people under the bus because as a fellow food company, founder, you know, there's a lot of places displaying.

Oh crap. NBC is literally texting me right now. Okay. I'm going to record it when we're done. Hold on. Let me, I'm literally texting NBC. I can record in [00:02:00] exactly. One hour. This is how the sausage is made you guys, this is how the voice promos get done. Um, yeah. So as, as a fellow food company, founder, I don't like to throw people under the bus, but you guys know how I've been bitching about the keto explosion at the grocery store.

How 99% of it is absolute horse hockey. Like it, it upsets me because I'm trying to do the right thing over here. And then I see all these companies with just, it was crazy shit. These nice people came over to me. They were so sweet. And they were like, Hey, you're Anna. Right? I was like, yeah, we really want to give you our Kito pop tart.

And then I was like, okay, you know, whatever. And of course, I'm going to be nice when I'm gonna be like, I don't eat that. Like, you're not going to say that I'm not going to eat it, but I'm not going to say I don't eat it. You know what I'm saying? So I was like, thank you. And then they said they threw their phone under my nose.

I was like, give us your address. We're going to send you a case. Cause you're a VA VIP this weekend. [00:03:00] And I was like, oh God, you don't understand, you got targeted the wrong person. Um, but so I get it. Like, you use your hustle and you're out there. You want to build your food brand. But I, you know, I look at the ingredients on all these things and they all have erythritol.

They all have the Monkfruit, they have Stevia, they have xylitol, they have all the things, right. And then they say, no artificial sweeteners, which I guess legally is correct. And they okay. So they also had, they had, they had keto Pop-Tarts again, there is no such thing. You guys, can we be clear unless your pop tart is a steak filled with cheese and baked in the oven and a toaster oven that that's the only Keto Pop-Tart or innocency pop tart that actually exists.

Okay. So Akido pop tart. When it's like, it was like, it looked like a pop tart. It was like a baked good and had. And then the other, the lady had a thing in her hand, it looked like a jar of peanut butter. I was like, okay, well this is closer. So let's, oh, I love peanut butter trying to make the best of it.

Right. And [00:04:00] she said, and by the way, I think Leona witnessed this whole interaction. Leona was standing there. She can, she could attest to this. And I was like, oh, I love peanut butter. Thank you so much. And they're like, oh, well it's peanut butter cup. And I was like, oh, well, and I, and it's true. If I were to pick a candy bar to eat, it would be a Reese's peanut butter cup, but I don't eat those anymore.

Not for years. I think I had one, a couple of years ago at Halloween, or maybe even last year, Halloween, I might have one in Halloween. Um, but I might not, my ketosis is so good right now. I don't want to ruin anything. So I look on the peanut butter cup thing and it's just, it's, it's basically, they said, it's, it's like a Reese's peanut butter cup.

It smooshed up, you know, in like a spread, like a Nutella kind of thing. And I was like, oh, thank you so much. In order to be a scientist of tasting things and giving things a fair shake. Of course, I came home and Lauren, my husband was like, oh, you got so much stuff. I had so much stuff. I had Keto, granola, Keto, cookie, like a ton of keto [00:05:00] cookies, the keto Pop-Tart, keto nut butter, the keto this.

And, uh, he says, well, let's, let's taste it. And I was like, I will taste it. I tasted, first of all, the, the, the key, the peanut butter cup thing was so revolting and I didn't throw it away. Cause I want to show it to Vinnie on the, on the air on Thursday, it was so raw. It tasted so bad. You guys, I was so upset, but then again, I was like, well, the market's going to decide, right.

Is, does everybody out there? Who's doing mainstream keto just have such dead taste buds that they think that tastes good. I'm, I'm upset by this. This bothers me. That's that's the takeaway that I was taken from Cuba. I took a lot of great things away and shout out to everybody. We had a great time, our little crew.

But it was upsetting to me. And then I tasted that Keto pop tart, and I was like, what am I even eating? And I spit it out. And then an hour later, and this is the litmus test. You guys, when Lauren Tarquino says, I don't like something, that means it tastes really bad. Cause he will literally use Mikey from the life cereal commercials.

He will [00:06:00] eat anything. And an hour later he goes to me, he said, uh, I still have a taste in my mouth from eating that pop tart. And I was like, yeah, what is that? It was like metallic and cloying. It was like, it was like sweet metal. And I guess it's the artificial sweeteners mixed with whatever's else is in there.

And by the way, they're also booths, they're selling stuff that had gluten wheat flour in them at keto con it was so confusing. So this is why people's good intentions have been stolen. We're trying to help everybody get them back. You guys know this I'm appreciative to the literal choir. Um, yeah. So Lauren today took, he tried some of the keto cookies.

And he said, I tasted a bite of every single flavor. They're disgusting. I throw them all away. I said, save one. He said, don't worry. I saved you one. So, cause I want Lauren to try these on the air. That's my thing. I'm going to get them to try them on the air in front of Vinnie and we can read the ingredients.

But anyway, I digress. I know I was focusing on that, but just, just be careful out there when you're tempted to have a thing. And you're like, well, you know what? I'll lessen the damage. [00:07:00] If I have a Keto thing, it's not worth it. I'm here to tell you it's not worth it. Okay. I've been talking for eight minutes straight.

I'm gonna stop doing that. Bob, what are you doing? What are you making us for dinner tonight? We're going to have don't and don't say, and don't say keto pop tart. No, please. No, no, just run. If it says keto just run. Just run far away. It's just marketing. It's all garbage. Pretty much. So. Yeah. So you're, you're a Caesar dressing and we're going to have a chicken Caesar salad.

So I've got, uh, four breasts on the flat top right now. They're all getting nice and happy and some garlic butter and, uh, get those going in about 10, 15 minutes and watch some football. Hey, I do want to mention though that we got the case of the pumpkin era and I had some family members that were on the fence, um, like true, true blue Italians from, from Italy going pumpkin and American era.

I'm like, you gotta try it. You gotta try it. [00:08:00] I of course, sample to a teaspoon or two right out of the jar when I first got it and I was blown away. It's not so pumpkin heavy it's you really taste more of the Marriner than the pumpkin, which is perfect. It's just a, it's got that perfect essence of pumpkin in it anyways.

So we made eight pounds of your, uh, hot Italian sausage yesterday. And, uh, we made your, uh, your pumpkin marinara sausage and record mix. Um, I think I overdid it on the recorder, but that's fine. It's just a, well, I put a whole court, a court overcoat and, uh, with three pounds of sausage, I'm pretty sure I, I really put way too much, but that's okay.

It turned out great. The kids loved it. My father-in-law loved it from Italy. Um, he actually took, uh, a pint of it home with him and, uh, yeah, so it turned out fantastic as I was eating it. I was thinking to myself, holy crap, wouldn't [00:09:00] this go great with your chicken tikka masala. Um, so we're gonna make that in the next couple of days, uh, chicken tikka masala, and we're going to substitute in, um, the pumpkin Maranatha.

So I'll let you know how that goes. It's a perfect marriage of flavors, in my opinion. I think that that's going to go really well. It's going to go great. And by the way, Bob, you texted me that the other night, and I thought to myself, for

my IgG live this week, I'm going to do a pumpkin Curry and it's going to be super simple.

And I, I, I can't, I can't decide if I'm going to even do chicken thighs from scratch or just do it super fast with a rotisserie chicken, but I'm going to use the pumpkin marinara and make a pumpkin Curry kind of soup stew situation. And it'll be some very similar to the chicken tikka masala, but less fewer steps.

Something I can do fast when I G live by the way, every Tuesday, 2:30 PM, Pacific five 30, I'm doing recipes on it, like that I don't do anywhere else. So tune in or go back and watch them. Uh, but Bob, you basically inspire that. I was like, oh yeah, that would be really [00:10:00] good. Pumpkin Curry soup. That'd be really good.

I'm gonna work on now. All right. I'm going to, I'm going to try and tune in for that. That's always kind of a weird time for me, but I'm gonna, I'll try and I'll definitely try and tune in for that. So, yeah. Thank you very much. Thank you very much for, uh, for coming up with that. And, uh, and I I'm all stocked up, so I think we're, we're good.

That's good. I think we have about, well, they told me we have 30 twin packs left, which means about 60 jars, but then a couple people wrote today, uh, that they got the wrong thing that happens. Sometimes you guys fulfillment houses. Am I right? So, uh, I wanna, I wanna make sure I'm underestimating, you know what I'm saying?

I'm underestimating how much is left, because I don't want anybody to order it and be disappointed. I'll take it off the website, but it will run out and we're not making any more. It's done. Uh, it is. I agree with you, Bob. It's really good. It's really, really, yes, it is. It is. And if anybody was on the fence, I mean, I wasn't sure what to expect cause really, you know, you've got the and air, but then it's the, how much pumpkin is [00:11:00] it?

Is it like the pumpkin pie pumpkin or is it like chicken tikka masala, pumpkin. And it is really more like the chicken seeker Marcella. It's a very, very understated pumpkin. Um, and it, and it really well from a flavor perspective. So I was, I was very, very pleased. Thank you, man. I appreciate that. Any, any check-ins or fitness stuff you want to talk today before I finally got I finally, so if everybody probably knows that's been here for the last few weeks, I'm recovering from, COVID still, I thought I was completely over it, but, uh, because I only had symptoms for literally like three days and you know, that

was that, but, um, there's still been, you know, kind of headaches and this and that.

So I hesitated and didn't go back to the gym. Um, so I, I, I was diagnosed as September 13th, so I finally, so it's been about a month. So I finally made a factor of the gym, um, this last week. So I had, uh, one, one chest day in one leg day and so far so good. So I'm planning [00:12:00] to go back tomorrow. Um, the chest was interesting, had a little bit of a headache coming through it, you know?

So just anybody that that's dealing with that don't rush back too soon. I mean, I'll go out and run. That's fine. Cause I'm zone two and it's really not that Texas. You know, going back to a full workout before you're fully recovered, probably a bad thing. And that's why I think you guys were talking about that on the podcast today.

You know, there's, you know, these, these athletes that, that try and go back too soon and that's when they get hit really hard. Um, so let your, let yourself recover if it happens. And, uh, and you will, uh, you know, I mean, obviously if you're following this way of eating, you're, you're healthier than most. So I think that that goes a long way.

So that's my PSA for today. Oops. Thank you, Bob. I appreciate that. Thank you for China. And I'm glad you're feeling better. I'm glad you're getting back to the gym and, uh, yeah, this, uh, this COVID thing is no joke. And even if you are vaccinated, people are having some low, it, [00:13:00] it lasts longer than you think is what I'm gathering from folks.

So yes, 100% make sure you take care of yourself. And by the way I have the aura ring. And so it'll tell you, like, if you slept shitty or, or, or it'll say it's, it's very, uh, if, if I've had alcohol, it will say, uh, you had some activity that caused your resting heart rate to be very high. It means alcohol.

Like it's obvious that it means alcohol, but things like that, that can wear you out. And if you're not, or if you're sick or whatever, just know that like take it easy, man. Take it easy. Oh, I'm bringing tie up here. Oh, somebody is bringing tie up here. Um, thank you, Bob. Let me see here. I'm sorry. I'm trying to, I'm trying to produce on the fly and everything, but Ted, how are you, friend tiger.

Ty, you got it, Ted. What's going on? I want to hear the full check-in from Ted. What's going down friend. Doing good. Doing good. Uh, first thing I wanted to tell you was how [00:14:00] surreal it was to have you say my name on the

podcast this morning. And I turned around, I went, hell, what'd he say? And then I realized you had been, you were talking about me.

And I was like, well, that's strange because all this time I've been listening to the podcast and suddenly you're a subject in it. It's like, that was really weird, but you got me freaked me out a little bit. That was strange. But it was, I mean, the other thing was next time you talked to Vinnie, he mentioned something about feeling bad about busting me on social media.

And my thing would be, oh, no, no, no. That's, that's tough. Love you gotta do that. Gotta do it needed it. That's what got me in gear was the fact that I did get busted so well, definitely appreciated. And then what else did I notice? Um, oh, finally weighed myself just to see if anything's happening. Cause there's no ketones yet, but I thought I had what the hell we'll see, because I'd been stagnant with weight for a year, a little over a year.

And uh, I dropped four pounds in two weeks. That's [00:15:00] being hardcore, his work it's working. I mean, it did kick something into gear. So I was hoping that he would be wrong and I could go back to doing what I was doing, but no, no, he was right now. I got to stick to it. It does work. Damn. I was so upset looking for a way out.

Know, that's the hook, man. We got you. We got you right where we want you. Oh yeah, you did. Oh yeah. And then, and then you just ruined my other thing. Cause I was like, I gotta, I gotta get key to a product, man. This stuff looks good. You know? Nope. Guess not. That's out. Don't you dare Keto candy bars. I figured that had to be bullshit on you.

You see this stuff and it's like really seriously Keto peanut butter cup. Huh? I don't know about that or the stuff that jam with almond flour, which is, I don't know, is that really that bad? But then he was telling me on my call that he's like, yeah, there's no, no. On the.[00:16:00]

I look at it. I look at it like almond flour, like a gateway drug. There's nothing wrong with almonds. You know, like there's nothing like you're going to eat. Vinnies nut butters. Those are great snack. And they're cut with that. So that it's like, it, it increases the fat content. There's nothing wrong with baking with almond flour and making the pizzas.

And then eventually you're probably start to cut that out. So at the beginning, people really do look for baked goods to kind of substitute for those things. And I even talked about this at the convention, like there's different stages in it. And

so that's why I say make the homemade thing. That's why I give those recipes and he'd happy.

Make the homemade thing. You're gonna be much better off than like grabbing some. Keto candy thing that doesn't even take, make the homemade thing, make the homemade pizza crust, don't buy the quote unquote keto pizza cross from the freezer. It will be loaded with all kinds of junk and it's not going to accomplish what you want to accomplish, right?

Yes. It's some extra steps, but then eventually you kind of [00:17:00] start to just naturally transition into make it well, eventually you're going to make Bob Zimmer's Lou Malnoti's style, sausage crust pizza. But at first people want that chewy baked good thing. They liked the bagel rounds. They like the blueberry muffins they like, and I get it.

There's nothing wrong with that. And there's nothing wrong with wanting to do that. And then eventually I'm telling you, you don't see it now, but eventually you're just be like, I'm just going to make a steak and maybe rose some Brussels sprouts. And you, you do legit become satisfied with that. But if I tell somebody that at the beginning of this journey, they're like, I, yeah.

Okay. Steak sounds good. But like, I want to eat other things and then, and you're not wrong for wanting of the variety, you know, but just like we said, you just gotta be on you. You know, it's funny, you mentioned pizza crust because I tried that once too. This was a month or so back. I remember thinking that this cauliflower pizza thing that was that's, the crust is the big, oh yeah, this is much better.

No, not using the wheat and [00:18:00] et cetera. I was in a restaurant ordered it. And since I'm a type two diabetic, I had gone home after a couple hours of that. Let's just test with the blood sugar. I mean, that'll that doesn't lie. We'll see what happens. I gotta be putting sugar in that crap. Cause even with like, with a cauliflower pizza crust, it was way up just like I'd eaten a regular, you know, wheat crust.

So I, I learned pretty quick to stay away from that. Well, and honestly, Ted, they probably also put sugar in the sauce too. So you probably got to come at you from both ways. Yeah. I mean, listen, those cauliflower crust in order for them to taste good scaled up, they have to put some things in there. They just have.

They just, no, no, no. And listen, I have a cauliflower crust in the first book. It's incredible. It's labor intensive though. So that's why I say make the almond

flour crust or make the pork grind cross because those are less labor intensive or make the sausage cross, which is even less labor intensive. But if you want that, like baked good thing, do that, do it with the pork grind cross that's in the second book, it's also on my site for [00:19:00] free and because the cauliflower crust works great.

I love making it. The reason why I wrote that recipe was because a mom who had a kid with a nut allergy, which by the way, if your kid has an allergy and you write me, I guarantee that will get me on my, my soft spot and get me to write a new recipe for you. That's how it came about because I needed something without any almond flour, but they put so much stuff in there and they have the ability to scale.

When you scale stuff up food wise, they have all access to all kinds of things. Here's a scary thing that I learned. If, if a company uses, let's say a type of pectin, which a pectin is. Knox gelatin, let's say, right. A pectin is what is it? Uh, jelly, right? That keeps things stuck together. And if they use a pectin in their recipe, it'll say on the label pectin, here's what, here's what this is.

This is what honestly scares the crap out of me. You guys. And this is not to scare everybody, but [00:20:00] just know that this is going on. Okay. If a company says pectin on their label, and then let's say they can't get any pectin, but they can get ahold of some xanthan gum. Okay? Both of those are not classified as any sort of allergy.

They're not one of the big ones. It's not wheat fish, shellfish milk, soy corn dairy at which I believe are the big ones that they have to label on a thing. So the food producer is legally allowed to switch out the pectin for the xanthan gum. Now a lot of folks in our community. Are fine with xanthan gum and a few are not a few have got sensitivities to that.

So you would want that labeled because you would not buy that product, correct? Correct. So the food producers allowed to switch it out and they have up to a year to change their labeling. Well, guess what? They're not going to change their labeling if they're just using it for a couple of batches and then going back to the pectin.

So this is what I'm saying about truth and food labeling and [00:21:00] things like that happening. Like you don't and, and good food producers will not do that, but how do we know? Who's good. Who's not good. So it's just, just to like, I dunno, just so you know, there's, there's stuff in things and it, it is scary, especially if it's something makes you sick and I would be petrified if I'm as a

mom, with a kid, with the actually like Anna Filactic response to stuff that would scare the crap on me.

But anyway, go ahead, Ted I've rambled. No. So that's the other thing. I was a vineyard recommended this book. I got into that, which is what you're talking about. Sugar salt, fat salts or salt, sugar, fat. And they deep dive deep dive into all of the stunts that the food industry plays with with stuff. So I I'm just like nauseated.

Now. I've been, I've been going almost carnivores since I started listening to that book. Cause it's like, oh my God, I don't trust anything. I don't trust any labels. If it comes with a label, I don't want to eat it hardly at this point. So it's like steaks good chicken [00:22:00] and homemade, homemade, like you said, homemade stuff way better.

I see the, the advantage now. So I'm gonna, I'm going to go down that road hard. That's not going to do it. Just keep doing it right.

Homemade except for nsng foods. And you'd have a kitchen. Of course. I'm just kidding. I'm just kidding. Oh no, I got my main arrows and I got my, well, I mean, listen, this is that stuff. This is what we want to get to the bottom of. And if, if there's a way to spread the word and, and help, you know, it's funny, I'm working with this food consultant and you guys have heard me bitch about them on the podcast because they were trying to get me to put a certain amount of slip agents into the, uh, anti caking agents.

I apologize into the barbecue does, and I wouldn't do it. And we wound up getting in a big fight. And then I got in an argument with the thing and I'm like, no, you don't understand. He was like, well, he's like, no, you don't understand. You can put it in there at two up to a certain amount and you don't even have to put it on the label or the ingredients.

And I was like, I don't think you understand. [00:23:00] What I've built here. What I've built here is called it's called trust and my reputation. And that means more to me than trying to sell a barbecue dust, because frankly, you could just buy the book and get the recipe for the barbecue dust and make it yourself.

So what am I? You know what I mean? Like if I'm selling the convenience and then I'm adding in a bunch of garbage and so these people, and it's funny, cause their tagline in there, their email signature is always, you know, whatever it is. It's like food revolution, one company at a time. I'm like food revolution.

You're doing the same as everybody else. Like let's have an actual food revolution. That's what I'm into same game. Different day. Exactly. What sad. I'm glad to hear you got four. You said four pounds in two weeks. Yeah. Four in two weeks. Hell yeah. That's awesome. Great job. Any movement was appreciated. Yeah, we, we, we like a little movement on the scale that's for sure.

Well, that's great. Keep on checking in of course. Checking in, keep, keep checking back. Um, I'm eager [00:24:00] to hear your, your progress. If you have any sticking points, if you anything you guys, I want, I want to hear your voices. Oh, I see. Cute. Trisha's there. Kevin TIR. Hi guys. Hello everybody. Linda, my darling. How are you?

I'm doing well, Anna. How are you? I'm great. What's going on? Well, everyday starts out. Nsng right. And I just keep trying to go. The more I plan the better I do. So it's really taking the time, pulling out the cookbooks and, and planning my meals for the week. And when I do that, then I find that I stay on track.

Also, this group really helps me cause I'm like, okay, I'm going to check in on Monday. So I, I want to stay on track. I want to be able to report back that you know, was able to, to follow everything. So I really want to thank the group. Um, thank you. No, that's and that's good for me to hear because, you know, I want to make sure that this is having an impact.

I'm glad you guys are here, but Linda, can you share for the group, what, what's your process for [00:25:00] prepping? That's keeping you more on track instead of the thing that's going, Ugh, I'm just going to do takeout, screw it, or I'm just going to do whatever. So T tell us what your process is to prep. Um, getting the cookbooks out and then finding what's easy to prepare what I want to eat, um, and making a big batch.

So then I can take some to work the next day I do work long hours. So preparing a meal and then having enough for a day or even two days sometimes, um, is, is what works for. Also, I mean, really right now we have to look at what the meat prices are what's available. I mean, that factors in sometimes I'll just go to the market and kind of have an idea of what your recipes are.

And then whatever meat I find is what I buy and bring home. And it's just always, I just try to focus on the meat and then whatever vegetables, vegetable, and to prepare with it. And I go to work and at work and they're always like, okay, what are you eating today? Let me see your food. It's always the big, the big joke is I never have rice on my [00:26:00] plate.

And most people at work have rice. Good. I'm glad you don't have rice on your plate. And I'm glad that everybody's looking at what you're doing. Yeah, they do. They started to ask questions. And it's funny because I don't, I haven't really lost weight on the scale and I'm always reading and every said, he says like the scale, isn't your friend.

But I noticed the more that people come, more people are coming to talk to me to find out what I'm doing. What I'm, you know, what is it exactly you don't need? What does it mean? So that's when I know, okay, this is working because people are talking to me, I'm feeling great. Um, and they're trying to find out what I'm doing.

So that's, that's what keeps me going, because I know it works when I do it, like to the T I can feel it. I sometimes I actually feel like I'm hypoglycemic. And then I just try to take in some more protein, but I can feel when my body is, is low in sugar, but I'm not shaky. I just feel like, okay, I'm switching over.

I'm not using, you know, I don't have sugar. [00:27:00] So I've my body's trying to figure out how to get what it needs and it's not getting it from sugar. How many weeks in are you doing the strict thing? Oh, Anna, I'm going to be honest. I could do a few days. And then that ginger beer and vodka just gets in my way.

Oh, you know what, you know what? You need to make a vodka soda with lime and like, just do it a tiny little, like cutting of ginger that you smashed in the bottom. Oh, that's a good idea. I didn't think because I really liked that gender taste. I'm just hooked on the ginger. Yeah. Ginger is great. Ginger beer is loaded with sugar.

So even if you have just a splash, it's way different than having lime juice, you know what I mean? But you can put some lime juice in there and you'll be okay. Okay. Cause that's what I do. Ginger beer with vodka and then blind you. So just cut out the ginger beer and just plain soda. Oh, that's. Especially because [00:28:00] what'll happen is.

You, you do great all day doing innocent G and then you are drinking a liquid sugar cocktail, and then your liver's right back to having to like reset. You know what I mean? And you're not going to get the progress. Yeah. Yeah. And that's, I mean, it's not every day. It's just like, on my days off, I want to have a three.

So I got every day, even if it were every day, I get it. Yeah. That's like a good, I was listening today when, um, Vinnie and you were talking about the bottles of wine and I was like, oh yeah. So it's not every day, but I think I'm going to try

that because it's really the gender flavor that sometimes I won't even do the vodka.

I just do the beer. I'm just like, just give me a splash of vodka. It's really the ginger beer. And I wonder if it's because it has sugar in it. Is it my body craving it because it's the only place I get sugar from. It might be like an end of the day thing. Like, okay, we've really cleaned out. And now it's, it's given you that last [00:29:00] little sugar craving big.

And, and if you keep refilling and topping off that sugar, it never quite switches to being fat adapted. So you're going to have to be uncomfortable for a little. And I don't want you to white knuckle it, because like you said, if you feel hypoglycemic eats something, that's nsng even if it's yeah. You know what I mean?

Don't try to fast your way through it. No, no, no. Do like a. My, when I do start, I'd usually have boiled eggs with me and I'll just eat a boiled egg and that just cuts it all off. I don't do like simple sugars anymore because what I find is, um, like the other day I was craving ice cream. That's my, my thing.

So, um, I had an ice cream, but I paid for it the next day. I had a headache don't whole day. So now I'm kind of just I'll look at it and I'll be like, no, it's not even worth it. Cause I'm just going to get sick. I'm just going to have the headache. So a lot of things that I ate before, they don't even interest me anymore.

I mean, I'd rather have a ribeye and some [00:30:00] vegetables on the side. I'm good. I don't need to eat, you know, all the other sugary items that I would go to before. So is, and you think your last little holdout is the modified mule. Yeah. If I could get that fixed, I would be able to stay on track. Much longer idea is, you know, how you can get the ginger root and it's like the fat ginger root.

If you peel that and throw the chunks in the blender and make a little ginger puree, because ginger is very strong, right? And the reason why you put sugar in it is to cut that strong, uh, spice that's in ginger. But if you take just a tiny bit of that puree and put them at the, put it at the bottom of your vodka soda, pour your ice in, put your vodka in, put your plain soda water in squeeze, a couple wedges of lime.

You're going to get that essence. Yeah. And we were doing soda water in line before we started the ginger beer. So the soda water, I mean, I was used to it. I was good with it, but then when I started the ginger [00:31:00] beer, I really got

hooked on the why I thought the ginger, but it's really the sugar don't even lie to yourself.

I mean, it's the sugar, it's the sugar. Here's the other thing. Is, if you get a fresh bottle of vodka, um, or even like a halfway done bottle of vodka, do the ginger puree, like I'm talking about and drop it in the bottle of vodka and put it in the freezer. And then you have ginger infused vodka, and then you just make that vodka and soda with the lime.

And you have that too. And then you're not actually drinking the chunks of ginger, which might taste too strong. You know, just, just the thought ginger infused vodka sounds pretty darn good. Anna, you do you just like putting big smiles on my face because that's the one, the thing that I've been struggling with is how.

Um, I don't want to give it up, but you know, how can I modify it so that it's something that I still can enjoy. Yeah. I think that, that you need to realize that you can still have it, you just, [00:32:00] and you're still gonna enjoy it, but you're right. It's funny because you're literally like, most people want the alcohol cause they want the release of, you know, the tension release, you know, at the end of the day you want it cause you want the sugar.

So, so it's funny, you could pour a soda water and then put the sugar in there and that's what you actually want. So it's interesting how, because she'll just be real clear with yourself about what it is that you're doing, why you're doing it, you know? Yeah. I can do that. You can tell you that. Thank you.

Of course. Thank you. I'm going to, I'm going to try it out on my next day off. I'm going to get the ginger and blend it and up. I usually make like these big ice cubes. I can like mix it with the ice caves and then put it in my drink. So that'd be great. Ginger fresh ginger is very strong. Okay. So she was a little, little bits.

Thank you, Anna. And I, by the way, I enjoy your cooking shows on Tuesday when I try to catch them as much as I can. I can, you know, I'm [00:33:00] learning, I'm not, uh, you know, I was brought up on frozen burritos and diet Coke. So I want to say thank you and how much I appreciate when you do do those cooking shows because I learned so much.

I'm so glad. Yeah. It's I, I'm not able to put all of the tips and tricks that I know into a book it's just not possible. So it's much more fun to be able to do stuff live. And plus for me, I don't want to rehash, you know, old recipes necessarily.

I want to put things together in a new way like that Ruben shuffle was quite popular because a lot of people have been posting that, but making it and.

It was good. I highly recommend the Rubin shuffle, just saying thank you, Linda. That's awesome. Thank you for joining us and I'll see you tomorrow. We're due to do the pumpkin Curry. Perfect. Thank you. Awesome, Michelle. Hello? Hello. Um, not much to check in. I feel like I just did a huge check-in over the [00:34:00] weekend.

I know we, we had a lot of checking in. I do have to say it was so nice to go out with like-minded people who weren't going to influence me to do bad things and, or eat bad things. And it was just so nice and yeah, it was great and it really motivated me. So I'm happy for that. And yes, that Ruben shuffle.

Oh my God. We've got the actual pastrami and made it today. Cause I couldn't find the Stromae and my little country. It was so damn good. And I'm not like big on thousand island, but I'm like, well, I have to put it on it's part of the recipe. Let me just try it. And I, I made it the lazy way. I got the, um, primal kitchen catch-up and the avocado Mayo, and it wasn't really good.

And now I have this leftover thousand island and I'm like, I'm gonna make a burger with it tomorrow. And it's kind of got all these ideas. Oh, you know what I did forget though, in that Instagram live and I should've put it in the [00:35:00] notes. Did you, oh, did you make it from the second book? The thousand island?

Yes. Okay. So you put the minced onion. Yes. Okay. I forgot that in the cooking show, is this supposed to be like, um, like the dried mint? Yeah. It actual minced fresh. Cause it gives it that thousand island. It's it's interesting because I'm with you too. Like I would never get a salad and be like thousand island dressing please.

But the, the only thing I use it for is to put it on a Reuben. And if I have a Reuben, once every couple of years, a Reuben shuffle. Great. I'm all about having that homemade thousand island dressing. So I, and yours looks amazing. You guys look at her Instagram, it looks so good. I like ha I didn't have many expectations to be honest.

I'm like, oh, you know, I'm not really huge on truffles, but holy crap, it was so good. And now I'm going to use that leftover thousand island. I'm going to make a burger. I think I might put some pastrami and Swiss on my burger and make a

Reuben burger. Hell. Yeah, it was good. [00:36:00] And by the way, your case is on the way they've sent a new case for you.

So that'll be coming. Thank you. Okay. Yeah. I put in a claim this morning with ups. Um, I don't think they're going to do anything for you. I'll be honest with you. I don't understand where or refund me for the shipping. You know what I mean? Cause I pay shipping. They don't do anything. Don't worry about it.

We're sending you a new case. Of course. Uh, Michelle had a porch pirates situation or just a dumb ups delivery situation where I think they dropped it off at my house. Cause I was like right next to my front door, my, I checked the history of my ring doorbell and there was no one near my house. So I dunno, I had gone to the wrong address like this happened once before, about a year ago.

And I feel like I was like, somebody got that sauce and they're like, oh, I'm not giving this to their rightful owner. I'm keeping this. If I smell some sauce, cooking, I'm knocking on someone's door to get bad karma for that. Stealing your sauce. Well, thank you, sweetie. And it was [00:37:00] good to see you. And was I wrong about the, a good intentions being stolen?

Did you go around to the different booths? Isn't it nuts? I made the mistake and didn't eat anything before I went and I tried one of those keto cookies and I immediately, I felt sick after eating it. And I'm like, why did I do that? It was just painted my stomach and nausea nauseating. And I'm like, never again.

And it was very, yeah, I agree. It was very like, um, keto product centric. So for sure. Yeah. Some people it's interesting. Some people don't have a stomach reaction to those artificial sweeteners or fake sugars or whatever sugar substitutes, I guess, technically because of we're tall. And we'll say the monk fruit are naturally derived.

They're derived from natural sources. They're not considered artificial sweeteners, but that's why I feel like it's misleading because. A lot of people do get the stomach upset from them and I'm like, that's, it just doesn't seem right. But thank you for backing up my claims, Michelle. [00:38:00] It was crazy. Thank you so good to see you too.

Good seeing you too. And thanks for checking in. Hold on just a second. Here I am. I'm going to bring up I'm mocking and then, but Ty, how are you? Oh, Ooh, good. Oh, that was Aaron. Aaron. It was giving me a weird name. Aaron. Sorry, go ahead. Ty. I'm bringing folks up here. I'm bringing up Michael and bring Kevin to cheat death by using a mandolin to make a first.

Why don't you cannot do a clubhouse and use a mandolin at the same time. I have so many slices on I I'm looking at a giant slice down my right hand. Uh, the pinky it's down the entire length of the pinky from a mandolin. Right. Ring finger on my hand is still recovering from one. So now I have what they call cut gloves.

So if you don't have a pair of these, when you're doing constant, like pitching work, knife, [00:39:00] prep, prep stuff, I bought it for, uh, you know, my prep, my kitchen prep guide. And so if you're constantly doing that, there are basically like little teeny Kevlar gloves were fantastic. They work great. I will find someone linked to them in the show notes because, oh, by the way, this is being recorded.

Everybody. Yeah, I got this off Amazon. They're absolutely terrific. So, um, so a couple of things, first of all, if you guys haven't made that Santa Maria tri-tip yet, um, I do not know what you're waiting for because that thing turned out insane. And all I did was just pick up, like I had, we had it for dinner and it was great.

And then I just picked out it all week and it was, and then I did a little horseradish, Mayo paprika, drizzle sauce. And that worked out really well. Actually it complemented it really nicely, so it was super good. Um, but one thing I wanted to say to you is, you know, um, I know a lot of us get lost on nutrition.

So if you guys don't know, it's, I've spent hundreds of hours in [00:40:00] nutrition stuff. And so if you need to reach out, just reach out, I do a 30 minute consult free for clients anyway. So, you know, I was just thinking to ask me questions half the time I'm driving or behind a camera, like, you know, feel free.

Like I'm happy to do it. It's not a big deal. Um, cause it's, you know, especially if you're just kind of getting used to this, this is a tough thing to do, man. Like, you know, the reason I, the whole reason I went in S and G is I got a scary blood tests back. My glucose was, uh, near 200. That was a fasting blood glucose was near 200.

And my most recent one by the way was 86. Yeah. Right. You know what that means if you guys don't know what that means, uh, The fasting blood glucose was 198. They start the pre-diabetic stuff at 200. Right. And I'm the five day a week eating healthy gym guy. And so that, just, that was it. So I just gave up sugar.

I gave up anything white basically. And that's how I describe it. So if you have any questions about it and, [00:41:00]

uh, since the day after Halloween four years ago. Oh, interesting. Yeah. Well, you know how you remember is, cause my favorite day of the, one of my favorite days of the year was the day after Halloween. Cause all the candy was seventy-five percent off. And so, uh, yeah, those, those, those bags came home to roost, you know, Willy Wonka and Reeses cups and all that kind of stuff, man.

That was just terrific. But yeah, I just, I got scared and so I just, you know, some people's bodies don't handle carbohydrates for her. Yeah. And, uh, did you ever have a weight issue or was it just purely, like you were one of those skinny diabetics. Oh, and one of them skinny diabetics? No, ma'am uh, when I was 20, I have to post it someplace, but I have, I have my fat then picture.

Oh yeah. Oh yeah. I was like 25, 26 and I [00:42:00] weighed, so just to give everyone an idea, um, I'm, I'm five, about five, 10 or so. 46 years old when I was about 25 or so I ballooned up to 215 pounds. And then, um, DRA managed to drop back down to about 175, moved to Hawaii, dropped another 10 ish, five to 10. But then when I went in as a gee, I dropped like I'm down to today.

I think I'm around one 50. I usually walk around a one round, 155 now. Wow. That's quite a bit of weight. That's yes. You know, 60 pounds. So, um, yeah, there's a horrible before and after picture, then you can see it when one, when I'm 25 and everyone's like, how old are you? And I said, 25, the one next week.

They're like, how old are you now? And I go, yeah, 36, 37, something like that. Jesus Christ. It's unbelievable. So are you saying you looked older at 25 with the weight on you? Yes ma'am. Yeah. Isn't that crazy? How that works? [00:43:00] It's unbelievable. It really is. And. You know, so it's just so keep in mind, everybody, even the fitness professionals.

Yeah. We get it wrong sometimes. So don't be afraid if you're, you know, if you're just not progressing like you want, if you, if you, you know, aren't making the progress you want, Hey, everybody makes mistakes and you know, as long as you learn from them and, and trust me, one of the reasons I'm actually decent trainers because I've made every mistake, I've done it.

I did the bro science eat protein 45 minutes after a workout. I did the, you know, lifting grunt and do all that kind of stuff. You know, it just, um, yeah, it just doesn't, it just doesn't work. I'm going to be talking about. Thank you, Ty. Yeah.

I'm going to be talking about it guy. Yes, for sure. And Ty, why don't you send me a link to your stuff so that people can reach out to you?

Um, that'd be awesome. And I'll, I'll link it in the show notes. That's it. Thank you for that nice offer. That's great because [00:44:00] we all, we all need as much support as we can get, and I will be talking about there's a big bro science-y guy who is speaking at keto con and, uh, boy, did he say some things and don't really, at least from what I've learned over the years, they didn't seem too well-targeted.

I'll go into it on the Monday show with, with Vinnie. I don't want to get into it now because first of all, just I'll get angry. Like he does now. I see why he's so angry. Like I'm just so angry and this is bullshit. It's such bullshit. Anyway, that guy, Ty, thank you so much. Um, yeah, I wrote consuls with Ty.

You're going to send me a link and I liked that word. We have such a food heavy show and I just want to give a shout out to Cassandra notch, who disordered some pumpkin marinara that came through and I saw it. And I thank you. And I see you and I appreciate you. And if you want to come up and say, hi and check in, please do, please raise your hands.

We still have a few more minutes here. We're going to get to everybody. Aaron, what kitten am I adopting? Tag one. She's a sweetie. There was [00:45:00] one you just posted the other day. And I was like, oh my God. He's literally he's, you're trying to get me foster kittens. You get tired of them. You switch them out for new ones.

How are you? It's nice. Not bad on the ups thing. It might be a week on a, how long it takes anymore, but the drivers should be showing up. He'll have a printout, his show where he was when he scanned it, show him where he was when he stopped completed it. So it'll show if he was at the house, regular driver he'll know, it feels they're not, well, I had a claim one shouldn't they know, should they be able to geo locate where he was when he scanned it was delivered to Michelle's house?

Yeah, they do that. It goes, I think it goes through corporate. I don't know exactly how it works, but I think it goes from corporate to the local, wherever that hub is. And then like with Ontario, there's three different centers. So it goes to one of [00:46:00] those centers and then it goes out to the driver.

She has. Okay. On this day I delivered. And there's times where you like, how you go, oh, that's the wrong house. And it takes awhile. Well, that's what

happened. Takes time. Yeah. And usually it's you need to do it and then not the customer. Yeah. Um, we have, and she has transgender money. Yeah, no, it's fine. It is what it is.

I just want her to have her sauce. And uh, if, if, if it, if it does turn up, Michelle, you just enjoy your sauce and share it with a friend and make them buy sauce. We'll do. All right. Cool. But thank you, Aaron. You obviously have some knowledge of this wasn't packaged seven years ago. Got it. Yeah. And by the way, this reminds me too, that doesn't matter [00:47:00] if you're ordering from me or from anybody, get your holiday stuff done early because this kind of insanity is going to be happening.

But times without. Yeah. And the, um, we're going to say out wasn't packaged, so it might work a little different. Now I did have one where it was 120 pound thing and left it over seven foot fence. She goes, I never got it. That's funny. I remember your gate was locked and you had trash cans behind it. Well, maybe a neighbor took it down.

They didn't come over your pants and lift that thing up and over. Cause I struggled with, I was wanting to get rid of it. So have you been to the corn maze up there and solving yet? How did you know I was there today? I didn't. I was asking, in fact we just, we took video. I'm going to try to turn it into a Tik TOK where I'm running like Danny from the shining, but instead it's the graining and I'm running away from grains.

And uh, I don't know if it's going to cut together, but we shot footage today. [00:48:00] So it's funny that you say that I was making my husband shoot all his footage of me running around like. The time, how long did it take you to go through?

About 10, 15 minutes. We got lost a couple of times. We tried to get lost and he, so we did, we were pretty quick with all it hit the one year. And we did the, a scope grows through the village. Love that foreign minister. I know it's pretty great. Solve it by the way. If anybody doesn't know, we're talking about, if you're in Southern California, come up to solving, we do Halloween pretty great up here.

We got scarecrows. We got a corn maze. There's a haunted house that I'm looking into, but I don't know what that's all about. It could be a haunted house and where they breathe. COVID on you. And I didn't think we were supposed to be indoors, but whatever. Isn't an Airbnb type hotel pet place, big front porch.

Oh no, that, that plays in Los Alamos. I don't know some solving and it's a neighborhood that does, uh, they're huge on it's the neighborhood to go to for Halloween. [00:49:00] I'm going to go check it out. How's that? Whoa, that that's a nice neighborhood to go through. I like the corn maze because you're basically, we paid \$7 each, today to go on a walk.

It's like, we could just walk down the street for free, but instead we pay \$7 each to walk in the courtroom mates. No, this is fun. It's the first corn maze I've been to. That's taller than me and even getting up on the hay bales and looking over to see where to go next. How tall are you? Yeah. There, those were taller than you.

Yeah. Yeah. Uh, and it's nice and thick. I like being able to hear the other people, but I can't see them. It sounds like you're cooking something right now. Pork chops, butter, garlic butter, big pork chop saw serum few minutes and then throw them in the oven.

Well, do you want to check in about anything? Any goals, any stuff, or you just want to say hi, [00:50:00] it's a month where it's my one month where I'm on and off. And it's over the years it's getting my off time is getting lower and lower. That's good. It's it's candy season. So, and I'm getting to where it's at.

Cause I haven't had those in a year. Not do not buy your Halloween candy until October 31st. Have you already bought your Halloween candy, Aaron? Nope. Don't buy it about other things. One year I had a dentist office and I delivered the, you know, those toothpaste and dental pot. They give you go and visit.

They complained every time we don't even order the stuff. We don't want it. Sorry. When dad goes, you know, can I have the case? Absolutely. Give it up for Halloween. I had kids coming back three or four times. That's great. Here's your toothpaste? [00:51:00] Lauren has threatened to, uh, give the kids at Halloween, all the keto cookies.

I brought back from keto con, but I was like, no. Cause we're going to get our house egged. The irony being I'd rather eat those eggs, please. Don't egg my house. We giving out little airplanes. We just, we tried to do something different than every year, other than candy. And we haven't had a problem. We actually get repeats.

Hey, can we have that? Can we have, that's great. I love that idea. You have to tell me a list. You have to tell me a list of things. So we can w what are some of

the things you've given away? So you've done a little toothpaste to be some dental floss. That was just for the fun, but like I said, it's surprising.

Some kids are going, Hey, can we have more? They come back three, four times, um, little foam flyer, like, so you find on Amazon, it's like a hundred of them for. 10 20 bucks. Um, I think we did special balls, you know, like tide bouncing ball. [00:52:00] That's fun. Just fun, little things. Think the, what the kids are doing are, you know, we get candy everywhere else actually doing something different.

They do, they get candy everywhere else. I still have a Halloween stuff from Bob Hope's house. They would make custom printed things from Bob and Delores hope. And when Lucy was little, she would trick or treat in Toluca lake in California and we would get, and I still have those things, which I thought was much better than getting a candy from Bob Hope's house.

We didn't see Bob and Delores. Oh, by the way, they're not out there handing out candy to the masses. They're in Palm Springs. Exactly. Well, thank you, Aaron. I appreciate hearing your voice and that's, those are great ideas of giving stuff away. If anybody else has any creative. Let everybody know. Cause I know we're all like, oh, you want to do the candy?

What? You don't want to do the candy? We're going to do the candy, but that's because Lauren wants to buy the candy. Remember he's a [00:53:00] sag. You guys don't judge. Thank you, Aaron Michael. Hi. Oh, there. Oh my God. That cat, you did that on purpose. She's yelling at me. She's so cute. Kitchen. Thanks, Aaron. Michael, how are you?

How you feeling? I'm doing all right. Working back, working started last Monday. Um, had a couple of tough days getting back into it. Uh, Tuesday came home and my whole legs and abdomen were kind of known, but I was on the road for geez, like six out of 10 hours that day. So I pushed it a little bit more than I should've.

I talked to my dispatch and said, okay, they got to cut that down a little bit. That it happened. No, but overall I'm doing fine. And I, you know, but, [00:54:00] uh, well, you know, your limits. So, you know, to tell them when you have to stop, no, I have to tell myself when to stop. That's my problem, you know? Cause I'm a workaholic like you are, you know, and you, you know what I'm talking about.

So, you know, you know that you need to take a break or backing off a little bit and you just don't do it. You know, you're preaching to the choir with me, honey. I felt that yesterday I was like, I need to stop. And then I was like, okay, just get a little more done. Yep. It's the way it works. But, uh, overall I'm doing fine.

My eating habits of curb a lot. Um, I'm getting nearer to getting back total on us and G um, sitting around for seven weeks is [00:55:00] hard. It's so hard, you know? Cause you just, you want something and that's my problem I play is that all of a sudden I want something. And so I've been hitting cheese and uh, uh, like roast beef or am or something like that, you know, just to fill in those spots, you know, instead of going after something, you know, that I shouldn't have, um, you know, and not having it in the house.

Damn. No, or having people bring me stuff like they do. So, um, through a lot of stuff out again, you know, that's another, you should go through a pantry cleaning again. I should do a pantry one-on-one and I should shoot a video [00:56:00] of cleaning out the pantry pantry. I know mine is pretty empty. I have to keep it empty or else I'll eat the things I know it's too tempting.

And by the way, you're talking about sitting around is really hard and there's gotta be an element too, of just boredom. So a lot of us don't even realize that we're bored and it's a lot easier to just go nibble on something, you know? So at least you're arming yourself with good things to nibble on.

Yeah. Yeah. My perch has plenty of good stuff in there. I've been on the salad calculator. Uh, spinach and, um,

it's not utter lettuce and I can't remember the name of it. It starts with a, and it's not a rubella, but, uh, I've just been making these big salads and try and, uh, cheese and onions and [00:57:00] all this stuff in it, you know, and like doing a chicken, you know, splice chicken breasts, you know, and putting that over it.

You know, I feel so much better after I eat. I really do. Yeah. It gives me a lot of energy. And thank you for the, uh, for the salad dressing videos. That day, because I actually bought these two salad dressing mixers from Amazon a while back. No, while I was shopping through Binny's like one day and I saw him and I'm like, you know, I should buy those.

I'm actually using them now just because of you, are you referring to the dressing? 1 0 1 that was on Instagram? Yes. Good. I'm glad I've got red wine

vinegar. I've got [00:58:00] balsamic and I've got white vinegar and they've just been sitting on my shelf for a long time.

Yeah, that's what I said. And so, yeah. You know, instead of just number of when I told Steve that I just dumped Kelly all over everything, I actually started using these. No. And so now, you know, I'll just, you know, Horyn a third, you know, the mixer oil and just, you know, in, on top of it, shake it up, throw some spices in there.

And I've been using my mortar and pestle, which I haven't used in years, you know, grind everything together where I put it in there cause Rosemary never breaks down. And um, you know, it's been great. I mean, I've really liked the flavors it's enhancing the oil. [00:59:00] Um, so, so you guys all know that maybe new hair, maybe not probably rocks three 10.

Um, but yeah. Yeah. Things are going okay. Well good. I'm glad. And yeah, once you start making your own salad dressings, it's called. The world is open. You can, you can just kind of make it and you can marinade meats in it. You can salad, dressing, and marinades are the same thing you guys, um, do you have any of, uh, book one still at home that I can buy?

Yes, I do. I have a couple left of book. One that I can spare. I have mostly booked twos, same thing you guys, if you want to Venmo 25 bucks, I'll send it to I'll sign it to whoever you want me to send it and I'll send it to you. And I was going to now I need to remember to announce that on the podcast, because I still have a [01:00:00] few of the first, but mostly honestly the second, uh, because Amazon had the big snafu where they sent me back a pallet of books and for no reason, just no reason, just they D and then the trucking company just delivered a pallet in my drive, like blocking the driveway, instead of sending it back to the warehouse.

It was a lot, but yeah. So I still have some, I think I have about like a hundred copies, so of the second book and I have a few of the first one. Yeah. Message me. And we'll, we'll make it happen. Yeah. For the great Christmas gifts. Happy to sign it to whomever or, uh, or not just give them blank. Give you guys blank ones.

I gave my unsign book too. After I bought that sign, when I gave it to my nephew. And I want to give them one now. Got it. You're so sweet. Yes. Well, we'll make it happen. Just message me. And they've been actually using it. Um, my nephew lost, uh, 65 pounds. Wow. His girlfriend lost [01:01:00] 35 and that's just in the last two years.

I think that I turned them onto them. So, wow. See, this is how it happens, spreading the word. So thank you. He just turned 40 and she's about to turn 40 and they needed this and they saw what happened to me, you know? And so, you know, he asked me about it. This is a kid that I have watched have anxiety, uh, social issues.

Um, introvert, you know, all this stuff, mental that he couldn't overcome. And I talked him into doing this and trying this, and I told him, it's not about what you're doing. It's not about what's happening around you. It's not, what's happened to you in your [01:02:00] path. That's what you're eating. And I feel trust me, and he'll try this, do it for three months.

You apt to do it for at least three months. I guarantee you all of this, shit's going to go away. And he trusted me and he did it and he's lost the anxiety. He can go walk in the crowds now and the rooms full of people, you know, he's totally changed. Um, that makes me really happy to hear. And, um, I know we're going over time and Kevin we're about to get to you, but I really glad that you addressed that because the changing of the brain chemistry to me was the number one thing for me.

That's my number one, what you would call a non-scale victory, but the changing of the brain chemistry is everything and it's real. And it is true. Uh, I've been listening to you guys since day one, cause I went and bought all the facts shows [01:03:00] by the third year. I think when I started listening to you guys, and I got to tell you, and I was thinking about this earlier, when someone else is talking, you are such an incredibly different person now.

And when you first started that podcast, and I'm going to say that you are Vinnie with the vagina.

Can I put that in the show? Yes, absolutely. You know, and I swear to God, you are, and I was laughing. Oh, it was when you said I want to rant. And I started laughing right away, you know? And I'm like, yup. Yup. Anything with a vagina?

Thank you, Michael. I'm going to tell Vinnie that you said as much as well. He'll like that. Well, thank you. Thanks for checking in. Keep checking in. Okay. It's good to hear your voice. Perfect. [01:04:00] Big Z. Are you there? Are you still with us? Kevin Biggs. I muted you so you're not. Oh, there you are.

Uh, I'm good, man. Everything's cool. I'm doing really well. Um, see, you got a good time in Vegas, you know, it looks like you got a little work done in between all the party in there. So, you know, there was some work being done and then there was some keel, tequila being and drank. So, you know, we're good. Uh, you know, w we won't, we won't talk about that.

We're not going to out anybody. I will say, I'm not going to say who, but I was waiting for my Uber the next morning. And somebody came up and said, have a safe trip home. I said, oh my God. Hi Howard. Cause I was the only one standing out in front when it was like 8, 8, 8, 8, 7:30 AM, 8:00 AM. And this person goes, I have not been to bed.[01:05:00]

Oh, good. Okay. Someone did it, someone did it. We needed someone to represent and they did. And that would have been me, but I wasn't around. So that's all right. Yeah, I appreciate that. That's great. That's great. Hey, um, I don't really have a check-in or anything. I just, you know, came on. Cause you know, I just come on when you're, when you're on, but, uh, um, I did want to say that, um, I really appreciate, this is more of a shout out to you that you body else here, but I really appreciate you and Vinnie.

And then like a couple of weeks ago you got Steven on with you guys, um, really hammering home the, uh, the concept of how these companies and, and how, you know, just people in general are stealing intentions on people. I mean, you really should adopt that, that, that phrase too, because you're, [01:06:00] you're kind of going down the same road and I, I really love that.

You know, uh, I've been kind of doing a little footwork for you lately because I really appreciate you guys doing that. You know, especially like you were just talking about, they were, you know, giving you shit about the ingredients that can be in your barbecue rub and you're telling them to fuck off that right there.

Um, I know I could, I know I probably already make the same barbecue rub that you're gonna, that you're gonna sell, but I'm still gonna buy yours for that reason right there.

That's right. She is. She is.

I am totally vagina. I totally appreciate what you guys have been saying and doing the last couple of weeks, because that's been kind of a common theme throughout the whole. I guess about three or four shows. Um, you know, he's [01:07:00] really hitting that side of it. So, um, and he's kind, and he kind of got away from it for a while, but it really seems like he's getting back to it.

And especially with the film, that's going to come out, that's going to really drill it home. You know, at least for me, and a lot of people hopefully will see it, you know, and, and understand what he's saying that he's not just out there trying to stir up a bunch of shit. Wait, till you hear about his fourth movie.

He, he and I were talking and what he's going to do for his fourth movie, it will, it's gonna blow everybody's mind. Hey, I can't, I would don't want to say anything cause his he'll get mad at me, but I'm dying to tell everybody cause it's so good. But yes, Kevin, thank you for saying that. I. I appreciate you so much.

And I appreciate the legwork that you've been doing more than you will ever know. I'm sending you so much gratitude and love. And I, the most recent fight was with the compliance lady who was saying on taco seasoning. Now I [01:08:00] get that a person who does food labeling compliance might be, I don't know somebody who's humorless and doesn't fucking like, have a personality.

I get that. But also too, it's been my job over the years. As it, as a, as a person who wants to engage people and interview them, I'm very good at warming people up. And I could not crack this nut. You know what I'm saying? And she was talking about, cause I put no sugar added as one of the call-outs. Okay.

Now we are going to beat the spices are going to be certified organic because we're able to do. Uh, without too much insanity, we're able to source everything organic, which were resourced organic stuff for the sauces, but the kitchen cannot get certified because it's a shared kitchen that even though it's completely cleaned, they will not certify it because it's not a specialty organic kitchen and it's infuriating, but whatever.

Cause we spend all the money on the nice ingredients and source from good farmers. It's a big thing for me, input. Good, good [01:09:00] ingredients are a big deal for me because I'm like, why do it, if y'all are just gonna like, you know, ruin the earth, growing tomatoes, I don't care. Then you just get canned tomatoes and make it at home, you know?

But anyway, so this has been an important priority for me. And I understand we've been in R and D for almost a year now with these spice mixes. So with taco, she says, you can't put no sugar added. Why not? There's no sugar out. She goes, according to the CFR, which is the FDA's regulation, they called it a CFR.

I don't even know what it stands for. Probably like consumer food regulation or something like that. She goes, according to the CFR, you cannot put no sugar

added on something that inherently is not supposed to have sugar added. And I said, well, have you looked up the popular taco seasonings? They all have sugar in them.

And she goes, I looked up the popular taco seasonings and none of them have sugar in them. And I said, what website are you at? Let's go over this together. And every [01:10:00] single one, except for McCormick, regular McCormick, organic did have sugar in it, which by the way, we would be a direct competitor because we're also organic and not to mention organic cornstarch, organic, uh, one of them has shown.

Brown sugar and wheat flour. Taco bell has sugar. Um, El Paso has sugar or Tigo has sugar. They all have sugar added. So she said it doesn't matter. It doesn't matter. Taco seasoning is inherently supposed to be sugar-free so you can't put no sugar added. And I said, that's bullshit because the whole thing is that I'm fine.

And I got in a big fight with her because she wouldn't yield at all. And I understand this, her job, and I have learned a lot about just making sure things are compliant. You know, like the, the lettering of something has to be 1 8, 7 inch, and the other lettering has to be a 16th. And I'm grateful to know all this stuff.

It's better to know, right. If I'm in charge of the company and it's my ass on the line, it's better to know. And then finally, she, I said, well, what's going to happen. And by the way, I'm telling this in the clubhouse, I hope y'all, aren't [01:11:00] like getting vindictive on me one day and tell tattle tailing on me, but here's the deal.

So I'm not adding sugar because I see there's too much sugar added to this stuff. And I'm going to say no sugar added because hello, it's a benefit of what you're getting when you. I want people to know this and I'm not, by the way, I'm not putting a keto certified or anything like that. I'm doing like legit.

I'm going through the traditional. Yes, no, you can't say sugar-free because sugar-free means, sugar-free means it has to have zero grams of carbohydrates and there are naturally occurring carbohydrates in the paprika, which is bell pepper. So I can't say sugar-free and would trust me, we went through, we went round around, dancing around and around.

And then finally I said, well, what's going to happen. She goes, well, the FDA, or write you a letter. I'm like, great. I'll throw paper at them forever. I don't care.

I don't care. Like I, you know, anyway, so that was a long story to illustrate. There's even more [01:12:00] fights behind the scenes. Exactly. I mean, it's the fights that you it's fights that you wouldn't even think would happen.

You know, just like she said, it should inherently have no sugar in it. Well, you know what everyone else has does. And do you want to get even more mad then? She said, then she said, because she was saying that too, with the, oh, you have to put not a low calorie food. If you say, it's no sugar added, because if it's over, I think 30 calories, a serving, you have to say, and I think it's 35 or 40 KA, I think it's 35 calories, a serving cause it's two tablespoons per pound of meat.

And again, we're not into the calorie counting. Right. But, but with food labeling, you have to be adherent to that. Right. So I have, it says no sugar added and then below it says not a low-calorie food. Well, this is what it's going to get you. Then she goes, and by the way, you might want to look at your formulas because they all have too much salt and America, you know, we can't have that.

And I was like, okay, I go, we're done with this conversation. I'm not even like, yeah. So.[01:13:00]

She doesn't care. And by the way, she's a millennial, she's a young millennial. Shouldn't the millennials know you guys, it's up to you. This is the millennials and the zoomers. You guys need to know the truth so we can get out of this bad science that I grew up with my grandparents, not having salt cause of high blood pressure.

You know,

nobody's going,

no nobody's getting killed. We're all we know. Cause we have to go out there and spread the word and you're not allowed.

Well, thanks for letting me go over time and pontificate Kevin. I appreciate you. No, that's cool. That's, that's what you're here to do. And you know, I'm here to let you talk about it because it's things that, um, people don't know that they should know. And I'm, you know, I'm all about that. I mean, [01:14:00] I know you don't, you don't look on Facebook a lot, but I post a lot of crazy shit that people think I'm nuts already, but, um, you know, it just illustrates the fact of, of where I'm going with a lot of things.

And, um, you know, I, I try to, I try to live, try to live my life the same way where, you know, uh, the truth is the truth is, you know, like Vinnie says, and isn't your fucking truth. It's the truth. There's one, you know, facts, aren't, aren't, uh, you know, subject to your fucking opinion. So, um, no, that's just the way I feel about it.

It's just, you know, those kinds of things get to me. So I appreciate that. I've read your stuff. I really appreciate that you have the times that I've read your stuff on Facebook. Cause I don't get on it very much anymore. I really do appreciate your honesty and I cheer you won silent every time. Thank you sir.

I [01:15:00] appreciate it. Me too, Kevin. You're you're a good egg. I try to be. I appreciate you. I appreciate all of you very much. Thank you everybody for being here. I, um, We've gone way over time. And so thank you everybody for staying, but this has been a fun conversation for me. It also a chance for me to blow off a little steam.

Cause it's hard to keep it all inside. It's hard to know. Yes. Get a scotch in it. Yeah. But fuck it. Get a scotch. I, well, I am, my husband just walked in. He's like, all right, let's do this. I'm going to go make a little, a chicken parm with a pork rind crust, pork rind. I put a little flax meal in there. Pork rind, flax mill crust, going to make a chicken parm with yes, you guys did a happy kitchen marinara and I will not look back or regret it.

And I will probably make a scotch or whiskey. There we go on on a Monday. And this is your check-in with us. That's true. It helps. It helps me too. And I love hearing your voices. You guys, [01:16:00] if you were. Uh, Trisha, I know you didn't say hi, but I say hi to you, Ryan Trisha and Caroline, I'm saying hi to you guys.

Uh, raise your hands any time that you want to on these future ones. Not now, cause we're wrapping it up, but uh, I want to hear your voices and we're here every week. Plus Leona and Megan doing their check-ins every Thursday, same time, 5:00 PM, Pacific 8:00 PM. Eastern tomorrow, Instagram live cooking show at two 30, I'm making pumpkin Curry soup.

It sounds crazy, but it's going to be absolutely delicious. And then next week we're doing some, uh, how to repurpose your jack-o-lantern stuff with the seeds and the pumpkin puree. And then after that, we're getting into Thanksgiving season, you guys were getting into, and that is the time that's the most popular on my blog because everybody's looking for the nsng sides, which I've got them all for you.

So keep staying tuned. Keep, keep yourself in check. Do not buy any Halloween. I forbid you all to buy any Halloween candy as if that's gonna help. But I'm going to try, I'm going to try to keep everybody from doing it. Um, I love you [01:17:00] all dearly. Thank you for joining us and I'll see you next week. Talk to you next week.

Bye guys. Bye.