

# 022 Eat Happy Kitchen Clubcast 110121

[00:00:00] Welcome everybody to the eat. Happy kitchen clubhouse. I'm Anna Vocino. I'm your host. Thanks for coming up. I invited most of you up here. I made you come up here. Uh, it's the beginning of November.

I wanted to check in. I want to see how everybody's doing. How was your Halloween weekend? Did anybody to come to the candy? And more importantly, did you pick yourself back up today and say, I'm going to stop eating candy? , Susie, what's going on? I love, I love, love, love that. A drawing that you posted the infographic about how much space in a freezer, all those different pounds, poundage of meats, poundage of cows takes up in your freezer.

And now I want a whole cow and a whole freezer. Well, not sure. Yes. Yes. I thought it was, I don't know how accurate it is, but I figured the feed lot association put it up there. They ought to know better than anybody. And there were some people were saying, oh, it depends on what size. I'm sure the different breeds of animals.

I'm sure there's all kinds of different things, but at least it gives you a general rule of thumb. [00:01:00] Are you saying that you put something up on the internet and people started automatically starting to correct you? Yeah. Can you believe it? It's such a new thing. How are you? I'm doing great. I'm doing great.

Um, just ended, well, I guess it's November 1st, so I'm getting ready to start. Um, the November workload, I guess, if you will, on my focus, my focus is starting middle of October, the last 75 days of the year, I was going to build strength enough to be able to run a half marathon. And October was like a, it was a horrible month cause it started out with bad allergies that turned into a cold and I couldn't start really strong on the 18th.

I still started and I finished strong. So that was what camp. And, um, corn has done almost done being harvest here in Pennsylvania. So that means allergies will be calmed down. Frost is coming tonight. [00:02:00] So November is going to be just awesome. So, so my November challenge is to continue building strength up, uh, the last few days of the year, so that I can be strong enough to run a half marathon, continue to eat, um, as clean as I possibly can.

And then my third thing is if I hit any hiccups during Thanksgiving and Christmas Thanksgiving to use you all to support me through it. Um, so those are my three things. Build my strength up, can continue to strive the clean and then use the support system that I'm so very grateful for. In what ways do you mean use the support system?

Well, don't be afraid to get on the Facebook group and say help if I need it. Or I have a very good countability partner. Foxy Hoxie, uh, to not be afraid to text her. And, oh, I actually have a cooking story. I made bone broth for the first time after [00:03:00] inventing the pot. I'm so proud of it. And it's so good.

And it's so cheap compared to what I was buying. So anybody that's afraid to cook don't be this group will support you. So there is another way of the support group. I was bugging Megan. I'd been realized that she was at a Halloween party and I was bugging her all night about, well, what do you do with the bones here?

And what do you do with that? And she answered me and she was so patient. So that's what I mean by getting support. Don't be afraid to ask for help on any of the different forms that we have access. Um, Megan, write down the w we need to do an Instagram live of just like a one-on-one on bone broth, because I feel like it needs to be demystified.

And we can do that very easily on, uh, you know, we do these Tuesday Instagrams at two 30 Pacific, five 30 Eastern, and that would be a really good one for that. We did a one-on-one on dressing because I just felt like I get asked so much and Suzy, you're not the first person to ask those. It feels intimidating, but it's really, once you learn it, you're like, oh my God, that's just, it's like a formula.

[00:04:00] And you just plug in the different aspects of the formula. You make the broth and you always have homemade broth. And the worst, the worst thing that could happen is that you don't salt it enough. And then guess what? You can just add more salt or you salt it too much, and then you throw it out and you start over.

Well, my challenge was how many times do you run it through before you get all the good stuff? Because I must have got some really good boons and I could have probably run it through another time yet and still got some good stuff out of it. I think we ran it through three times. That's amazing. Hold on.

I'm typing notes while I'm talking November commitments. Cause I want to, I want to get back to the first. You said you said strength. What was the second one? Okay. So the first thing is strength because Vinny told me Dr. Trow challenged me to run a half marathon. When are you doing that? Have you decided?

He told me I needed to build the strength up and then decide, but don't tell any, but I'm probably going to [00:05:00] do the Hershey half marathon next October, um, with TRO and it's just because we can secretly give sugar the finger at the hurricane. I was going to say, are you going to be, are you going to be running away from the chocolate factory?

Exactly. So it's so, so if I'm strong enough, that's what I'll do, but I have to build my strength up and, uh, follow Vinny's guidance on that one. Um, so strength and then eat because we have to continue eating clean. I think your, your posts about the clean Thanksgiving meals are excellent. And I'm already thinking about that.

And then the third thing is to use the resources that we have available to us to, um, support us through the hard days. I love it. Um, and I'm really proud of you when I saw your instant pot, um, post. I was like, we got another one. We got another one. Uh, you don't have to have an instant pot by the [00:06:00] way. The instant pot is pretty great pressure wise.

I don't make any slow cooker dishes in the instant pot. I only make broth, I have written many, uh, instant pot recipes that are in my book. And that's mostly because from the time that the first book came out to the time that the second book came out, instant pots became a major thing. And I was getting written at all the time.

Do do the recipes of the instant pot. So I did. And for the most part, I try to put, um, slow cooker conversions as well. But now it's, they're both pretty forgiving, but I'm telling you, some people were running, run their broth so many times that they, they get, they make a slurry out of what's left with the bones.

I've not gone that far, but running it multiple times and just adding more seasonings and more vegetables. And, and it's a great way to get rid of whatever's about to go bad in the fridge, turned it into a broth. Um, yeah. And you're, you're going to drink that all winter, especially with all your training.

And gosh, we all have to find ways to save money on meat [00:07:00] and proteins and other things like that. And so for, I don't know the same amount as

a two cup bag of. So bone broth, I made like eight or 10 bags. So that's a kind of stuff. I think we all have to help each other through this year, as, as the cost of animal proteins are going to be so expensive.

Yeah. Save your bones, kids, save your bones. Um, preferably cutoff, anything if you've taken a bike, cause some of us, I'm not gonna mention any names myself who liked to chew on the bone who liked to chew on the steak, close to try to cut the, anything that has saliva touching it, but save your bones, throw them in the freezer, save your scraps and you will be making broth.

And it's wonderful. And I know that Vinnie and I have had bone broth sponsors in the. No shade at all. Cause they were really high quality products, but it just, you can't beat making it at home if, especially if you're trying to save some money. So that's awesome, Susie, I know that you are a very organized thinker, so I appreciate you also laying out [00:08:00] the challenges you've set for yourself.

There are some folks in here who I know are excited to challenge yourselves with things, and there are some folks who feel intimidated or feel like maybe you're beating yourself up a little bit. If you set up a challenge and then perhaps fail. So let me be the voice of it's okay. If you set up a challenge for yourself and you fail because you will learn, maybe you'll learn what your limits are.

Maybe you'll learn that wasn't the right challenge for you. Maybe you'll learn that you are shanking out on your commitments and that's something that you've been doing and you want to step it up a little more. There's an infinite. Infinite number of lessons that we can learn from setting these kind of goals for ourselves.

But if the, if the using the language goals or challenges feels too much, figure out another word. I don't care forward motion. Just keep moving forward. And if you step back, that's okay. Give yourself grace and just move forward the next minute. Agreed. Agreed. Um, thank you, Susie. [00:09:00] And, uh, I'm glad that you're here as a resource for everybody too.

So we appreciate you. Thank you. And I'm grateful for you and everybody else that's out there supporting each other. Well, you know, it's funny cause I wanted to start this clubhouse thing back in the day and it took a little while to get it off the ground. Before I really realized, I really realized before I really really realized, sorry, department of redundancy department, before I realized that I wanted to actually do this every Monday and then Leona and Megan Foxy

Hoxie definitely stepped up on their own account and started doing it every Thursday.

And I realized this is a. Opportunity. And then I think I mentioned this a little bit on the podcast recently, I went to, you know, a F someone else's website, who's in the keto space to see kind of what they're doing, what their monetization model is. And they're charging a lot of money to basically do what we're doing here.[00:10:00]

And this group is so fantastic. And so many people have given their time, their free time. And to me, I want to have this touch point. Like I don't, I don't need to charge \$800 for a quarter for us to talk once a week. You know what I mean? Like it just doesn't sit right with me. So I really love what we built here.

I'm glad that you guys are here. I want to continue to build it so that if I can't be here, someone else can guest host. We can, you guys can start other groups here. I just want. Like exactly what Susie says, use the resources for why they're here and tune in and, and, and stay on track. Especially we got these holidays coming up and we will be talking a lot about Thanksgiving.

In fact, Megan, we should make like all the social media posts about Thanksgiving this month, because that is my number one question that I think I've asked all year and Anna to support you. I will say the Thursday night group is run Megan Hawks and Leona are the kindest, most compassionate leaders. Not that you're not, but they're, they are just so kind and compassionate and they're way nicer than [00:11:00] I am.

I would be in everybody's face because that's my personality style, but I, Megan and Leon are so kind and so compassionate and we own it. Leona has a little quirky person that know sense of humor that just like two of them compliment each other. Wonderful. And I'm so grateful to have they are the dynamic duo.

Absolutely. I agree. Well, thank you Susie. I appreciate it. Kurt. Leopard. What are you doing? Kurt? I'm just sitting. Just have I heard you and Vinny talking about venison today on the podcast, some of that tonight for software. Oh, you did. Wait, what did you make? Some sausage that I had in the freezer. That sounds good.

Did you just grill it up on its own? Did you, what did you do? Did you saute some vegetables? What'd you do? I don't have anything in the house I just meet. So I just, I bought, I frightened, uh, olive oil and I splash them Villa Capelli,

KTM, [00:12:00] olive oil over the top of it. So it has a little kick. See, that's the perfect thing to make.

And then you're not hungry. No. Do you do it any differently than beef? Uh, well, I don't really do beef sausage out much. This have sausage link, so, uh, like the big, big sausage links. So. Boil a little bit. I'm always kind of paranoid when someone else does the meat that it's not smoked through enough, so I'll boil it.

And then I cut it into bite-sized pieces and unusually just fried a little bit. And oil w since it's venison, does it have less fat? Does it take a shorter time to cook it or does it, it doesn't take long at all. They usually mix probably about 40% pork into it usually. Oh, okay. I didn't know that. Yeah.

They they'll buy part buckets, pork butts and then grind it and then put it in with the sausage. You heard it here first grinding pork butts. Go ahead and [00:13:00] read into that. However you like, but that's what CURT's literally saying is ground pork plus, and it's opening dear this Friday. Oh, you're in North Dakota.

So there's a big party at a hunting shack and that we all go to and, uh, have a fish. What do you eat at the fish fryer? Do they not dust any, uh, flour on your fish fry? I have them fry without anything on there. They, they put some sort of like shore seasoning on there. And that's actually what I was going to talk to you about, like, uh, like game fish, like walleye, uh, finding something that, uh, like a shore lunch type breading that a person could substitute, uh, and make an SNG style, I think would be kind of handy to have once in a while I've not had wildlife.

What kind of, uh, how does it cook up? What would it be similar to, uh, Northern pike without the bones? A thinner Whitefish? Yes. Yup. So you probably don't need much [00:14:00] on there because you're going to destroy or like soul, you know how soul is super thin that you would only put a dusting of something on there.

Yep. I think the key is butter and lemon. And, uh, if you can like make the, the, the, if they have butter, if they're not doing it in oil, like bad oil, it's kinda, you know, it's hit or miss

the fishing guides. Don't they Kurt usually do it in vegetable oil or canola oil. That's the bad part. Yeah. I think they'll, they'll just be, they have a big, big fryer set up in there. So yeah, that's the worst part. If you can dust it with something

else, just bring your own portable nsng fish, Dustin kit to include pork rinds, flax meal, and a almond flour, all kind of mixed into one thing.

Or you just, you just tell them to F to pan fry it without, you know, any coding on it. Creole seasoning and Creole seasoning or [00:15:00] old bay. And, and, uh, if you can get some butter and brown that butter, that would be really good. But. No, you're on your, I'll just show up and, uh, I'll eat. Maybe I'll eat something before I go up there.

So, but you have to have a taste just once a year. Well, that's good. Are you working on anything for this month? Well, yeah, you know, I'm a quite a bit heavier than I was a year ago. I'd probably put on 15, 16 pounds. So I'm just going to try to not be such a lazy slug. Um, just started rolling again today. Um, I usually like to roll, like the completion of an album usually takes 45 minutes, something like that.

So that's kinda my thing. When I roll, I like to listen to music.

So, is it that you haven't been doing a lot of activity or has your nsng slid or what, what, what feels like nsng hasn't [00:16:00] slid at all? I'm just, I don't know. I just, I don't know if it was, uh, you know, the working of the last year and things just crept up on me, um, conduct contemplating of not having, um, some Lil's for Thanksgiving this year and just, just sticking to the basics, uh, meat and probably your low carb stuffing and, and, uh, probably keep it right at that.

Yeah. I don't blame you. That's what I'm going to do this year. Um, can cheesecake last year for Thanksgiving and that was incredible problem. It is. It's incredible. And I'll allow myself that thing for that day only. And I eat a lot of it. Um, my also my. Holiday crack has left stuff. So that'll be my hardest challenge is to stay away from that.

Right? Well, everybody's got to make these choices and it's good to start thinking about it now. [00:17:00] So, cause, cause it'll be here before you know it and you don't want to do that thing, especially if you go to like a friends, giving there's things are gonna be much more social this year. I know we haven't fully opened up, but things are just going to be much more social.

There's going to be some Christmas parties this year. There's going to be, everything is going to happen. Maybe not as much as a regular year, but there will be some things that weren't there weren't choices last year. So just start to

think about how you want to handle it and how you're going to prepare and mentally to how you're going to prepare.

Are you going to see any dicey family members who sometimes make jabs? Some of us have those in our families. If you don't have those in your family, congratulations. We're really, we're all jealous of you. Um, and yeah, just, how are you gonna prepare mentally, uh, this year? It should just be Lauren and myself, and we've been invited down to LA, but we're, I don't think we're going to take them up on it.

It's a lot easier if we just kinda keep it [00:18:00] controlled at home, I'm going to be making nsng stuff, which he's totally for. He'll go and over by pies, but I don't eat pies. So there you go. And as long as I don't make a pumpkin cheesecake, which I, I just might wind up doing, although I will say after watching, we had one trick or treater one knock on the door to twin girls and gave them a bunch of the candy yesterday.

And, um, then watching, you know, Lauren eat a bunch of candy and I had one bite sized Snickers. It was not good. And I was glad that it was not good. And so this morning I saw the bowl of candy there. And I don't normally do this. I don't normally make decisions for somebody else, but I was like, he's literally just going to eat these like 20 of these today, those little bite Snickers and Milky ways and whatnot.

And I, I said, Hey, I'm going to throw this in the trash. And I lifted it up and like right after, like, so there's no time for him to be like, you [00:19:00] shouldn't do that. And I picked it up and I threw it in the trash and he was kind of like, that's fine. And I was like, yeah. Okay, good. So you had your one day I had my one bite hated it.

So I knew I was getting right back to it. And, um, it, it feels good to be able to say, I'm going to have that one thing and then move on. But only you knows yourself only, you know, yourself, what does my subject predicate agreement going? Um, so you have to just really be aware of like, if I am going to eat this and it's going to send me on a bender until after super bowl, then that's going to be a problem to really, really think about what, what you want to do and how you wanna hit.

Without being disordered about it. That's all I'm going to say, Linda. Thank you. Curt Linda, how are you? Hi, Anna. I'm doing well. What's going on? Just, I'm going to start off the month with the same, um, clean eating, like Susie said,

[00:20:00] and really focus on doing some strength training also, and some physical therapy that I've been working on over the last couple of months.

I'm starting to see results, but I really need to put more effort to it. And I'm continuing, today's a meal prep day. So just, you know, planning, what I'm going to eat for the week always is helpful. And having the right foods in the house,

what do you make in this week? Um, well today was taco day cause my vegan daughter wanted potato tacos, but I'm making chicken tacos for us. And, um, some jalapeno poppers, I'm gonna make some chili, um, some broccoli mingle with them, beef, beef, broccoli, and then I bought some pork chops for, so I think we're set for the week.

That sounds amazing. All of that. Yeah. My grandmother showed me how to make tacos years ago. So I'm making tacos today. [00:21:00] Yum. Good. I'm coming over. They are good. I got to admit, I bet they are. I know it's not totally in as in G, but um, sometimes you just have to have a little bit something. So it keeps you on track.

Um, what do you mean? Not totally innocent. Gee, you're saying like you're eating the tortillas or yes, I'm going to eat the corn tortillas. Yeah. I'm going to do it today. So you know how oftentimes the tacos are served with two corn tortillas. Oh, no, these are hard shell. So hard shell. Yes. I'm putting chicken treaded, chicken breast inside with lettuce and tomatoes and cheese.

Okay. I'm not using the vegetable oil or the garden canola oil. You got to do you, you gotta do you. And I appreciate that and I get it. And, um, [00:22:00] maybe I'm just throwing this out there. Maybe do one of them. And then the other one you eat the filling out of. I don't know. I'm just, I'm trying. I'm trying to give suggestions.

No, no, no. I would never boss anybody around about it. You know what I'm saying? Yeah, no, it's, it's actually brings a good idea. Like I should try to have it without the tortilla and just see what happens. Just like, you know, having a hamburger without the bun, you know, tastes pretty good once you try it.

Yeah. And sometimes, cause here's the thing. Tortillas are so amazing. Because you're crunching them and we don't necessarily get all the crunchiness from nsng. Right. Unless you were eating some nuts and some seeds and or maybe if you get some pork rinds, right. Like it's not, there's not a lot of, or fry up the cheese hard.

That's the other thing you could do with a fried cheese shell? Have you ever done that? We tried it once I needed. I need to try it again. The key I found with it is that you have to over [00:23:00] cook that cheese and then you put, you let it rest like over like a pencil or over something, uh, so that it can harden like that.

Because if you don't do it almost over cooked, it's not crispy. It becomes like a chewy cheese thing. And then it's a mess and it goes everywhere and you're ruined the point. It tastes good, but it's a mess. So just throwing that out there for the, the cheese. Okay. Well, you know what, maybe I'll try that. I have some, I have some slice.

I could try that might be worth, just put the chicken on top. Yeah. I'll be willing to try that. Um, and again, I'm not trying to talk anybody out of a thing. If you want to do a little, I'm not trying to talk him to get out of it. I just want to, you know, make sure I appreciate, I appreciate they ideas, like, cause you know, growing up, that's all, you know, so when someone say something and somebody brings ideas that you then I'm open for it.

Cause there's other things that, that I can do with it. It doesn't have to be the fried, the fried tortilla. I'm thinking now I can try the cheese, try it. Yeah. I mean, listen, we all have those touch points that we [00:24:00] grew up with. And culturally you're like, I'm used to having rice. I'm used to having pasta.

I'm used to having corn. You know what I mean? We're used to having those, those foods and I get that. And so in some things you're just not going to find a substitute to. So if you want to dive in, you're going to dive in, you know, and other times it's like, no, I don't miss it. Like for me, for pasta, for example, When I go back to having like a regular box gluten-free pasta, the times that I've gone back and it's been many years now, it tastes like the box that came in.

I'm so used to now having the zucchini noodles or the spaghetti squash, or, you know, just the sauce with the meat that it. Haunt me more like it used to now, if I'm in Italy and then some little, you know, Nona is making like this little homemade, cause they make the no-nos all they all know about.

Gluten-free in Italy. Every child is tested for celiac before the age of six. And [00:25:00] so like, they have a whole like cultural awareness of it. So if I'm in a Hilltop town and a no-no is making like some order Kathy and like making it gluten-free yeah, probably that, you know what I mean? So it's just a matter of if you're having the hard shell taco, but you bought them from Ortego or if

you're having the hard shell taco and you're like frying them yourself and making something awesome.

It's just all about finding that line. Or if you feel like, oh, you know what, I could try the cheese today. Great. Yeah. And I, I didn't do any of the candy. None of the candy came in the house. It's not good. You guys I'm telling you it doesn't taste. It's not even worth. No, I, I, when I eat something sweet, I ended up feeling sick and I'm like, why did I do that?

So I just don't even bother trying anymore. Good, good. Because the here's, here's my other impression with the little bite-size Snickers, I took a bite of it. And then I, cause I usually like Snickers, like back in the day, 20 years ago, I would have eaten that Snickers and I would have had 14 more and I took a bite of it and I was like, [00:26:00] that tastes stale.

And it was like, you know what? It was probably sitting around since last Halloween. It was probably a bag of candy that they didn't sell last year. Why am I eating this? When I could make a nice, fresh thing with a nice 85% cacao and put some peanut butter on it. If I really wanted to have a treat and that's going to taste so much better.

So just throwing that out there. Thank you, Linda. Thank you. Thank you. If there's anything else you want to share, let me know. No, my name's Linden. I've done talk gene. You're awesome. We love you, Bob. What are we having for dinner? So tonight we're having no-nos meatballs out of the Gilroy, California, garlic lovers, cookbook, um, and, uh, going to kind of an NSE mg version of that.

And we'll put together, put that together with, uh, some fresh tomato sauce, which I haven't made yet. Um, it's, uh, [00:27:00] been requested, so they want homemade tonight and they're going to get it. And, uh, yeah, so that's, what's going on tonight and, um, I've got three frying pans going, so I'm making enough for the week so that, you know, when we're looking for something for lunch and whatnot, I, uh, got a late start cause I was at the grocery store, standing in line for 20 minutes trying to get me, um, lunch, meat.

Um, I found some on cured pancetta and I had them slice it, literally paper thin. I got two pounds, it took 20 minutes to slice, but w we're we're switching from bacon to. Just just because we just love how it cooks up. I love the flavor. Um, you know, two pieces of Penn shuts with egg in the middle. It's just been a wonderful breakfast, um, three lights.

Um, so yeah, it's, uh, it's, it's been an interesting week. We had a huge Halloween party for the kiddos, uh, in high school, um, last night. Um, they did great. Uh, had a lot of fun and, uh, no, we [00:28:00] don't really eat the candy. So, um, there was really no temptation. It's just, it's been so long. It's not even something that we think about.

Um, so that was fairly easy. Sorry, everybody. This just seems like there's a lot of temptation out there. Um, but I do want to mention, I did post, uh, the cheese and Salada recipe. If you wanted to go ahead and try that. I know it's not cheese taco shells, but it's basically enchilada shells. And if you do them right, and you, and you let them sit out flat, like, like you said, you set up, uh, okay.

No, you get the paper towel and drain the oil off of 'em. Um, you, you almost can't tell that it's not a flour tortilla, um, when you mix that with the enchilada sauce, chicken enchilada. So I think if you go back to the site, uh, on your side, I know for sure. I posted a, it was pictures in my Facebook group.

Perfect. Yes, yes, absolutely. So, yeah, so that's, that's, what's going on. I just had these visions of Bob, like, uh, he just has all these frying pans [00:29:00] going at all times. It's just always making stuff and I'm here for it. And mostly it's there's one pan. That's the pinch at the pan. Yes. Yeah, the brand new one that I just got at the restaurant supply store is the, is the fascia pan.

And you put them in there. You have to put anything on that. Note oil, no butter, nothing, because they've got enough fat in them. And then what's cool. Is you, so you do four slices in, and then you flip them. They're slightly. Uh, take them off and then, and then basically you just do your scrambled, like right in there.

You don't need butter. You don't need any oil to get it right in the pan, check the oil. And it's so clear. It's just, it's it renders so clear. It's not dirty at all. Um, and then you get that flavor. It's just, oh my God. It's like bacon on bacon crime. That's the kind of crime we like Susie, Susie. You were going to say something.

I was going to ask a question. So how does pancreatic come? Does it come like bacon strips or does it come like strips? What does it, how does it, so there's, there's two ways that it's, it's typically sold. Um, the, [00:30:00] the, the most common ways it's chopped into little bite sized pieces, um, little cubes, and then you mix it in with, with various, whatever, whatever you're making.

Um, it also comes, uh, in a, in a big slab so that you can have it sliced. So, uh, today I had it sliced, uh, at the deli and I just had them slice it paperless. And

they put it on paper, kind of like when you get like mortadella prosciutto and, um, you know, two pounds is a, is a big stack. It's probably about six inches tall.

So between the paper and all the slices, um, and I'll usually do four, so, you know, two and two, um, you know, a top and a bottom, uh, and then egg in the middle. And then obviously cheese, if you want the cheese, you can do manchego or for breakfast, I prefer cheddar. So, um, but yeah, it's, um, it, it is a bacon, it's an Italian bacon basically.

So it's, it's, it's a bacon replacement if you're, if you're getting tired of the bacon and we were, we were doing bacon every day on the flat top. And it just got to the point where we ended up [00:31:00] at an Italian food store in downtown Dallas a couple of weeks ago, and they had the fresh pancetta and I'm like, wow, we haven't had Penn shuts in forever.

So I got it. And we started making this for breakfast. It's like, oh my God. So today I literally stood in line and just had them to slice and slice and slice from the big log of unclear pinch at that. Um, so yeah. I'm going to try some, I think strong recommend for the Netflix series, salt acid, fat heat, and the episode, I believe it's fat is a one she shoots in Italy and they go, uh, to where they basically are, have, uh, slaughtered the hogs.

They don't show that part, but still, um, know where your meat comes from. Uh, and they, they show them making the pre-suit the pen, Chet, the guanciale, that, all that stuff and how they cure it all. And it's very fascinating to see the process and how the pigs lead a very nice life. They sure do. [00:32:00] And if you ever get a chance to go to, um, to karma and see the cows that, uh, that they get the farmers on.

Talk about, you know, there, there, there are these pristine conditions and they've got classical music playing and they're getting the size and there's no, I mean, zero stress whatsoever. That's how I've been milked. And it was very successful. Um, yes. Thank you, Bob. Bob, Bob is going to be, basically, I'll tell you guys this, if you see Penn Chet at the store and it's from Italy, just go ahead and get it.

Just like, no matter what form it's in, get it usually around me, it's sold in the, like the kind of big chunky form. So, um, and then also too, if you can't find that sometimes they have guanciale, which is the pork jowl, which is also cured and also what it's beautiful and add it to anything and you won't be upset.

So thank you, Bob. I, um, I am making quick burgers [00:33:00] tonight. I'm making a. Cherry tomato compote, which all that is is, uh, I picked up cherry tomatoes from the farmers farm stand, and I'm throw them in Villa Capelli salt and pepper and roast them in the oven. And we're making broccoli not with bacon. I think I'm just going to steam it and do a lemon cream sauce, and that's going to be dinner.

That's my dinner. It's Monday night, Monday meals. Not very exciting, but extremely delicious. Ty, are you back with us friend?

There? We are lovely to hear your voice. How are you? I am good. Um, I'm actually doing great. Uh, you know, uh, just, I didn't expect to be called up, so I, sorry. I'm editing a 3d virtual tours right now. Um, it's kinda neat. Actually, if you guys haven't seen it, it's called a model. And if you, um, and if you [00:34:00] ever go on, like, if you're looking to buy a home or go into renting a vacation rental, but the virtual tour is the thing that road will really tell you exactly what's going on.

So, um, yeah, that's, that's one of the things, many things I do. Um, let's see. So let's talk food, shall we? Yeah. What we're here for. Okay. So tonight, um, actually last night, I guess I should say this start off and after baseball, I didn't want to go out, but, uh, so I pre prepped, um, chicken thighs and breasts because my wife's all into the, you know, locale stuff right now.

And basically Anna, I took your homemade taco seasoning, which now I have, it has its own jar now. So that's just where we're at with that. And then I marinated the suckers in there, uh, just overnight and just shook a bunch of it. And then, um, And slice them into little tiny pieces. And so people could have them for like little toothpick appetizers kind of deal because my wife went over to some of our best friends place last [00:35:00] night.

And then I did an avocado lime crema to dip it in and it was lovely from what I hear. What's good. Um, tonight we're going to have the leftover ones and I've got some, uh, Teresa fresh Theresa sausage. I'm going to grow up for myself as well. Um, but yeah, the menu this week is actually, we're going kind of old school.

We're going lemonade, chicken thighs tomorrow. We're going, uh, Instapot red Curry, short ribs. I think I'm going to do a flank steak later. Um, yeah, but it's, it's all super old school. I'm home all week. I'm actually not traveling. So I get to cook. It's going to be awesome. Um, I will say guys. You know, don't worry about it.

Uh, if we're going to cheat on a candy, uh, it's the Reese's peanut butter cup. There's no substitution and, oh, I did want to tell you, um, one thing my wife challenged me to do, she, I don't know where she got this obsession, but, um, you know, uh, mounds, [00:36:00] nom and joy, you know, sometimes you feel like in that sometimes you don't.

So, uh, she goes, can you, can you make those? And I'm like, yeah, I think I probably could. So I've got some shredded coconut and then I'll do some really super dark chocolate, maybe sprinkle a little salt on top of that. But yeah, I think I'm going to, I'm going to give it a go and I'll let you guys know.

Absolutely should do that. And what a great little snack that, I mean, other than depending on the level of dark chocolate you're using shouldn't have any added sugars. Right. Yeah, no, it'll probably be 85 to 90%, but I'm thinking like, I'll just, I'll just kinda dredge that shredded coconut, fresh shredded coconut, and, um, a little bit of coconut milk, probably try and get some leftover from the Thai red Curry, short ribs, and just kind of dredge it in that.

And then, um, form I'm in the little, I don't know what the hell shape they come in, like wedges [00:37:00] kinda or rectangles or something and then clumps. Yeah. Okay. I like lump. I like lump. Um, and so now I'll stick those in the freezer and then do a, you know, melt the chocolate on double boiler and you know, maybe out a little heavy cream in it, just to give it a little something and then, you know, pull them out of the freezer and coat them and put them back in the freezer.

I mean, it wouldn't also be the worst idea. If you put a little cardamom in there, cardamom. Just saying since you have the coconuty thing going low cardamom with coconut will be good. And it feels like a sweet treat without adding sugar. Just try, try, like sprinkle some in like one or two of them. See how it tastes.

Yeah. That's usually what I do want to try something new is, you know, um, I always try and just like, ah, you know what, maybe I'll and I just mark them, you know, like stick a toothpick in 'em or put something on it, you know, just so I know which one's, which, and I do it all the time with, you know, uh, when I make really spicy need, I always [00:38:00] mark it and all that kind of stuff, but yeah, that's the plan this week.

Um, constant gym, of course. And by the way, if you guys are looking to kill some time on your cardio machine, Uh, the new dune movie, D U N E. If you're a science fiction nerd, like I am super, super good. And it's on HBO max. So I,

when I used to write a fitness blog, I always would post my cardio killer of the week.

In other words, how to kill time while you're doing cardio, because it's the most boring thing on earth. And so this week, man, I'm telling you dune D U N E it's. It's super intense, but really, really good. Yes. Thank you for the reminder. I need to watch the movie and definitely shout out for the book too.

Oh God. Yes. The old school video game, man doing to that's. Awesome. Well, thank you, Ty. That's great. You guys, this is a very food centric. I wasn't expecting this, but I feel like we're already getting in the mood for the holidays because we are talking about nonstop food. So [00:39:00] that means that the holidays are nice.

Nice. Sounds like it would be far away, but nine means near isn't that weird. Anyway. Thank you, Ty. Nathan.

Good. It caught me in the middle of my strength training again. Well, D don't don't don't short shrift your fitness, but give us a quick check-in. Yeah. Um, it's been another good week. Uh, the scale didn't move down, but that's fine. Um, I didn't expect it all to go down all the time, but, um, but yeah, I've been, had been pretty consistent and, uh, tracking and kind of keeps me centered.

So I do that pretty well too. Um, and I'm going to, uh, as you might see from my photo, I'm going to keto friends giving, uh, in Memphis, Tennessee, and, uh, two weekends now. Um, and I've got the red bar. It looks like it went away, um, coming through loud and clear. Okay. I've actually, I just got these [00:40:00] new. Uh, the new apple AirPods, the ones they just released.

Uh, and I never just to give you an idea, I'm a cheapskate. I never dumped money like this. So, um, it's kind of weird, but anyway, so yeah, my health, uh, is going pretty well. Um, I didn't buckle down and buy candy just in case anyone showed up to my door, but nobody did. So now I've got a big full of candy.

I'll probably be throwing out or somebody else. Yeah. So, um, and it was a super big vague, it was kind of ridiculous. So, um, I knew I wasn't probably, if I did have anyone, I wasn't going to have many if I did, but I don't know. Um, but yeah, so I'll just get rid of it and, uh, um, I hope my daughters won't forget about it.

Uh, I kind of, they kind of actually do forget about the candy over time and then we just usually throw it out. So, um, it's kind of worked out for us. Um, we try to keep it up. And I think that kind of helps because if they can't see it, they don't think about it. Um, but yeah, so, [00:41:00] uh, I'm just still trying to make the scale move downward.

And, uh, and I only got two workouts in last week, but I'm trying to start off this week strong and, um, works kicking my butt. I usually work in about 50 to 55 hours a week. So, uh, it's kinda hard to balance a family and, uh, find time to work out, but I'm trying to make it work. So, um, yeah, and just doing that and, uh, appreciate the check-in is always, you're doing great, Nathan.

That's awesome. Um, yeah, th the, if your kids are young enough, you can basically take away half of their candy that night. And they won't even notice because they don't, they're not great with volume and spatial things quite yet, but then they get older and they start. Yeah. And then that's the thing too, is they never would realize how quickly it would go down because me and, you know, their mom would be eating.

Right. Exactly. Yeah. That's what Lauren and I used to do. Um, it was almost like you, you know, you're, you're pimping out your kid, like, go get you, make sure you get the receipts if they're offering [00:42:00] receipts. Um, that's what we did anyway. Horrible parents go get us candy. Um, that's great, Nathan. That's really awesome.

And uh, oh, I know what I wanted to say. I know what I wanted to say. Just throw that candy out. If your kids, if your kids won't miss it or they don't know, or it's not part of their hall, just throw it out is trash. It's not good candy. It's just not, I'm very upset about how that Snickers tasted in a way.

It was a blessing. The Snickers did not taste good. It was like, there was no part of it that was redeeming. It was stale. And. Not good. I just, I can't stress that enough. Um, Los Angeles people, Kevin you're reminding me of this Los Angeles people this month at Lassens the sauce is 20% off. So please, if you can go to Alaskans and pick up a jar, you're going to get 20% off.

[00:43:00] Um, please do that. If you can do that, I really appreciate it. Kevin, what's going on, friend.

Do we have you? I know you un-muted, but I can't hear you. Am I the only one who can't hear you? Nope. Kevin, you're quiet, Kevin. You're in the matrix.

There you are. Hello? Hello? Yes, but it does sound like you're in a wind tunnel now. Oh, okay. Hi.

Great. How are you? 20% off at Lassens can't beat it. Yeah, because you're not going to see that kind of discount on the sites of interest over there. Go get it. That's the truth.

Yeah. So, uh, everything's going well, you know, I'm cool. I'm just, uh, trying to make me get work through, um, [00:44:00] this last little COVID shit, you know, they're, you know, like companies doing some crazy shit right now. And are we done yet? I was done. I was done last year, so I don't know what they're going to do, but I'm just trying to figure out what, uh, how I need to proceed.

So, yeah, I don't know. We'll see how it goes, but, uh, you know, a little stressful time, but I'm all right though. I'm keeping it together. Um, I'm, uh, driving home to, uh, go to my treadmill. That's that's my, my goal here. So I just did some, um, I, you know, I've been doing the zone two thing for Benny's, uh, ideas and, uh, I thought I was doing okay last month and out of 30 days.

I only hit 16. I was like, shit. That's interesting. What were you going for? You want to do like six days a week kind of thing and said you did [00:45:00] three or four? Yeah, it was on average. Yeah. It worked out to like three or four and I was like some of the pitch I thought I was doing. Okay. So I don't know. I'll pick it up the seal, like I said, today's the first a month.

Get it going, you know, every day is reset, baby. Yup. So, uh, dinner tonight is probably going to be just, uh, something simple. I made, I made a chicken last night. Uh, make up some broth tonight and get back going tonight. And, uh, probably before I go to bed, it'll probably be done I guess. And, um, I don't know, probably just throw together some ground beef and something, maybe an egg and call it.

It's going to be it. Everything is going well. Good. I'm glad to hear it. It's nice to hear your voice. Yay. Well, thank you so much that Kirk guy. [00:46:00] Well, he's gone now so we can talk shit about him. Awesome.

Well, thank you, Kevin. I appreciate it.

Carrie, my love you, Hulu. What's going on? Give us your check-in a man. I'm a mess. So no, I've, I've been doing good. I haven't checked in a weeks. I know we've missed you. I, um, I'll just always juggling so much and I get

overwhelmed so easily. Um, so like, I'll see, like it's going on and it's was like, I just can't do it right now.

I can't do it as a thing, you know? And then I'll just be like, forget it. And then if I, I know I don't have anything positive to say. I'm like, they don't even want it to hear my bullshit. Right. You know what? I was going to call you out about that because here's the thing I want you to feel like you can come here no matter what I hate complaining.

I know I complained about complaining. [00:47:00] I know, but I want you to know that we want to hear your voice no matter what I want to hear all of your voices, no matter what granted, you know, preferably within the confines of an hour, but like I want, you know what I mean? Like w within respect, we're not going to go on for hours and hours about this, but I want to hear your voice, but I mean, it's a touch point and that's the thing.

That's why this, that's why clubhouse is so useful, because we can just say, okay, I'm here. I actually feel shame right now because I didn't do my thing that I said I was going to do, but I'm still going to show up and I'm going to say hi, and I'm going to recommit because it's a, it's a moment by moment thing.

I just want to put that out there to you. So give us your check-in. Cause you know, I love you. I feel like my problem is when I get complainy. My problem is cause like currently, so in the past I was doing some like junk food that I know is not good for me. And then I was like, okay, I'm down with it. And cutting it all out and done.

I'm going to clean things back up again. Everything's going to be fine. And then I did, and I was feeling good. And then like, you know, inevitably things kind of, you know, [00:48:00] they go up and they go down. And so then I went back through like a down thing, but I have stayed, I've stayed and clean. I've stayed on track as far as that goes.

Um, and I've limited like my alcohol intake too. Cause I know that was a huge problem for me. And I'm limiting it to like, I can have like Friday, Saturday, like a couple of drinks and like that. And then I, then that's it. I cut it out. Um, like, cause before it was like any night of the week was, uh, you know, free for all.

I was like, I need a drink. Um, so I'm handling stress better that I'm not trying to use these things. And then, um, and then I did feel like some relief to the stress cause, and that was also proud of myself for getting back on, you know, into

cleaner eating, like I want to be, and I felt great. And then I really tightened it up too.

Cause I, um, I used to just sort of naturally do like a 16 hour fast and it was really, uh, like it used to come really naturally to me, but my appetite has just been crazy for a couple years. [00:49:00] So fasting, I would still sort of do it. Um, like I was I've even prior to all this, I was never a breakfast person.

So skipping breakfast was never an issue and that still comes naturally. Most of the time occasionally wake up and I feel like I'm starving for some reason. Um, So, anyway, I got back to trying to do extends that fast a little bit more into the afternoon, the way I used to, and I was doing it and it was good.

And I actually, um, cause I don't really weigh myself regularly. I used to and, and doing that actually helps me stay focused. And especially when I'm trying to, um, fight against like a hunger, like fake hunger, like what I feel like I want to eat a thing and not even a bad thing, just like I want to eat, you know, like there's cheese in the fridge and I want to eat it all to make myself not do it.

Having that knowledge of, oh, I'm doing well right now. I'm not going to mess it up. Really helps me. So I bought a new scale when I started using that again. Cause that's a good way for me to check with myself. And I was [00:50:00] like, yes, I lost like. Um, like eight pounds, like two weeks. And I was like, oh my gosh.

Okay. Finally feel like I'm back on track and things are good. I've literally not changed anything. I am still eating clean. I have done nothing different. I've still keeping the alcohol down. I did have some stressful things happen. I'm like every day and all of the eight pounds is back. Like it's just stress.

Like I, there was no way I could when I'm stressed out and I, can't not be constantly stressed out. So that makes me really grumpy. And then that's my problem. And now I'm eating clean and the slow, I feel like there's not really anything anyone can do for me. Other than I'm going to tell a friend, which is really all I need, but I don't know.

I just don't feel like I'm contributing much to help anybody else. I'm not helping myself. You are helping yourself. And here's what your here's what you can't forget. You said a number of [00:51:00] things that triggered, triggered a number of things. And I just I'll be really quick about it, cause I want to make sure we get to everybody before the hour's up.

I want you to know that you are, you have not, nor will you ever achieve your final form, nor will any of us. So relax. And it's how do you do that? I don't listen. And I'm telling you because you and I are very we're, our minds are built very similarly. And, and, and the thing is, is that I, and I have to keep telling myself, I have not yet achieved my final form, nor will I ever.

So we have no choice. We have to figure out a way to manage the stress. So let's say somebody really wrongs you or betrays you or hurts you. Another human, maybe somebody from your past, maybe an ex or maybe somebody who hurt you as a kid, right? There are oftentimes where we have to go through [00:52:00] life. Never having set our peace to that person.

Right? So maybe you never get a chance to say your piece and maybe you never get a chance to say, Hey, what you did hurt me. Right? You never get a chance to voice it. And it feels really disempowering. And you have to find a place of forgiveness and a place to really move on and not have your stuff depend on your maybe anger, this person, your sadness, your grief, whatever it is, whatever the negative thing is that happened.

Right. And this I'm going somewhere with this. Trust me. So when you're doing quote unquote, everything, right, and you are, it feels like your food habits have betrayed you, right? Like, it feels like I'm doing everything, right? Yeah. I'm blaming stress. I'm like, well, there's no way to win when you're stressed.

What I'm saying is it's, it's, it's, it's funny because it's a different, it feels like it's different, but it's the same lesson. And the person you have to forgive is [00:53:00] yourself. You have to be able to look at yourself and go, okay, I don't know what's going on, but I know that getting mad at myself is not going to help me lose the eight pounds.

It's just not, well, I don't know. That kind of goes always sort of my hack. I know you think again, we're back to the hate yourself thin and it doesn't work because it's not sustainable. I considered it. I don't know. Yeah, you're right. It's I didn't really, I honestly didn't look at it as a negative thing to kind of be on my case.

Um, and it didn't feel negative when it worked. It didn't feel negative at all when it works because you were using the direct result of like, well, this is working, so it can't be that bad. And what I'm telling I was what happens when it stops working and you're still beating the shit out of yourself.

Maybe this is your body's way of saying let's find a different tactic. Well, yeah. You know, and there's, I feel there's some things going on that I need to get to see. And I'm also going to go see a doctor and have some things going on. There might be some [00:54:00] things I can't even make time for it. I'm like, did, like, I got like pain I've never had before, like have a problem with my hip lately.

And I just can't even forget. And I'm just so frustrated with life and everything. I want you to do one thing. I want you to do one thing between now and next week. Schedule the doctor appointment. That's all you have. Do. You don't have to go to the doctor yet. I just want you to do that. Promise me. You'll do that.

All right. I will do that. I'll make the promise. Also. I just wanted to comment Thai. I shoot moderate matter port. Also we say that again. I was co I meant to start my whole thing out to, uh, ties that he was editing Matterport, 3d tours. I do that too. Oh, that's so cool. You both do that. One of the things I do well, he said it was one of the things he did too.

So now I'm kind of curious, but I don't do the editing though. Cause I, somebody else who does that part for me and like I'm literally sitting here on our 11 editing my, uh, because I do mostly still photography and I'm editing today's show. I had 10 [00:55:00] locations today and I'm dying, right? This is my stress.

I have the kind of stress that's like, this is good. And I'm complaining about the fact that I have lucrative work, like for the first time in years. But it's stressing me out. Cause it's really hard to keep up with by yourself. And I'm not a good business person. I'm a good photographer. That is all I'm good at.

You know what? You're preaching to the choir for all of us here who are self-employed I've had, I've had to come to this too with if of the, the, the shifting of focus from I'm super stressed out and overwhelmed to I've bitten off more than I can chew to. You know what I mean? From like realizing it's all a learning process.

You're learning about it and, and you're doing a great job and, and I don't wanna, I don't wanna, like, I'm not speaking lightly about it. Like, I really, really am proud of you and I want you here next week. And I want you to say hi, and I want to hear your voice. And I want to hear that you made your doctor appointment.

That's all stuff avoiding. Okay. I just, I tend to avoid my note. I'll have anything positive to say, cause I'm like, [00:56:00] nobody wants to hear no, but that's not

true. And by the way, that's when you should chime in the most, because you don't know who needs to hear support, you know what I mean? Maybe you're not able to do it, but you, but if you, cause I know you carry in your immense to the very core of your being, you want to help people.

And so when you help people, you're going to feel better. Yeah, I do. So I guess there is a certain amount of help and having some, seeing somebody else at a moment of struggling, you know, because it's real and that's just everybody it's going to happen. So yes. I learned how to cope. Yes. Oh, but real. I know, I appreciate that.

And I'm going to, I'm going to move on because we have so far more to get through and we gotta finish this here pretty soon. And um, I want to thank you. And I also. And very excited that Foxy Hoxie is here. How am I worried? You are so funny. I'm making, I've rebranded Megan into Foxy Hoxie. It is [00:57:00] catching on, and it's literally my favorite thing.

You may all use it to let me just say no, just kidding. She's in my phone as Foxy Hoxie. Just want you to know, um, I'll try to make mine quick. So first we were talking about candy or, um, yesterday, Halloween. And so I made your little fat bombs and I also added some egg white protein to it, just to bump up the protein and it was perfect.

That's what I had. It was excellent. And I had sea salt as well. So there's that set yourself? That sound success. We went to a Halloween party on. Um, Saturday night and I took your case a casserole. I think I'm the only one who brought real food. Everybody else, it was just sugar. So again, if you know, you're going somewhere, just set yourself up for success.

And then I want to talk to Carrie just for a little bit. Um, I know that stress, well, I never really knew that stress, but I know that [00:58:00] stress now. I lost my job a couple of weeks ago. The first week I wallowed all week. If I didn't have Suzie, who I knew was going to text me, that she worked out already. And I hadn't, I encourage you to find an accountability partner that holds you up to that next level, because without her, I think I would have really been lost in the last couple of weeks.

I have new goals for this week because I'm a type of person who really needs structure. So this month I am structuring out my time, whether it's I clean my house or I work on something or whatever, working out and I'm cooking, things like that. The other thing it's so easy to, um, withdrawal, and that's like the worst

thing that you could do, even if you weren't eating right or anything like that, jump in the group and jumping on with this, you need that to help build you up.

The other thing I started doing this week too, is actually Judith and triple J are in [00:59:00] here, which I don't actually know them, but I sat in on triple J's, uh, nine month anniversary and it was fantastic. Oh, my word, I was so. I mean, I've been doing this for four years and I still have weight to lose. And I mean, he has kind of the same story that I have reversing diabetes and reversing all my medical things.

And it was just fantastic. When you were in a room of people who eat this way and they have so much energy, it will only build you up and make you want to run the race to the finish line. And like Anna said, there's probably no finish line, but you're going to run the race and such a way, even when you're down, those people build you up.

And so I encourage you to do that as well. And that's me, I'm done talking and this is why we love Foxy Hoxie. Girlfriend loses her job and is here for everybody else. [01:00:00] It's amazing. You're amazing, Megan. I love you so much. Thank you for being here. Thank you. And I'm sorry about your job, but I know you're going to land on your feet.

Whenever people tell me they lost their job, I'm like, yeah. There's something so much better out there waiting for you. It's just hasn't come up yet. Don't worry. It'll be there. It's coming. Monica, the winner of the gravy giveaway, by the way, somebody emailed me and she was so sweet. And she's like, did you announce the winner of the gravy?

Give? I said I did on clubhouse. That is Monica, Ricky. And she wrote back, you misspelled my name and I thought, Nope, Monica got this one. She got this one. How are you, sweetheart? I'm doing awesome. How are you? You are so great. I love this room and thank you for having me and hosting me here. Um, so Carrie ditto, ditto and ditto.

This is, this is not the room where everybody gets on stage and says, you know [01:01:00] what? I freaking killed it every single minute of every day. The last, yeah, you don't do that. That's not the point. This is a given a take room. Sometimes you're given some time to take. And, um, and that helps everybody, you know, because not everybody feels confident to get up on stage and speak in front of other people.

So when you come in here and you say, man, I'm having a hard time, man. I'm struggling, man. Um, you know, um, I'm having a rough time of it. Somebody who has it, doesn't have the courage or the inclination to come up here and speak. Who's having the exact same rough time is in the, in the listening lounge going, oh, I'm so glad she said that.

I don't feel so alone. So that's why it's important to come here. Wait, Monica, can I say something real quick too? On top of that, I've already had texts from two different people who are not up on this stage. Who said, I hear myself in what Carrie's saying and I'm like, yes. And this is why we're all here.

So we know that we're not alone. Just want to say that. Go ahead. Yes, I do a monthly [01:02:00] zoom call. And that is exactly why it's important for people to show up because it's a community and it's, you know, it's one of those things. It's like when you're up, I'm down and when I'm up, you're down and that's, that's how people rise, you know, we help each other.

So thank you. Um, so I am a nomad and I, right now I'm staying in Atlanta with some friends and last night was Halloween and I did eat one mini almond joy, and I liked it. So there you go. There's that? Um, yeah, and it was fine. I really enjoyed it. I haven't had an almond joy. I don't even know how long and I enjoyed it and it was like, you know, as big as my som and that was like, sweet, this is great.

And I don't feel bad about it. So, um, um, that's, that's good. That's a really, that's a good thing for me to be able to say I ate it and I don't give a shit. I don't feel bad about it. Um, you know, it didn't derail me and I think that's a super healthy way to be. Like, I went into a mindfully, I made the choice and I didn't look at it.

So yay me. Also [01:03:00] speaking of the nomadic lifestyle, Bob, Bob still here, all he left. I tell you what man, when I get to Texas, Bob is going to be in some trouble. Cause I'm going to find where he lives and break into his guest room. Cause every time he talks about dinner, I'm always like, oh, I'm on my way. So, um, but seriously I am a five-star house guest.

So if anyone is inclined to, um, to host a five-star house guests, while I'm at your town, holler at me in the background, I'd love to meet. That'd be fun. Also a bonus. The last two hosts I've stayed with have lost the weight when I've been with stain with them. So I think I have a new business idea. Um, and then finally I am a five, uh, not only at five star house guest, but I'm a five vowel Italian girl.

I got five valves in my name. So I'm legit and all this talk about a pen check, then go. And Charlie and pre-shoot is making me so hungry. And today I accidentally went OMAD and I'm putting myself to bed without dinner because I don't like to eat right before I go to bed. So I'm sitting here thinking about Bob cooking dinner and, [01:04:00] and, uh, all these Italian beef products and I'm kind of hungry, but I'm just going to flunk some water and hit the sheets in the minutes.

So anyway, I'm, I'm super glad to be here. I love doing these check-ins with you all. It's such a fun supportive room, so thank you. I'm Monica. Thank you, Monica. And thank you for being here and thank you for always contributing your bright light and, um, yeah. See Monica, Aiden almond joy. It did not kill her.

In fact, she's stronger for. Also, don't forget to send me your address because you're in Atlanta. I don't know where you're going to be next, but I want to get your sauce. I'm so excited. Um, I think I did it on, on clubhouse. Actually. I did it right when you asked me maybe it got lost. Oh, I said, send me your address.

And you said will do. And then there's nothing after that. Oh, that's weird. Yeah. Send again. Maybe, maybe it didn't hit send. Yes. And again, if you're going to be there for the next three to four days, you'll definitely get it. If I haven't sent it out tomorrow or the next [01:05:00] place then to the next place and you'll have your spoils.

It's really, it's amazing. I'm so proud of you. Thank you, Monica. My beautiful friend, Judith is here, who I love so much. Hi, gorgeous. How are you? Good. I am loving this room tonight. I just wanted to say that I'm love hearing everyone's wins and highs and lows and guys weird. We're so just human we're. So we are human.

All right. And Judith is, uh, she has Quito for the soul. And so they're constantly doing check-ins and rooms. So make sure you're following her on clubhouse because she, uh, she runs so many rooms and facilitates this. So you have no excuse. Everybody can be here checking in whenever they want to. I just want to give you a little plug girl.

Yeah. If, um, I know you run your certain days. If you guys want. [01:06:00] Uh, we do our 7:00 PM central standard time come into ours the other nights for the week, but I was so happy that your room was still going. So I was like, I need to get over there now. I, um, I've had a really good day. Um, I turned 33

this weekend and I had my first birthday that did not surround my thought process of cake and sweets and goodies.

And it just felt really good. Um, who knew that it would take 33 years to not crave a cake on my birthday, but no. Um, it just, it, it was a win. Um, we even went to dinner and I don't know if you guys are fans of Texas Roadhouse, but I just love the ribeye steak there. And I always get like loaded broccoli and salad.

And yeah, it was a good time. Um, I checked my [01:07:00] ketones this weekend, um, which I don't know if you guys do that or not in here. And, um, it was, uh, it was like a one point something. So I was very happy. It was like a good birthday present to myself, which was just staying on track, staying focused. I did not eat any candy again for the first time ever.

Um, but I'll tell you, Anna, when we were in Vegas, I went, um, a little nuts with the food and the drinks, probably the drinks, the drinks really is what may have got me in Vegas. Um, and so I felt so miserable, um, that Friday night, well, not Friday night, it felt good, but Saturday I felt so miserable. And I think that was like the first time in a really long time where I was.

Oh, my goodness. Why do I keep putting my body through this? Why do I keep drinking [01:08:00] it, eating these foods that make me feel miserable. It's almost like self-harming yourself. Sometimes the way I felt it was just, I don't know, it was like a realization. So, um, I think that's the only reason why, um, I decided to stay on track for my birthday and, um, for the holiday, because.

I just am like, gosh, Judy, stop it, stop it, stop it. And I've got friends giving coming up and I'm like, I've got to be, you know, on my best behavior, especially, um, I've got a lot of people, you know, attending the event and I want it to be successful. So I need my mental state to be on point. So yeah, guys, I'm just happy to be here.

This is Judith. I'm done speaking. Thank you, Judith. And yes, Quito Friendsgiving. [memphis.com](http://memphis.com) is the event that Judith is running. And I donated a couple tickets. There's tickets for sale. When, [01:09:00] when do they have to get their tickets by. So I haven't announced the cutoff date, but I need to just, yeah, yeah, yeah.

So, um, probably actually I'll be honest. Um, this Sunday I'll probably cut it off just because it'll give us a week to really, I've already, we've already got the menu set and I've gotten the recipes. We actually put together like a, a friends giving recipe guide, which is like a Hertz to the virtual options.

And so I need to finish putting those final details on that document. That way I can make sure I get it sent out to everybody who you know, is doing the virtual option. So yeah, we'll say Sunday, the sixth is the cutoff. Great. And, um, I'll get your address cause I'm going to send you a couple cookbooks that you can give away at the event.

Um, that's awesome. Happy birthday. Yes. Thank you. No, I just want to say thank you for donating tickets, you know, um, [01:10:00] I don't even know if you realize how, just how much that had touched those, you know, those people that won those tickets. I've had so many messages and there's a cycle and I'm like, I know I told you guys she's awesome.

That's really, that makes well good. I'm glad. Listen. Not, not everybody can afford everything. And it's fun to be able to like play little fairy godmother and gift some things. And especially cause I can't be there. And I am really excited that you're doing the event happy birthday. That is always a milestone when your birthday happens.

And you're like, oh, I didn't need to make 10,000 trees. And also too, it's also nice when people don't show up with a bunch of treats because they're respecting the way that you're eating. It's just, it's just a, when you're, you're doing great. I'm so proud of you. And part of the process is sometimes overdoing it and being like, okay, I don't want to feel that way anymore.

Or in your case, Judah, you're turning 33, which is still a tiny young baby person. But there is a point where you're like, Hm, [01:11:00] 33 doesn't feel like 23. So maybe I don't want to do the same thing. Yeah. You know, I'll say, I feel, I feel at my best at 33, I feel better than I did when I turned 30 and at 30 30, I was like, oh my God, the world has got to add.

That has to be in my thirties. And now I'm like, bring it on. Like, and I think that just goes to like, you know, if, when you're not at your best, that like shame that, that we can put on ourselves, you know? And now I'm like, all right, bring on the note. Yup. Yup. And I measure my blood ketone level and I know that it does, it feels good when you're like in the groove and cause also too.

Cause then, you know, like when you're in ketosis, you're not going to feel like, oh, you're going to fall prey to any like whimsy or weird hunger that like, you're like, I'm just going to eat these carbs. Cause I'm starving. So that is a good place to be. And I, I totally appreciate that. And we're going to land this plane [01:12:00] with my friend and yours, the wait, what?

W triple G

let him do his own triple J you have to do your own intro. Hold on. I have the road cast or let's see if it's like, okay, ready? Ready? Triple J. Okay. My friend. Jonathan, Jerome Johnson said your name, right?

Hey, triple J.

Listen to me now. Is there a heavyweights

Deon, the breakable triple J[01:13:00]

I think you need to add the unbreakable, the unshakeable. Oh, that's good. That's good. A little punch up there. Yeah. You get a credit. You didn't know she was an ad copywriter. Did you? I did not. She did. Greg breakable the unshakeable. Yeah, you don't have to. Yeah, I know. I know I'm sitting here. I don't have anything programmed in mind though.

It's just like, what's the, oh, there's crickets. Oh, there's the . I don't know. You know what I mean? I'll get with you. Okay. I know. I need to figure this out. I'm not using the technology to its fullest. Triple J. How are you? I'm doing great. You know, it's been a great, uh, nine months for me anniversary. Yes.

Nine months of being on this transformational journey, man. And I can't, uh, I can't pay for what I've [01:14:00] received over these last nine months. I really can't. It's been such a phenomenal thing. Well, you are, you are paying for it by being your delightful light of a human and beaconing us all to the best that we can be.

So we appreciate you for that. And all that goes for all of you who are here, who are showing up, whether you're participating or not verbally, thank you for being here. So there you go. Triple J. Well, you know, I was talking to somebody today and they reminded me about my day one and it really kind of almost had me tear up a little bit because, uh, I remember when I first, you know, decided to change, man, it was hard, man.

I was unsure about everything and I didn't know if all this was going to work out, you know, if I was going to do anything to get healthier, if I was going to stick with it, you know, cause I, you know, ran away from so many things so many times, but man, I tell you, you know, [01:15:00] it's not a perfection, you know what I'm saying?

It's progress. You know, it's not going to be. I don't care. If a five minutes ago you had a Twinkie, it is not perfection. It's progress, man. Eat 20. So what you still alive? Get up. Let's see, let's go. Let's do something else later. You know, and I think sometimes we get so hard on ourselves. When we make a choice, I won't say mistake.

We make a choice to do something that we may not be the best interest for us. And, you know, we get down on ourselves. And so we got to quit beating ourselves up. I don't care if today you went to the store and got all the Halloween candy for 50% off because you could, you know, I don't, I don't care. You know, a lot of times we got to stop looking at the things that we do and then you'll give ourselves some grace, man, God Lee, man.

I mean, jeez, go ahead and give yourself some grace, you know, it's maddening to be under so much pressure all the time about trying to be perfect. You're not going to be perfect. Let's just work on progress, man. [01:16:00] Concentrated on perfection. My Lord, June, if you better tell them, this has just been a straight progress for months, man.

It wasn't no perfection. Everyday was not perfect. I've had my bad days. Good days. I've had more good days than bad days. I'll tell you that the percentage of good was greater. But one thing that I got out of this journey, you know, you know, not only the diabetes man going into remission, that was great.

That was a great thing. But man, just being able to be a more happier person, you know, this lifestyle has transformed me into a better person, mentally, physically, you know what I'm saying, spiritually, you know, and I just, I'm just happier now. I'm glad I'm in eat happy kitchen because I am a happy person now because I didn't used to be, I couldn't look in the mirror.

I was all messed up, you know, and hate it. Yeah. You know, but now you know what I'm saying? I love myself, baby. So I'm just here to hate November to remember baby. That's what we working on today. No pimp, no Fibber. To remember you to remember this [01:17:00] November, by the way, triple J it seems like a silly name, eat happy kitchen, eat happy.

The names of my cookbooks, it seems silly, but I watched a mom struggle with such mental illness for her entire life. And she was a sugar addict and I struggled. And when I found this way of eating, how it changed my brain chemistry to at least stabilize, to be able to recognize how to help myself and how to feel, to find the tools, to feel happy about things.

I couldn't feel happy about. And that's why I named the books. And I know it seems like a silly title, but it really has a deeper meaning and anybody who knows that like, wow, I didn't realize how unhappy I was and how much the food I ate had something to do with that. Absolutely. Cause you know, it seems like I woke up from a bad nightmare of decades.[01:18:00]

You know what I said, a decade long nightmare, you know, because it felt like when I finally was able to unlock, you know, a lot of stuff in me, man, and you know, it's, oh man. And I'm saying, and a lot of people don't realize that they're not happy to, they really become happy and they don't realize they don't have joy to, they really, really experienced joy.

So that's what I really have to think. You know what I'm saying for this lifestyle? And nine months is a long time, dude. I ain't never been committed this long to anything. So I'm just happy. You're happy. Happy baby. Happy about that. Oh, and happy birthday Judas. Happy, happy birthday. Thank you. Triple J.

Thank you everybody. I love everybody who participated today. Everybody who didn't participate today. Thank you for being here. Don't forget on Thursdays. Foxy, Hoxie and Leona are hosting a NSN G a F group every week, every Thursday, from [01:19:00] five to six Pacific eight to nine Eastern. You do the math. If you're in between, I'm here every Monday doing this one tomorrow, Tuesday two 30 Pacific, five 30 Eastern we're demoing.

Megan, we're doing, are we doing the garlic butter, garlic herb butter, pork chops, pan fried. We're gonna do this. And then maybe the next week we'll do the broth 1 0 1. We're going to do some sort of live on Saturday. We always do either a Facebook live or a YouTube live on Saturday mornings. And the reason why we do that is because I've made a commitment to reach more people.

And those lives go out to more people and, and, and get them. So hopefully we'll have new people with us. Uh, every week here, I'm really excited about that. Of course, go to dot com and download that PDF. If you're feeling like he's written this PDF, it's telling you everything that you need to know about.

Nsng Quito, low-carb whatever you want to call it. That's what it is. It's real food keto. Download that PDF immediately. If not sooner, even if you read it three times, go read it again [01:20:00] this week and reconnect with what it is that you're trying to accomplish with your life and your changing of your, your eating habits.

Um, I'm gonna land this plane. Go ahead. Somebody was gonna say something. Nope, just kidding. All right. I love you guys dearly. Be here every week. Be here for yourselves. Keep ongoing and a and B join us in the Facebook group. If you need support, we are there and thank you everybody for being here. I know we went a little long this time and I appreciate you all have a good week.

Thank you. Thank you so much. Thank you.