

025 EHK Clubcast 112221

[00:00:00] Welcome you guys. Welcome to the happy kitchen clubhouse. Raise your hands. We're going to spend the next hour. Checking in. We have a lot to check in about because it is Thanksgiving week and by the way, tomorrow, I'm going to be cooking on my usual weekly Tuesday, Instagram live at two 30 Pacific, five 30 Eastern, and I'm not making Thanksgiving food.

You guys I'm sick of Thanksgiving food because for me, I've been at this. For many, many weeks and many, many years. So I am going to enjoy my Thanksgiving dinner. The only thing off plan I'll go and do my check check in. The only thing off plan I'm doing is pie. My friend, Sarah makes the most delightful gluten-free pies.

Who am I to refuse a delicious treat. I'm not going to, I'm going to enjoy it. So, uh, I'm basically sticking to Turkey, green beans and some grapes. And, uh, oh, I might have some corn [00:01:00] pudding that that'll be my big excitement and I probably won't be able to tolerate too much because frankly let's be honest.

You don't tolerate as much once you've been nsng slash keto slash low carb for so long, you're like, I'm a splurge and go crazy. And then you're crazy is like, Hmm, my tummy hurts. I can't do this. So I, I know what to expect. I've been doing this for quite some time. I'm very excited to check in with you guys.

Um, this is a no judgment zone. If some people want to go hog wild and do it, that's great. If some people want to keep a completely nsng, that's awesome too, which is why for those of you who don't know, I'm sure you guys all know that at my website, if you click blog, you'll see the Thanksgiving Roundup.

It has every single possible Thanksgiving meal. I'm sorry, side dish and plus Turkey plus gravy. Plus even some sweets with made with lower sugar that you could want. The only thing I don't have on there is a cranberry dish and that's probably because I just don't care, but I will do it for next. Just like, I've been saying, I'm going to do it.

Nsng eggnog. I will do that this year. I promise. And then we're going to get to, so tomorrow on Instagram, I'm going to make, um, salmon puttanesca. I'm actually [00:02:00] combining two recipes for my mirror and air meals PDF. I'm going to do salmon puttanesca with my eat happy kitchen, puttanesca, ABI, and, uh, Brussels.

But with pancetta instead of guanciale, it's going to be delicious. Come join me tomorrow. Um, by. I know what I'm making for dinner. What are you making for dinner? Making the Turkey that I was going to make last night? Cause it decided that the oil is fried Turkey. Yeah. So, so we are. We invested in an oil list, Turkey fryer, and, uh, they had them on sale, which was great.

Um, so I went and got an eight pound Turkey and we were going to use that as kind of a dry run, uh, pardon the pun. And, um, it didn't, it just didn't thought. So rather than force it, we're going to, we're doing it now. So it's, it's about one 15 right now. Um, what, wait until it gets up to 1 65 and a, that should probably be in about a half an hour.

Are you speaking about the internal temperature of the bird [00:03:00] is at one 15 right now? Yes. Got it. Yes. The internal temperature of the bird. So we injected it. Uh, it, it's basically a rub of, uh, peanut light, peanut oil and salt, pepper, and chives on the outside. And on the inside, it's just injected with butter.

Um, so we'll see how that turns out. It should be, it should be yummy. And, uh, if it works, then, uh, we'll use that same mix for Thursday for the bigger bird and, uh, So in the meantime, um, since we're kind of waiting and I ended up not having any lunch today, cause I was just messing around with the day off, running around and so on and so forth.

Um, I made an I'll post this, uh, picture it's cucumber slices on top of that is, uh, us wellness. Um, liver sausage and, um, small sliver of [00:04:00] Tillamook, extra sharp cheddar and pen shut up, uh, lightly fried pinch and, uh, jalapenos on half. Um, that was a fantastic appetizer, by the way. I want to eat that. I just did.

I'll send you, I'll say I'll send you a picture of it. It was great. And. Um, I was, I listened to the podcast today and you know, I'm so sorry to hear, you know, go Kevin's passing. Um, and he was a great contributor. I never, ever, ever got to meet the guy. I'm sorry. I didn't. So, all right. Be Kevin, R I P Kevin, I got to say thank you for bringing that up.

Um, he oftentimes popped into these clubhouses. We all know. Well, I guess, new and loved Kevin. It's quite a big blow to the nsng community because he was just such a good dude and everybody loved him and it's a [00:05:00] tragedy leaving his wife and, uh, I believe it's his daughter. Oh, I know it was his daughter, but did he have more than one kid?

Do you guys know? I don't know. Regardless. It's a horrible tragedy. It was at his 51st birthday. So that resonates with a lot of us who were around the same time. It's a terrible tragedy. We miss him. He's a great dude. Leona sent me a wonderful picture of us back in July, where he turned up for the, uh, grocery store demo.

I didn't pass the Dina. And it was, it was that magical window in California where we weren't really doing masks. We were all vaccinated and immunized and it was just great to just sit and be able to chat with him. And he's just such, he was such a good, solid dude. I know he's missed by a lot of people.

So. Big Z. We're thinking about you. So thank you, Bob. I'm inviting you guys up here because I want to hear some check-ins. Oh, I told somebody, I don't know if she's here. I was Boston someone around on Twitter. I said, get your butt into the clubhouse [00:06:00] because she was asking about a divorce and sugar cravings, and I know y'all have some ideas.

About how to handle sugar cravings. Um, all right. Oh, hi. Leona's here joining us. I made Susie come up, Michelle. I think I invited you up, Jess. I want to hear your voice. Come up. Your Lenny. Get up here. Um, Susie, check in. Tell us what's going on. Well, it's Thanksgiving week and I'm doing my annual one night of cooking.

No, I. I do not do cooking on regular basis and you know, that anything fancy, so it's a big deal. So I have to take a few days off to get my dishes together and get organized and get the house clean before everybody gets here. So, um, what do you mean by. Well, I'm going to do the regular, we're going to do, we're going to try a Turkey on our smoker, and then I'm going to do your, um, cream, spinach and pumpkin, [00:07:00] um, cheesecake.

And I'm going to make spinach artichoke dip for, uh, you know, when they need to snack and stuff, and then I'll make stuff to hand for everybody else. So I'll do a candy DAS. Uh, they like it with little marshmallows on it and they like my sisters awful green bean casserole, but I'll do a few things for them and they'll do a few things for me that they'll love, uh, uh, blend it together.

And so I'll be able to stay on, on an SNG and they'll be able to do whatever they want to do. That's a huge menu. Do you have some help? Uh, No, but it's only for four people. So it's only like four potatoes and things like that. Okay. Okay. That's good. It is a lot of, it's a lot of work and a lot of just timing.

And I'm saying work in the, in the sense that you want to plan everything out. You know, if you can time stuff out, even if you can prep or chop stuff the night before, [00:08:00] um, I saw this tick-tock that the lady had prepped, she had cut all the ingredients for every dish and put each one on a separate baking.

So that like things didn't get crisscross. And I thought that was a pretty good hack. Probably way more prepared than I'll ever be. Well, that's why taking off these few days, but, but I do have a question. How far in advance could you make the cheesecake

make it? You could make it tomorrow for Thursday. What time are you eating on Thursday?

I mean, ideally if you could make it Wednesday evening, like before bed and then you put it in the fridge overnight, that would be ideal. Okay. If you can time it out that way, that would be, that would give it the optimal flavor sensation by [00:09:00] Thursday. Okay. Okay. I was one that's the only one I was wondering about preparing too far in advance.

The rest of them. I'm not too worried about getting everything cut chopped and everything, but head, but I was worried about putting the cheesecake to well, and I think part of it too, is just oven management. You know, like I now have an oven and a half and it's, if I was doing that whole meal, it still feels like it's not enough.

The timing things.

Yeah. That's what, yeah, exactly. But I'm not afraid of it. I'll get her done and we'll have, it's going to be delicious. Yeah. Yeah. Last year, uh, I had it all ready to go and then nobody could come cause they had positive. COVID. So we enjoyed the cream spinach for a long time. And I, I can't believe my husband who fights.

Nsng so hard. He even really liked it. So I'm looking forward to [00:10:00] trying a few new things on him this year, that creamed spinach is really it's honestly something else. And I haven't had it in years. I haven't made it in years, mostly because it's just so much dairy, but I might need to make it. It's so good.

It's got the good ear. I can't remember. I've said, I said the wrong group. Wrong achieve similar goals. Yeah. But the degree air is just so creamy. I agree. I agree. But as far as checking his concern, I kind of had a rough two weeks. Um, but, uh, I'm not whining. I got through. 'em feel much stronger this week.

And I think, um, to finish out the year strong between Thanksgiving and Christmas, I'm going to try and follow the PDF as closely as I can and be clean. Um, [00:11:00] I had, I had, I've just had a horrible time with allergies and I can't get rid of the inflammation. So I'm going to try and go as really clean as I can.

I'm not going to worry too much about this. And get through Thanksgiving. And then I think between Christmas and new year's really try and be S be a really clean to try and get rid of whatever this allergies stirred up inside of me. Um, And, but other than that, everything is going really well. And looking forward to a good weekend, I to sign all my condolences, uh, to the big family and to all the people who were good friends, I did not know him.

Um, but evidently he touched all our lives and I feel really badly for all the, those of you who loved him so strongly. Thank you, Susie. You're awesome. And I, I'm kind of doing the same thing with. I'm not going to worry about it for my Thanksgiving meal. I'm going to enjoy myself and then get right back on plan Friday morning.

Uh, it helps that we're going somewhere so we won't have any crazy leftovers. And if I do, I've actually been requested to [00:12:00] make the gluten-free stuffing by the other gluten-free people there. It will be a grain gluten-free stuffing. It won't be my, my. Grain-free easy bread stuffing from the first book.

And that was designed on purpose and requested on purpose because, uh, the person who requested it does not like a corn bread stuffing now. The grain-free ease bed is not a cornbread stuffing, but it has the same kind of texture it gets. It kind of is like a cornbread stuffing, no corn insight, but so I've been requested and I said, I would do that.

And because she's making all the pies, I figured I would comply, but, um, yeah, I feel the same way I want to, I want to just, I've been keeping. On the straight and narrow for lack of a better term. And I don't really feel like getting an upset stomach or just going hog-wild for the holidays, not feeling that this year.

And hopefully nobody will have any positive COVID tests and everybody will get to feed their people and enjoy themselves and have a wonderful time. And Susie, that sounds like an amazing menu, pumpkin cheesecake. I really would [00:13:00] like to eat that just saying, yeah, that's that? That's their dessert. They're going to love it.

Oh, they are who they are. Thank you, sweetie. It's great to hear your voice. They won't, they won't know. Um, yeah, no, it's great to hear your voice and I'm sorry, you've had a rough couple of weeks and you guys, I hope everybody. Um, the everybody's week, hopefully this week will be a little bit lighter. I hope I always have the thing in my business where things get really busy Tuesday and Wednesday before Thanksgiving, because I feel like everyone is like quick hit send and make the thing I should have done a week ago.

Everyone else's problem. So it's going to be a little stressful, but I'm excited to have a couple of days off and really regrouped. So thank you, Susie. I appreciate it. Leona, are you able to talk? I know sometimes you're in a precarious position. Hello? Lovely. How are you? I'm great. How are you? It's lovely to hear your voice.

You as well. Of course, I get to hear yours a lot more often than you hear mine, but anyway, yes. Thank you. Um, I'm usually [00:14:00] driving at this time, but my daughter is home for Thanksgiving week, so, um, I don't have to drive. Um, uh, I'm doing well. Check-in is, uh, is good. I've had a, uh, I'm kind of proud of myself in the sense that, um, the past few months I kind of, I get off track a little bit.

I kind of fall have fallen into. Um, stress eating a little bit, not bingeing by any means, but kind of, you know, here and there, allowing myself stuff that I normally wouldn't allow myself and then, you know, kind of not kicking myself, but going, oh, that was, that was, that was because, not because I was hungry, but because I was stressing and, and so I've been trying to be more aware about that.

And so this week, this past week, I had a particularly stressful week and, um, Yeah. And I'm just proud of myself that I didn't, I didn't backtrack. I stayed [00:15:00] away from the things I usually kind of snack on when I'm stressing. And so I, I'm pretty proud of myself that I stayed on track with that. So, um, that's going well.

And then, um, Uh, Thanksgiving, you know, it's, it's a weird one this year. Um, well, not that anything can beat last year was weird, but, um, uh, I like I have a sister and her husband is gonna are going to come down for Thanksgiving day and it's just going to be us and very small. So she's gonna bring a charcuterie and like pumice and stuff like that, but she is, but she'll make, and, uh, she told me I make the dessert and we're just, it's going to be brunchy light and brunchy instead.

And then the big meal is actually at my husband's side of the family on the weekend. And, uh, That I'm not even sure what we're doing. She, they change it up every year. Sometimes we do German food, like , [00:16:00] um, other times we do Turkey. So I really don't know. I'm just told to bring stuff sometimes. And that's what I'll do.

So, but in the mention of the pumpkin cheesecake, I think I've decided what I'm going to do. I can't believe I wasn't even thinking of that, but that's probably what. So the pumpkin cheesecake, I remember kind of swept our group last year and for good reason, cause I had to make it a couple of times to make sure I got it right.

And I haven't made it since it's because it's too good. And I'm just going to eat. The whole thing is so good. You can only make it once a year. Yes. Yes. It's a once a year treat for sure. Well, Leanna, that sounds great. That sounds like, I dunno. It sounds like they're keeping it interesting over there. Yeah, they, yeah, they do the it's.

I don't know. I kind of liked the fact that it changes pretty much every year. Um, [00:17:00] um, cause my mom always made the same, you know, the same, I don't know, eight items and I loved them all, but um, It was always very much the same. And so, you know, this mixes it up and that's fine with me. And then, you know, so it's, it's a little less labor-intensive too, because of that, I think because people, when they bring stuff, it tends to be.

You know, a little easier as opposed to, uh, really having to do the whole menu yourself. And I don't know. I don't know. I would probably feel differently if I was more the chef out of the family, but I'm not. So I'm just fine with bringing a couple of things. So that's it. Thank you, Anna. That sounds awesome.

Thank you, Leona. It's great to hear your voice. Um, yeah, hot looks are always a good idea. I'm a huge fan of potlucks, huge, huge fan. Uh, we, uh, we are going to Burbank to our friend's house [00:18:00] and we've donated the wine to the evening. Uh, well, which is fine with me because I don't need to be drinking all the wine that we have so much wine now that we live in wine country and it's, it wouldn't even be humanly possible to drink it all.

So it's really fun to donate the wine, but then I was still requested to cook something, which you would think that it makes logical sense. To utilize my skills that way, but it is funny because I'm cooking so much online to prep for, you know, helping people find the information that I'm like, this I'm tired of

Thanksgiving food, but I'm actually not, I'm looking forward to having the meal.

I am looking forward to it. So, uh, thank you, Leona, Lenny, I haven't heard your voice in forever. How are you? Hey. Yeah, I have been away way too long, so it's not so nice to hear your voice and so nice to be back in this room and what could be a better occasion. Hey, Lenny. And I get to meet at Quito Las Vegas, which is so nice to actually get to meet in person human.

We finally got to meet [00:19:00] IRL, as they say, we'll check in, let us know what's going on. How are you? Great occasion to, to be back with you. So what am I making for Thanksgiving reservoir? No, just kidding. But so, but it's not too far off the mark actually, because, you know, I don't have a lot of family, uh, locally anymore, and I'm not traveling.

So getting together with some friends, you know, and then they're not, you know, they're not even doing a proper things if they're kind of. Pardon? My French, I got a half asking it, but you know, but that's fine, you know, but she does one of those sort of frozen quarter turkeys. So she's not even properly Turkey, but you know what?

I'm absolutely fine with that because. You know, and I'm with you. Like, you know what, I'm not about the traditional Thanksgiving foods anyways. You know, I did that when I was growing up for decades and decades. And I'm so past that now, you know, [00:20:00] there's no law of the universe that says, oh my God, you have to have Turkey and grander and mashed potatoes and stuffing and blah, blah, blah, blah, blah, blah, blah.

You know, so I was like, fine. You know, I'm more about just getting together with my friends, you know, how have you been tired? And when she wants to cook, you know, half ass, Thanksgiving dinner or whatever it is absolutely fine. It's more about getting together with her, you know? But so, but what I really like about this week, particularly this, this particular week as it's shaping up.

You know, it's, it's always very slow at work and it's extra slow this year yet because when it passes on vacation, good timing boss, you know, so I am just going to kick back, you know, and kind of just be good to myself and make myself. Some nice food this week that I feel like maybe cause usually during the week, like, oh my God, it's just a mad rush.

You know? And my meals are half done on the run, you know, between by home office, in my kitchen, you know, 10 feet [00:21:00] away, you know, I'm

lucky if I sort of cram in dinner and a half hour from whatever is handy, but so I'm just going to relax and just kind of chill this week. Like today. I consider the, the first day of let's call it Thanksgiving week and I made myself a nice little sear.

And it was just marvelous and slightly decadent. And I'm sort of going to plan to spend the whole week that way. So I'm glad you scammed as I'm looking. I'm glad you call it Turkey week because I am going to take this whole week and just enjoy myself and then not put any pressure on myself about thanks giving day, uh, and just going to have a.

Chill week out of it. So thank you, Anna, for having this room. And that is my share this evening. Sear, duck breasts. Sounds awesome. Yay. That's great. And Lenny, by the way, you bring up something. Oh, go ahead. Go ahead. No crack the other dark meat. Oh my [00:22:00] God. It'd be, it is my absolute favorite. I, I very rarely work with a duct because I just feel like chefs make it so much better.

You know what I mean? So that's, I'm always impressed when people want to make duck at home. It's so good, but it's very forgiving. I know. I just haven't ventured there. So we need to venture there, Anna. Yeah, I know we do. We need to venture the time to make some duck. The people love the duck, the restaurant they'll, they'll make it, they'll turn up to 11, but you know what?

A six, I can manage a six or seven. That's fine. And the beauty of it is because it's so fatty and who doesn't love duck fat. It's almost impossible to over cook and dry out. How, how, you know, all thumbs are chef. I might be sometimes. I've seen your Instagram posts. You're not all thumbs plus. I know that Lenny's a foodie because he always posts like these amazing dishes at restaurants and was like, whoa, I need to go there.

Um, but Lenny, you bring up an important point too, about just taking some time and chilling and realizing that people are going to be slowing down and just [00:23:00] taking that time and doing it. Because I think that there is a frantic nature that begins this week and carries through. New years that we kind of get caught up and like what Leona was saying too, like, we'll just start to stress eat.

And we're not even really that hungry. We'll just start to grab stuff. And for, you know, you're out of ketosis or if that's what you're doing and you, then you wake up with hunger pangs, and then you're like, oh, screw it in the carb train's already started. And so I personally am doing the same thing. I want to protect.

This momentum that I have and in, and enjoy things and slow down and appreciate and enjoy things. But without having to feel that need, that I have to have carbs to do it so I can enjoy the one meal and, and do that. Sorry, Lenny, you were gonna say something well, yeah, but you're right. It's important.

Cause you know, we all feel that sort of, you know, all kept holiday stress, but if we start from it like, wow, It's almost like we feel stressed because everybody else's stressed out about it. So we may as [00:24:00] well join in whether it's sort of a mirror. Neurons are misery loves company. It's linked, but like, if we stop to think, like, why am I stressing about the holidays?

There's usually really no good reason. If we stop and think. You're very correct. And by the way, a lot of stress is usually because we feel like we have deliverables to give to other people, whether we're cooking for them or buying gifts for them, et cetera, et cetera. And usually other people don't care.

They're okay. So everyone just take a breath, slow down. I like Suzy super chill about it. I'm like Susie, that menu is huge. Like I was feeling stressed about Susie's menu and Susie he's like, no, it's okay. I got it. And that's awesome. Uh, so thank you. Leonie thank you everybody. I think that's amazing. I, uh, I don't know if mark, if his mark on this.

Oh, no, he's not. Mark just made a sauce purchase and I've seen him around. So I wanted to thank him, but he's not here. So I thought maybe he was on the clubhouse. Um, Michelle. [00:25:00] Hello? Hello. How are you? What's going on over there? Um, I can definitely relate to the stress eating. Work has been crazy this month and I'm finally.

Um, three things, well, Thanksgiving through next week, so that's good, but I think it's been contributing to a lot of my failures lately. So, um, I'm pretty proud of myself though. Yesterday. Like I was starting to stress out about working today and instead of. Going to the grocery store and getting a bunch of junk food.

I decided to go for a walk. So I did a little two mile hike and I felt better and I didn't go to the grocery store on the way home. So that's a win. Um, So, yeah. So other than that Thanksgiving, I'm going to allow myself to have one life into living and that's my mom's stuffing. Um, I get it. Well, I guess, pumped, I'm going to do the pumpkin bars from eat happy.

[00:26:00] So I don't really, I mean, I'm not going to go crazy on it, but I'm going to give my mom all the leftovers to take home because I don't want

anything in my house except the Turkey I'm keeping the Turkey. But yeah, other than that, that's my, my plans for Thanksgiving.

And that's it for me. That's great. That's awesome. Hey, recognizing in the moment that the stress is happening is exactly the process. And I think, yeah, that's what I need to start focusing on instead of trying to find. Bad solution of, you know, binging on junk food and stuff. I need to start thinking about what I can do to prevent that.

So, well, I don't know if you guys have listened to this past Friday episode that Vinnie and I did, we talked a lot about, you know, the behavior and the food addiction stuff, but even. Even if it's not an it to the level of being an addiction, because not everybody's a food addict addict, but we definitely use food to medicate certain emotions that we have, you know?

So when the stress happens with a thing we automatically go to like, [00:27:00] oh, I just want to have a cocktail or, oh, I just want to have a thing. You know, a bunch of cheese that'll make it better and, uh, or whatever carbs or a bag of Cheetos. My best friend's mom every night because she's 84 and she. Fit as can be fit as a fiddle.

She has a glass of white wine and a little mini bag of Cheetos every night, for as long as I've known her for 40 years. She just can do that. If I did that, I would be, first of all, I couldn't have like a tiny bag of shit. Like it would just go on and on. Like I would be a mess. And so you just have to know thyself, you know, and, and, and this is part of the process.

And sometimes we think, well, I've been doing this so long. I should, I should be better at. And stuff gets uncovered as it gets uncovered. So be, be forgiving of yourself, but be self-aware, you know, you don't have to like beat yourself up, but be aware and, and own the shit that you want to. You know what I mean?

I want to go [00:28:00] more on a ding-dong. That sounded obscene, but you know what I'm saying? I'm talking about the desert, not the body part. And although the body part thing could also be addictive behavior. I don't know. Only you can answer that question for yourself, people. Um, but Michelle, thank you. I appreciate that.

I really, really do. Thank you. Thank you. Thank you. And you know, It just, it just gets me thinking about all this stuff, because it really can like unleash the

beast. And by the way, for the people who do, if you feel like this is happening to you already, don't tune out, still come to the clubhouse still.

You know what I mean? You could get right back on. Th th the very next meal, if you go crazy for the first two weeks in December, because you're good in holiday party craziness, and you've eaten 4,000 canopies and 400 martinis, just come back, just come back. Don't say, well, tune back in on January 3rd, which is a Monday this year, that's the Monday that everybody's going to tune back in.

So let me just let me just intreat to everybody and you guys, I know [00:29:00] I'm preaching to the converted, but I just want to say that because every year folks disappear, then they come back and. And it's okay. And it's all part of the process. We all, we all have met up on our vendors and we've been on our things and we've been on the in-between and we're all still here.

So Jess, Jess, are you there? Hello? How are you? Oh my God. It's great to hear your voice. Oh, it's so good to hear you. It's it's it's um, it's so crazy. Today's my first day, uh, back to work, uh, in three weeks, I, I got the Rona.

I am, um, I was, I was definitely, um, I definitely needed some intervention. I definitely believe that. Um, um, I'm sure you remember. I, I kind of started back on the, the whole [00:30:00] keto thing and, and all of that and kind of getting my life back on order, uh, back in July. And, um, I've lost almost. Almost a hundred pounds, I think.

Yes, it went very quickly. I'm so proud of you. That's amazing. Now the last 20, when, when a lot faster than the rest, um, just because of what I've been through medically, but I truly do believe that I probably couldn't have survived the virus, um, with that. Having gotten back on that path and I'm, do you feel comfortable talking about what happened?

I mean, you don't have to, if you don't want to, if it's for the edification of all of us, like what you went through, if you're able, if you feel like talking about it. Um, my daughter, uh, ghost, and she was the first person in the household with the center. And, uh, and she came home and [00:31:00] she tested positive.

And because of how these things work, um, my work told me, okay, well, you have to quarantine. And so me and my wife, my, and my son and my daughter were in quarantine and I got it. Um, I didn't test positive until, um, Um, I was already suffering really bad. I was already suffering really bad symptoms. I couldn't, I was having a hard time breathing.

Um, I had to prop myself up with pillows at night to sleep, or I would stop. I would stop breathing sometimes it was really bad. And then finally, when I, I did test positive, um, they, they allowed me to go to a CA uh, a cancer place to get the infusion for the Regeneron infusion. And, um, I truly believe that saved my life and, uh, and people who want to be able to help people like me.

Um, should, if you have gotten a virus and [00:32:00] developed antibodies quickly, and then you kind of kick it and then you just come out of the corner. You should, you should donate blood and you should seek out the places, um, that will get that, uh, get those antibodies to people so that you can save people's lives because I truly believe people.

Do you just Google donate antibody? Yeah, look up Regeneron. It's called it's called Regeneron. And basically what they do is they take the antibodies from people's blood and they make an infusion that takes about 20 minutes. And, um, two days after that, I thought I was dying. And, uh, two days after that, um, I started to come back finally.

And, uh, it just, I'm so thankful for the people who have donated their. Uh, who have recovered. And a lot of people don't know this as an option. And, um, if you have friends or family that are really struggling with their sons, uh, [00:33:00] they, they should get the Regeneron infusion as soon as possible. Because, I mean, it, it turned things around for me, credible Jess.

I'm so glad that you came up and you told us because I didn't even know that this was a thing. So thank you. I'm putting it in the show notes, by the way, this is being recorded and I'm definitely putting a show notes and we'll figure out a link to get it, get it very difficult. Um, there's some things, um, you can get canned oxygen, um, and Walgreens and things like that.

To me, a. Um, you know, to have something like that until I, I definitely needed more intervention. Um, but it was just, it was a very, very scary, it's definitely the worst illness I've ever been through. Um, and I've, you know, I've gotten, I've gotten pretty sick before. Um, but yeah, I truly, I truly do believe if I had not taken control over my.

Um, [00:34:00] with the health issues that I was having, um, previously, before I kind of started back on the path, um, I don't think I would be here. And, uh, it, it was definitely just good timing that I, that I changed how I was living on a change, the path I was on. And I would say, you know, take care of yourself because you don't know when you're going to need the bank on that.

You really don't know. You're amazing. I'm super proud of you. I'm glad you're here to tell the story, cause that is really scary. Really, really scary. And, and I know that it's gotta, there's gotta be that feeling of, oh my God. Thank God. I started the keto journey like in full force and there has been a blessing from this kind of like facing the fact that I died.

I've realized that. A lot of the emotional turmoil that I deal with [00:35:00] with food. Um, I inflict upon myself with a lot of the baggage that I've had in my life and I've realized that that stuff doesn't have to weigh on me if I don't want to let it. And, um, so it definitely has been a blessing, even though I'm more tired than I've ever been.

I worked my first day. I couldn't make it through a full day. I was exhausted. Well, I think that you're, from what I hear, you're going to have some more exhaustion and you're going to have some, yeah. They said that they said probably a few weeks of just feeling completely tired all the time. Bob, you had fatigue, right?

For lasting awhile that you weren't expecting. I did it. It was weird because mine was like a two day cold and that was it. I had nothing. Nothing like, like justice describing. Oh my God. I couldn't imagine going through that. That's just terrible. But for me it was the lingering. [00:36:00] So yeah. You lose your smell and taste for a couple of weeks.

Nope. No big deal, but it was just the weirdness. Um, so just one example. So I did go back to the gym. I tried to, uh, two weeks before. I recovered and I just couldn't do it. It was like, oh my God, couldn't lift the weights. The exertion. Like tired. I was still running every day. Um, it was just the gym and all that.

So fast forward, about three weeks I was diagnosed on September 13th. So, uh, fast forward, about three weeks. It's now mid October and I'm waking up in the middle of the night, uh, with this terrible, terrible Tuesday. It's. Um, if you've ever experienced a root canal, that's gone bad, um, in, in real life. So I know what that felt like, and it felt exactly like that.

It's just this like pounding on the back of your jaw all the way up into your ear and your eye and Tylenol kind of was helping, but it got to the point where I actually went to an endodontist to get x-rays [00:37:00] and they're like, dude, there's nothing wrong. Your teeth are perfectly fine. Um, you know, your, your margins are great and your gums and all that.

It's gotta be a sinus thing. So literally two days later that went away. Um, but it was just these, these unexplained weird things that just keep popping up. I've had to wear reading glasses. Now, when I'm working on the computer, I never had, um, just strange, strange, strange things. So yeah, I feel free. Yeah, it is.

It's all I've been taking, you know, all, all the vitamins, you know, I get that scripture through, through Vinny's club and, and you're just trying to, to eat, eat as healthy as possible. Um, I stopped running, but the gym, I actually just this afternoon. Finally hit the gym again with my son. Um, and we did a great chest workout today.

I don't feel, feel any ill effects. So I'm hopeful that I'm coming way, way down on the downstream. I had been working from home. I did stop traveling. So, you know, [00:38:00] my exposure to other people has been minimal in my team that, that, that I, I. All of my teammates when we do meet in person, they're all vaccinated.

So, so we're good. And, and my company has basically said, if you're not vaccinated, you're not welcome in the building. Um, which is, which has been good. Um, and then the last piece of it is, you know, we are. Um, hopeful that kind of over, over the winter as the boosters become available, um, that, uh, that things will kind of normalize a little bit with, with a lot of folks, um, getting it and not spreading it, um, by staying home and being smart.

And it's just, like you said, literally the, the day that I just, I felt the worst. I mean, I write to the doc and he didn't prescribe. Obviously yours is way worse. Um, for, for me, he's like, did you get vaccinated? I'm like, yes. And he's like, fine. He prescribed something for my cough, which was awful and a steroid.

And literally two days later I was fine. [00:39:00] So, um, just be prepared for kind of weirdness over the next month or two. Um, but, but man, a hundred pounds, holy cow.

Well, we, we, we all know I've, I've lost a ton before. I mean, uh, my previous, my previous, uh, almost half my way I went from, I went from 370 and I got myself down to two, five at one point before. And, um, and then I, I know I, I I'm, I am, um, I experienced a lot of inflammation and joint pain too. And, uh, and that was, that was severe, almost kind of crippling because I have lower back issues and hip problems.

And, uh, even I could feel it in my ankles and I never had problems with my ankles or my knees, but even that it's an inflammatory virus, um, [00:40:00] that

really hijacked. Your system and just turns it on itself. And, um, it is, it is really nasty a night gas time, just predisposed, uh, for it to wreak havoc on me. And I'm just glad I was not eating an inflammatory diet.

Um, when I, when I got it, um, I can't imagine if I was eating a lot of garbage, what it really could have done to me because I mostly just eat meat and cheese and vegetables. And, uh, so I feel like they're really dodged stubble. You literally did. And by the way, if this is the thing. That here's the thing, because now having done this for 10 years and talk to people, and I understand that coming from the place that you're coming from, Jess, and I've known you for years now.

It's okay. [00:41:00] It's okay. The whole process is okay. It just has to be that you get to that place where, like you said, you're kind of ready to put the food issues down. Cause you saw like. I don't need to be, I don't need to be that person that I used to be anymore. Like, it's worth it now. You've, you know what I mean?

And it takes everybody's on their own journey to figure that out. So, you know, and you're not doing it to B w when you'll find success. Um, and that's in the way of life. This is not when you're doing it, uh, for what other people think of you, not even when you're doing it to be something. Idea you have in your head of, uh, of what you think you should be, but you do what you do because it's the right thing to do.

And, you know, you're worth taking care of. Um, and, and that's why you do it. [00:42:00] Fantasy version of yourself. It's not to have people love you more. Take care of yourself because you have value and you know that when you get there, you can do anything. You know, it's interesting that you say that have people love you more because I think that we forget how loved we are and we don't love ourselves enough.

And therefore, then we act out and try to do stuff for other people and all that stuff. So. You are very loved. My friend. You have a family that loves you, your friends that love you. We love you. We're glad you're here. I'm glad you're feeling better. I know like Bob said it might be wonky, but, and I get so quiet, but, uh, I do love all of you guys.

You guys have always, you know, you guys have always, um, you know, made me feel low. Not that you ever want anything from me, but for me to do, do my best and, and to be happy. That's all. That's all I want for everybody. Yeah, do your best and be happy, you [00:43:00] know, that's it. So thank you, Jess. And

we're all sending you good loving healing vibes, and I'm glad that you were able to tune in today.

Cause it sounds like it was a perfect timing for that. So thank you for being here and thank you for being part of this community and Megan. Oh my gosh. I have so much to say I'm so excited to talk to him. Well, and can I say something real quick next week? I'm going to be on an airplane landing in New York city.

And Megan will be running this clubhouse next week. Oh my gosh. Oh my gosh. It's going to be amazing. Well, let's hope so. Well, first of all, when Anna said 400 cocktails, she's not exaggerating. I feel like that's my life. Um, so I'm trying to be better this Thanksgiving, but they grew mentioned that, um, Jess, I have so much to say I had no idea that you could do blood donations for that stuff.

So I'm going to get on. And I'm all about antibody studies. Like that is exactly what we need. And basically, I mean, this, this virus, I don't know how else to say it, but this is a [00:44:00] motherfucker. Like there's no way else to say it. There's no one really knows what's going on. No one really has a subtle, like subtle foundation on what any of this.

But what I do know is that if you didn't lose that a hundred pounds, I do. I think that, I think that saved your life. Um, so I think that's huge and amazing. Um, I wanted to talk about a little bit about your sleeping. Um, just coming from my background, I'm a little bit of a physical activity li. Um, that's my master's degree.

So I studied a lot of sleeping and you don't have to get, you know, the seven plus hours that they're always suggesting, but if you're monitoring your sleeping a little bit, that might help. I know that COVID is going to mess that up, but monitoring the sleeping a little bit, seeing if you're at least trying to get five hours trying to go to bed a little earlier, and I know that's really hard to do, but that helps, um, the tiredness at least.

And I know that. Uh, a little bit of activity. I know it's so hard after COVID to do activity, but if you have some little activity, [00:45:00] maybe just like walking, like for like even two minutes or just going up and down the stairs, like once or twice a day, just a little bit more activity. Maybe, I don't know exactly what activity you're doing.

I'd be interested to know, but that also might have, I walked around, have my wife, my wife really had to bully me into it because when I was at my worst, I

just wanted to lay down to be in bed or be enough in the, in the recliner. And I did not want to move. And everybody in this house was like, you gotta get up, you gotta walk around, you might get blood spots.

And I'm like, okay. Well, I'm really, I'm really glad that they did that because as much as you don't want to, and as much as I've been around people that have been in that position after COVID, you just have to, it's like, it's the worst, but you just have to, and even that's going to help your sleep and then that's gonna.

The the tiredness throughout the day. Just a little bit. And I'm, again, I'm no expert, but I have studied the sleep and the activity and how they might help. So, [00:46:00] and again, it doesn't have to be crazy. I'm not asking you to go run a mile, just, just something, a little like, oh, you know, I'm just gonna do one more, you know, staircase today just to get.

Um, that's, that's always helpful. So every, and that's not just for you, that's everybody. Just, if you're really helping, it helps really concentrating on your sleep. Your sleep is kind of a good thing to focus on a little bit, especially during these holidays. And Turkey's going to make you fall asleep early and get some good sleep anyways.

So, um, I did want to point that out, but, um, I'm feeling really good going into Thanksgiving and I'm trying to be really good until Thanksgiving because my mom is super controlling. I envy Susie. Cause it sounds like she's. Cook and do everything that she wants to do, and I'm not going to be able to do anything.

My grandparents and my mother are just so controlling. So I'm just going to have to sit back and smile and make a vodka soda, or one of 'em eat happy cocktails. That's going to be my contribution, but, um, it's really nice hearing from everybody right before this. Cause it's nice to get the support. So again, just [00:47:00] a amazing story.

Thank you so much for sharing. I would thank you so much. And, and I'm lucky I have a physical job. I probably, I probably walk 20 to 30,000 steps a day just

doing nevermind. All the rest of you. You need to start moving Jess. You're fine. Yeah. I mean, I did like 9,000 today. I worked there kind of a short day and didn't do as much, but, um, yeah, I, I w I go in factories and I walk the catwalk. I'll walk there. Big warehouses. May I ask how your sleep is? How you, how do you feel your.

Well, I just started back to work day. Um, my sleep has improved since I've been able to lay in my more natural position. I'm a side sleeper and I used two pillows and I kind of hug one and put my arm in between the two of them. And, um, so it it's, my sleep is as good. I have a Fitbit center. That's telling me [00:48:00] when my scores are looking good.

It was a Bismal while I was in the worst. I mean, my S I've never even seen score numbers like that on Fitbit stuff. Um, but everything has improved quite a bit. It's just a matter of feeling tired and just having to, uh, have a, a big mental game. Oh, just pushing and yes. Pushing through it. That that has to be incredibly hard.

Um, but I also want to say, and that's for everybody to do not just get discouraged. If you do have low sleep scores, like a lot of people, I feel like see those low sleep scores and they think, oh my God, I'm going to have a crappy day. Don't do that. That's not how it works. Always perfect. And my wife hates it.

Horrible minor, always. Elsie. My, my sleep scores are up and these all the time. Yes. But don't tell her, don't let it discourage her. Um, just try to do better the next night, but it shouldn't ruin your day. And a lot of people sometimes let it do that. So if you're tracking your sleep, that's great. Just make sure it doesn't make you feel [00:49:00] like your day's ruined because you didn't get enough.

Well, thank you guys so much. It's so nice to hear a female. All right. Thank you, Megan. And, uh, I'm going to start calling Megan the sleep Sherpa because. That needs to be her brand, because I know you're the move. I know your movement, Megan, but you're also the sleep Sherpa I will be. I will be. Yes. And by the way, I love my aura ring.

I love tracking the sleep and I just ordered the new aura ring. That's going to track, uh, Daytime heart rate to like during workout. So I'm very excited about that. There's no affiliate, you just go to the aura ring and overpay for this device. That's now I'm addicted to, by the way, I bought the aura ring back in like June or July, because we had Molly McLaughlin on one of these club casts.

It's on my website, she's talking about sleep. And I was like, I'm like, get that aura ring. And I paid, and then I was like, this is so dumb. Why did I pay all this? Now I will not take the thing off. I'm obsessed with tracking my sleep. I'm so excited to get the new one now so I can track my workout. And I was also has a period [00:50:00] predictor in it, in the new one.

And I'm obsessed with this technology. So it's tracking your sleep. It's it's been a game changer for. Like, I was just, I was just like, well, I guess I'm just going to be a shitty sleeper and now I've done different things and learned about it and really, really affected my sleep in a positive way. So Megan, to sleep Sherpa.

Thank you. Yes. One more thing. Yeah. It's just when I, years of studying this and then also years of personal therapy, it's your done? It's your sleep and it's your exercise like can affect you so much. Those three things can affect you so much. You can add therapy if you want. I suggest it for everybody, but those three things will really, really change your life.

If you focus on them. Thank you. Megan will be running the show, baby. She stepping up to the show. Um, and what I do by the way, Megan is Bob always raises his hand first, and then I just start barking at everybody to come up. And then I'm so glad that you guys did, because we have all these wonderful conversations.

I don't know if Jess was going to raise his hand. I don't, I don't [00:51:00] know if Lenny or Michelle or Susie or Lindsay would raise. How are you, sweetheart? I'm good. What's going on? Give us your check-in baby. I just want to say hi to everyone and hope everyone has a good Thanksgiving week. Um, I'm going to go on my aunt's.

She hosts Thanksgiving, so, and my, my family, um, they always do the traditional Turkey stuffing, sweet potatoes, green bean casserole. Um, but I'm going to bring my own style. I'm going to make your green bean casserole, your pumpkin bars, both full dairy, and nondairy, I'm gonna make your brussel sprouts with the leaks and the apple.

And

those are all wonderful selections. Yeah. So I'm in my life and living is my grandma's homemade Turkey gravy. I love the gravy. And some wine. So I love my family. Yeah. My family. And they're big wine drinkers. I'm like [00:52:00] a mental had like a bottle of gas. Right. Enjoy it's your choice. You know what I mean?

Enjoy it. I love wine too. And I, um, I, uh, I really. I have to pick and choose my battles. You know, I only do it once a year, so it's fine. Yeah. And, uh, Vinnie might drink wine more often than you. So there you go. And, uh, for those of you who haven't seen Vinny's trailer for beyond impossible, and make sure you check that out.

I asked him if I could promote the beyond impossible trailer. And he said, he's waiting to promote it until the presale is up. So, but go it's on his YouTube. Go check it out. It looks amazing, but definitely be ready for the presale, the movie. And what we're talking about is Vinnie's third documentary called beyond impossible and it looks incredible and he's going behind the [00:53:00] myths and the lies behind the beyond burger impossible burger.

Frenzy, what would you call it? Like movement. It's pretty scary. And it's, it's very informative, but it's pretty scary. Yeah. There's a lot that's happened there. So, uh, definitely go check that out. And uh, oh, I know what I was going to say about the pumpkin bars too, is, uh, I know I, uh, you may have heard me tell the story, but it bears repeating.

I did an experiment where I made the pumpkin bars for an Instagram live or YouTube live. I can't remember. I made it for one of those things a couple weeks. And I ate some of it and Lauren ate some of it. Then the next day I ate some of it and Lauren ate some of it. And I didn't do the thing that I usually do, which is either throw it out or eat the whole thing.

I ate some of it twice and then I just didn't want it anymore. And then I took it and threw it out because I didn't want it any. And there was a part of that. The [00:54:00] reason that that happened was because I didn't try to restrict myself. I made those pumpkin bars. I haven't made them in a couple of years.

I'm going to enjoy the pumpkin bar. And then I just didn't want them anymore. I was like, I'm done. I don't need them. And me even like 3, 4, 5 years ago, couldn't have done that. I would have been like, oh, I got to eat all of them because I don't know what I'm going to have them again, by the way, I'm the queen of going, I better eat all of it because I don't know when I'm going to have it again.

And if you catch yourself saying that you're lying to yourself because there's plenty of opportunities to ever have it again, believe you. So just take it from me. I just wanted to mention that we are five minutes before the hour. Um, come join me tomorrow. I'm going to make the salmon puttanesca with the Brussels and pinch Jetta on the Instagram live, Megan and Leona hosts.

The Thursday check-in at 5:00 PM. Pacific 8:00 PM. Eastern Megan will be hosting next week. I will try to jump on at the tail end. We'll be taking, uh, we'll be late. At JFK. [00:55:00] Um, I'm very excited and proud of my daughter. She has her final art show and then she's done with college. I've put one out in the world, folks it's done.

Thank you. Thank you. Um, so I'm very excited about that. Uh, I just mailed a lot of twin packs of sauce and a lot of books to Stephen Crutchfield over at Villa Capelli he's going to be doing. Thing over there. I don't know when it's going to be up and I'm thinking I'll put it up for presale soon. Plus we're selling whatever we have left of the sauce is what we're selling for the holidays.

My guy is going to try to get in there late next week and make some more. But if he can't cause he said he couldn't now he got tomatoes. That was the first where he couldn't get tomatoes. Now he's got the tomatoes. He has a line on tomatoes, but now he's run out of jars, such as the life of. Food company.

So, um, oh crap. Thank you. I just posted, and this is, let me put this link up here. How do I put the link up [00:56:00] again? Oh yeah. I have to pin a link. I just posted my gift guide. I put some cool stuff in there. You guys, I'm very excited about that. Uh, so go to my site. Hold on. This is the problem with, uh, this is the problem with my.

Phone blowing up while I'm trying to pin a link, uh, go to the gift guide. It's super cool. Of course. I want you guys to order sauce in order books. Hello. And, um, look, I just pinned a link. See that at the top of the room, real food keto recipes and tips from a loud mouth comment. That's me. Um, Go to the gift guide, check it out.

There's a bunch of stuff in there. Not just the usual suspects. Yes. There's stuff from my kitchen, but there's also some new stuff, some fun stuff, some stuff for the ladies and stuff for the men. Um, There's overpriced jewelry, not overpriced. It's just high-end jewelry. There's, you know, lip gloss, stocking, stuffers.

There's all kinds of stuff on there that I think is good. Also Vinny did a gift guide as well. Uh, his and hers gift guide [00:57:00] at his site. So check that out on my gift guide. There's some affiliate links like the Amazon links are definitely. But pretty much everything else is just small businesses that I think are amazing and you guys should support.

And since they are small businesses, they're going to be gifts that they're not going to get from anybody else, which I like, I like giving people unique things. That's important to me. I told her our own staff, but she couldn't help herself. There's so many cool things she put on there. Yeah. I also am like, I try to write down during the year, like stuff I would like to buy.

So it might be stuff that like, you might think like, Likes all the stuff, because she wants all this stuff and that's true. So true. Um, so, but it, but there is listen,

th those the men's t-shirts at buck Mason and the underwear and sweats at, at, uh, Knack Weldon are, is stuff. I buy my husband every single year and he looks great.

So I'm a huge fan of those companies, not, not affiliate links. Um, anyway, there's a bunch on there. Check it out. The link above is a sub stack. I'm sorry. I'll go ahead. I was going to say, I got to drop my Turkey has done, but thank you very [00:58:00] much for yes. Go eat that Turkey on behalf of all of us and take a picture.

Yeah, my many, many pictures and I actually did the asparagus with . So I actually cooked the asparagus up in the, uh, grease from the pinch heads up pretty much cook anything. Yeah, that's the title of this more pen shadow, please pinch it, please. Happy Thanksgiving, everyone. that's how you say an Italian? I don't know why I just muted myself on my own thing.

Um, the sub stack above I am starting a substance. It's going to be a weekly email. There will be a paywall. Eventually there'll be some free content, but then there's going to be exclusive recipes that I will never publish anywhere else. But the sub stack, not even in my next book. And I'm very excited for that.

It's going to be a way for me to generate revenue for what I'm doing here, because I'm putting a lot of content out there. And, uh, I'm excited about that, but I'm even more excited for the inner circle of the sub stack. [00:59:00] So definitely go sign up up there. It's free to sign up and I will be moving. My email list over to sub stack, because I don't know why I'm paying, you know, the equivalent of.

Midsized sedan car payment to an email provider. When I could have everybody on sub stack and reach you guys better. You know what I'm saying? I'm working on that. Uh, thank you guys so much. I hope everybody has a frigging fantastic Thanksgiving and that you enjoy yourself and that if you're, if you're around family or friends that trigger you for any reason that, you know, you just, you just stay in your own power and hold your own and have a good time and, uh, try to relax.

Do it. Lenny does chill out and do some self care. I love you guys so much. I really, really love it. And I'm looking forward to chatting with you guys, hopefully at the end of Monday next week, but Megan's going to be running the show and go have a fantastic Thanksgiving. I see you guys down there in the, in the, I see Greg and Michael and Haley and Andrea, Rebecca, and Tricia and Ryan.

I love you guys. I know I didn't get to hear your voices this time, but next time please raise your hands [01:00:00] and, uh, have a fabulous week. Thank you.