



Notes ~ Topics & Time Stamps

Little Tour of My House & Farm After the Poddy Recording ~ August 29, 2023

<https://www.facebook.com/groups/trimhealthymamas/posts/10040518049354589/>

:48- Say Hi to Danny & John!

1:35- Danny & his motorcycle!

1:39- Tour of the bottom of the Poddy Barn.

2:20- MaryAnn's Question- Can I just eat 3 meals and a snack per day instead of eating every 3 hours from the time I get up until the time I go to bed?

2:44- Serene & Pearl Answer MaryAnn's Question- They provide examples of their own personal meal spacing. Mentions of meal timing/spacing and how it will be unique and individual for each person. Mentions of supporting your metabolism and how to fuel properly and making sure to get your protein in!

3:46- Pearl explains her personal meal spacing & timing. (3 meals and one snack per day) She eats every 3-4 hours, and it feels very natural for her, mention of exercise and getting in your protein.

4:15- Serene shares her personal meal spacing & timing. (5 smaller meals throughout the day), mention of not going over 3-4 hours without eating, mentions of exercise and essential amino acids.

5:00- Word of Wisdom from Pearl... "Don't overcomplicate it!!"

5:14- Pearl's House Tour- Front & side porch, and a bit of the backyard.

7:28- Pearl's Kitchen

7:44- Pearl's Dining Room

7:50- Pearls Family Room

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