



Trim Healthy Podcast with Serene & Pearl

Episode 343–“Coach Amy’s Story”

Air Date: 8/23/23 [Click Here to Listen](#)

Synopsis:

Coach Amy’s journey began in 2016. She had reached her highest weight during the adoption process with her boys. While she knew how to eat well and stay in shape, adrenal and emotional fatigue had reached their height and she struggled with severe joint pain and Hashimoto’s disease. Three years prior, in 2013, she was at her fittest and healthiest, but traumatic events and hormonal issues took their toll. Emotional dependence on food was a hurdle that she struggled with deeply.

She began Cross Fit in 2016 and it became a blessing for her mental health (she’s continued Cross Fit to this day). And then, a friend of hers told her about Trim Healthy in 2017, and it transformed her life. In less than 6 months on Trim Healthy, she had reached her goal weight.

Exercise, counseling, and getting off her depression meds, were all important milestones on her journey. And she jumped into coaching after reading Danny’s book “What If You Could.” She has given herself to full-time Trim Healthy Coaching and has touched tens of thousands of lives.

Highlights:

- For those who follow her coaching, *keeping things **SIMPLE*** is one of her most enduring mantras.
- Many who follow her coaching are seeking accountability–so they can really walk The Plan out.
- Community and coffee are Coach Amy’s very favorite things!
- For those who have wondered: “Should I be a Coach??” Amy says: “YES. Make the leap!”
- Because she’s a mom on the go, listen to Coach Amy for efficient recipe tips and tricks.
- Learning to overcome “kitchen fatigue” is one of the things Coach Amy is known for.

Amy's Recipe Favorites:

- [Casey's Cherry Quinoa Bowl](#) * Amy's tweaks are included below.
- Trim Healthy [Cheeseburger Pie](#) (S)
- [Ranch Dressing Mix](#) from www.OhSweetMercy.com

About Coach Amy Gaskin:

- Amy is a certified health coach and Trim Healthy Coach.
- Get her Podcast "Chattin' with Coach Amy" on Apple Podcasts or wherever you listen.
- Follow Amy's Page on Facebook at "Coach Amy Gaskin".
- Amy runs "Southern and Healthy," a multi-faceted health coaching hub. You can find it online at www.southernandhealthymys.com.

*Coach Amy's Quinoa Bowl Tweaks

Ingredients:

1/2 cup quinoa (pre-cooked)
1/2 cup frozen cherries
1/2 cup frozen cauliflower rice

Instructions:

Warm up ingredients or just thaw in a bowl.
Add Fat Free Greek yogurt, TH Gentle Sweet & TH Cherry Natural Burst Extract to taste.



Trim Healthy
Product Spotlight



[TH Gentle Sweet & TH Natural Burst Cherry Extract!!](#)

TH Gentle Sweet

- ✓ Sweeten those hard-to-get right treats with Gentle Sweet and you can bank on the "yum!" word passing your lips.
- ✓ The Trim Healthy Mama Community fell in love with our pure Stevia extract and Super Sweet Blend, but some of you kept begging us for a sweetener that popped like pure

sugar itself. Gentle Sweet blend has a cotton candy taste but won't mess with your blood sugar.

- ✓ Gentle Sweet contains xylitol for that perfect frosting-like taste but is sensibly blended with a small amount of Organic Pure Stevia Extract Powder and Non-GMO Erythritol. The result is a smoothly powdered gentle sweetener that is still twice as sweet as both sugar and Xylitol.
- ✓ **Suggested uses:** Cakes, Cookies, Smoothies, Desserts
- ✓ **Benefits:** Diabetic-Friendly, No Fillers

TH Natural Burst Cherry Extract

- ✓ Trim Healthy Natural Burst extracts have arrived to amp up flavor in all your healthy treats! No more "same old-plain old" flavor profiles. Natural Bursts will keep your taste buds tap dancing through any flavor whim.
- ✓ We say NO to chemicals, NO to propylene glycol, NO to MSG, and No to artificial anything!!!! Natural finally means natural... what a concept! We want to burst true Natural flavor fun into your recipes and into your celebrations.
- ✓ Use Natural Bursts to celebrate your next kitchen adventure because the simple blessing of eating is a beautiful gift and is worth throwing a flavor party.

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