

# A TH OFFICIAL RESOURCE

## Trim Healthy Podcast with Serene & Pearl

### Episode 378 ~ Set Yourself Up with Great Eating Habits for Life

Air Date 4/24/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

#### Quotables

- “The brilliant place to start for teens is this. ‘*Where’s your protein?*’” –Serene
- “Consciously teach your children to make good food.” –Danny

#### Listener Question from A Teen

Can you guys please talk about teen girls and the Trim Healthy Plan? Could you talk about teen girls using your Tribe Healthy workouts or other workouts? And lastly, I would love to hear about Optimized Proteins and Essential Amino Acids for teens. You don’t talk about teens a lot in your plan but would love to hear your perspectives! You all could add practical tips for young women because our age can struggle a lot with body image.

#### Pearl and Serene Respond

The Trim Healthy Plan for teen girls is natural. We have both had (and have) girls in their teens. They are endeavoring to get it right with their protein—anchoring every meal around protein. It’s always been a core part of The Plan for people of all ages. The other encouragement is ensuring you stabilize your blood sugar. How do you do that? Protein does that!

As a teen, so much of the food consumed is fast food. A great analogy is fast fashion versus slow fashion... and many women are returning to slow fashion. But the criticism leveled against fast fashion is that it’s not sustainable. But let’s apply the same logic here. Let’s get back to slow food. Because we can see how harmful fast food is for us. Fast food causes a fast blood sugar rise which is harmful to all organs, to a healthy weight, and hormone balance. Slow food causes a slower blood sugar rise which is how our bodies are meant to function after meals.

When you’re able to master some simple recipes and habits that are fast in the prep and easy to make, then you can have the best of both worlds. Get those mainstay recipes and then you can go for it... healthy slow food, fast for your busy life!

It is important for teen girls not to under fuel... meaning eat too low calorie. Everyone is unique but if you can eat lots of crossovers (meals with healthy carbs and fats together anchored with protein) while keeping a healthy weight for your unique body then lots of crossovers are your

perfect fuel type. Just get to know your body type. If you have to do a few more single-fueled meals... S and E's (those separate carbs and fats) are fine too. Get into the groove with some quick and easy "slow food" options!

Be a trendsetter and embrace the ancient path! It will bear fruit for years to come in your life. It's not always easy, but it is possible! Think about ways to get your friends together to make the most healthy, delicious foods.

## Quick 'n Easy Meal & Snack Options

- **Unsweetened Greek Yogurt and Cottage Cheese:** You're able to customize it with a lot of different ingredients. Incredible benefits from protein. You can add carbs, fats, etc. It's all about the toppings like berries, nut butter, coconut sprinkles, and healthy granola.
- **Salads:** Rip up the greens and customize... add protein (chicken, or other easy meats), and all the other goodies. Keep the fridge stocked with all the things. Establish a healthy habit! Make your salad eye-catching. Add berries, nuts, goat cheese, whatever you love.
- **Eggs:** Customizable. Add in your favorite fixings. Easy for teens.
- **Artisan Bread:** You can learn to make great, healthy sourdough breads! Or use sprouted bread for sandwiches
- **[Wasa Crackers](#):** Pile on your tuna, or some nut butter, or maybe some cheese.
- **Brown Rice or Quinoa:** Having brown rice and quinoa ready to go is an easy meal base to grab and go with.
- **Lentils:** Mix and match with various foods.
- **Cucumbers, celery & carrots:** Amazing crunchy, "snacky" fixes.
- **Smoothies:** Everything from baobab and whey to nut butter, unsweetened nut milk to yogurt, and fruit, is good for smoothies.
- **Essential Amino Acids:** Not for a meal replacement, but a great healthy supplement and excellent after workouts.

## Body Image Issues

Unfortunately, a lot of the body image issues are from the fast-food culture. When girls get to the age when they become more body aware, they go through puberty and then start thinking food is their enemy. They cut back and deny themselves proper meals because the SAD forms of food most people eat cause accelerated weight gain. They believe this about all food. Modern typical eating is causing serious issues throughout the world... not only body image issues but also diabetes and weight issues that weren't here just a few decades ago in younger people. And with so many eating sugary fatty fast food, these health issues are prevalent. But eating lots of healthy foods does NOT cause this accelerated weight gain. Think about the healthy food and social habits you can build with friends!

Know that you can eat a TON of healthy food with no worries... fruits and veggies and lots of proteins... these foods will not cause excess weight. Know that your body is uniquely made. Skinny is not God's design for your amazing body... not is carrying a lot of excess weight. You have a perfect, healthy body that you'll discover as you eat plenty of healthy foods and embrace the unique way you are made. Body dysmorphia can go away when returning to foods from the earth and not having to look like friends with certain different body types. Avoid soda though. It will lead you down a bad path of elevated blood sugar levels. PCOS is becoming more common in female teens and it is often from sugar spiking diets.

## How About Tribe Healthy Workouts for Teen Girls?

Many of our workout programs are suitable for younger women. You can follow along with us, create those amazing habits, and then you won't have an uphill battle when you're older. Our teen daughters may start filming some workouts soon too.



### [TH ESSENTIAL POWDER Pure Amino Acid Formula](#)

Why is our **ESSENTIAL** the healthiest supplement needed for healthy weight loss, bodybuilders, athletes... but also menopausal women and the convalescent??

**ESSENTIAL** gets your muscles what they need, when and how they need it.

It is swiftly absorbed into your muscles and utilized quickly.

- *90 bioequivalent grams of protein in just one scant TBSP serving.*
- *Swift muscle replenishment with a 3-gram bolus of liposomal leucine*
- *Amps protein in any meal or snack*
- *Fights loss of lean body mass and insulin resistance*
- *Gentle on kidneys and vegan-based*
- *Suitable for athletes requiring large amounts of supportive protein.*
- *Helps aging adults with energy and recovery.*
- *Excellent for those who are convalescing and at risk of muscle loss from inactivity.*

***ESSENTIAL is a custom blend of pure essential amino acids that provides high bioavailable protein.***

- When properly compounded, EAAs feed muscles, cut fat, and promote recovery.
- ESSENTIAL has the highest protein biologically available at nearly 100% absorption.
  - *It fuels your workouts,*
  - *Amps up the protein in your meals and snacks,*
  - *Enhances mental focus, and helps you live a more active lifestyle.*
  - *Using ESSENTIAL is like getting the protein amounts from eating a massive steak or chicken breast but in just one tablespoon!*

### **How is ESSENTIAL different?**

Many EAA formulas are derived from sub-standard sources of amino acids, but ours must pass with flying colors. The free-form amino acids in ESSENTIAL have five times the bioavailability of regular forms of protein.

### **What about the taste?**

EAA formulas have a reputation for bad taste. NOT ESSENTIAL... our proprietary process has enhanced the taste by using higher amounts of glycine and a natural citrus flavor. On a personal level, in the last few years, we've tried a great many EAA formulas. In comparison, we love the taste of ESSENTIAL.

**ESSENTIAL can help keep ample protein servings coming in throughout your day.** While eating basic food protein is still crucial, you cannot overdo ESSENTIAL.

- *We suggest a beautiful balance.*
- *Don't completely replace your whole food proteins with them.*
- *We suggest a limit of two to three servings of ESSENTIAL per day.*

## YouTube Membership Program TH Fitness Sessions & More

TH Fitness has a home! Join our new YouTube Membership and embark on a transformative journey to a healthier, fitter you. Priced at just \$14.99 a month, this membership unlocks weekly videos. Some of these will be wellness tips, mouth-watering recipes, and live sessions with us... your crazy sisters. But the focus is our new series of workouts. We've discovered exciting new exercise knowledge, and we don't want to leave you behind. So, come build back your lean body mass with us, ignite your metabolism, and burn fat. Get on over here and have a blast working out with us!

We've each created our workout series with a primary focus on strength training. There are fun rebounding workouts there too and soon to be a walking series. All our workouts are designed to help you become a burner! What's a burner? Someone who reverses insulin resistance and burns through food fuel and blood sugar even amid hormone challenges! You will find a workout series that fits your lifestyle. Or pick from our many workout options according to your lifestyle. You can do all our workouts at home or take us to the gym on your phone.

Pearl here talking about Push 25 sessions - My strength sessions are just 25 minutes long and are so simple! All you need are some dumbbells. They're perfect if you're at a beginner or intermediate fitness level. But in no way are they insipid. Your body will transform!

Serene here talking about Strong 45 sessions - My sessions are 45 minutes long and I use a barbell, but I show mods on how to use other simple things like dumbbells. If you're like me and a total dork about getting your lean body mass back and building some serious tight, high glutes... join me! My workouts are for intermediate or advanced fitness levels, but beginners are welcome if you want to use the mod boxes.

We also have 10-minute workouts - These are called Fit 10 - led by our cousin Cal, a retired marine and expert fitness coach. They're perfect if your life feels too busy for exercise or if you can't fit one of our sister sessions in. They'll get you fully fit in just ten minutes.

This new YouTube subscription is your passport to a vibrant community and a personalized approach to smarter, more effective fitness. Invest in yourself, make each week count, and let's cultivate a smarter, healthier, happier lifestyle together!

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