

Friday Fuel ~ The Heart of the Plan

I had intended to go into S meals this week, but the podcast was so fantastic this week I wanted to focus on it's message this time instead. Please, if you haven't had a chance to listen yet, take the time to do so! If you are new to the plan you need to know this stuff, and if you've been around a while you need to hear it again! I will share with you Pearl's own words about this podcast:

Serene and I know you love it when we bring real meat to the Poddy for you to chew on. Today we answer a listener question and dig deep into the numbers of THM... do you really need them? The answer depends upon who you are! This poddy will be a huge help to you if you're busy counting carb grams and fat grams or if you're not... it will help you too!

I think there was only 1 major rabbit trail in this Podcast... can we get a round of applause for that? I mean... we really reigned ourselves in to stay on topic!!!!

So, without further ado...click on the picture to listen to the podcast!



The
TRIM HEALTHY
PODCAST

w/Serene & Pearl
(and some guy named Danny)

Want Poddy Meat?

Coming right up. We take a listener question on all things numbers-and-macros. Don't let them rule you!

Welcome to The Poddy.

*New episode released every Wednesday 6am CST

Do you have your Thanksgiving Menu planned yet? If not go check out My Thanksgiving Picks to find 20 recipes all in one place!