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Jennifer? Jennifer. Hey, Jennifer. How are you? I'm okay. How are you? Very well as well.

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Okay. So how have you been? What's up? I'm okay. I mean, I'm stressed. It's been very hard at work. Oh, at work? You know, everyone has got these grand ideas of what they want to do, and, you know, they have all this time above me to apply a lot of pressure that really... there are things that I'm working on for this department, and they're just coming in from the sidelines saying, oh, this report isn't good. And Needs to be fixed. And I have to change how I do things or what things I do to fix a report. And it's extremely frustrating. They do this every time, every year.

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We have new people in charge and they... every two years we have a change of management. Yeah. It's like... it's like politics. Yes. And, um, so we... it's just been a very hard week for me. I did yesterday eat fast food for the first time in like a month and a half. Okay. Um, because I was starving because I left here late. I ran out of food. Yeah. And I forgot my chia seed pudding. Can I tell you that I actually really like the chia seed pudding? I like it with the papaya and the blueberries. Yeah. It just... it works. Good. Um, so I really like that, but I forgot the chia seed pudding, and I left it at home, and I just... I was starving. I didn't leave here until, like, 8:30, 9 p.m. I understand.

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So I wanted to grab chicken nuggets because I wanted chicken nuggets. Okay. Yeah. Because... Chicken tenders. I'm sorry. Sure. See, when you... it's a perfect storm, right? You are hungry, you are tired. Uh... Stressed. Stressed. Late. Uh, so your brain is going to make the easiest and the fastest and the happiest choice. That's why that meal is called happy. Even though after that people are unhappy. Yeah, my tummy hurts. Yeah. And I eat two pieces of... Laffy Caffy in my stomach, right? Yeah. So there you have it. Nothing much happy about it. The only people who got happy are they grabbing money from us, and we come back unhappy. So.

2:15

Well, we learn, we live and learn. Uh, next time, do you think you can go to Taco Bell and maybe just get bean tacos? Yes, I can do that. I can try that. Just stop by at Taco Bell or any Mexican restaurant. That's that's kind of our go-to. Okay. Okay. Um. I was writing that down. Yeah. Or Wendy's and they have baked potatoes and you just get like three baked potatoes. They look at you what's wrong with you. Um.

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Those are great tips. Okay. Yeah. No no cheese, no sour cream, just black and pepper. Black... I mean salt and black pepper. Okay. Now I remember what time it was. It was 9:14. And it was like, oh my God, which places are still open? Yeah. Taco Bell would be open or any Mexican. Taco Bells are open. Yeah. Um, where else can you go? They opened this new place by my job

and I've never had it. Have you ever heard of Kava? Oh yeah, I've heard of Kava. I heard of them very well. In fact...

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I paid nine dollars last week for... I'm not kidding you. Like two small bowls of roasted sweet potatoes. Nine dollars? Because apparently each side is four dollar or something. Three... three ninety-nine. And I have... I'm like, oh my God, Trader Joe's. Organic sweet potato bag is like \$3.99. But that's the price I paid for not taking enough food with me. What can I say? And I wanted to see what this Kawa had to offer because

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It's there now. And I'm like, guys, I mean, come on. You know? Yeah, that's crazy. Yeah. I know. So Kawa, you can go. It's like 12, 14, 15 dollars worth of meal, I think you can get. But they have veggies and they have sweet potato and rice and, you know, all that stuff. So it's not the best. It's not the worst. Better than Mac chicken nugget, I would say. Better than chicken tundra? So that's fair. Yeah. Oh, okay. Sweet. Sweet greens is better. Sweet greens is better? Yeah. I don't know if I have one of those by me. And then I don't even get their dressing or I get their vegan dressing on the side and I just use a little bit of it and that's that.

5:11

Okay. So sweet greens is fine. Uh, kava, what else? Uh, there is another one. Uh, if I can find like Jewel Asco has a... they have a somebody who makes sushi. Uh, so I just ask him to make me, like, avocado sushi some days. Oh, okay. I don't think anybody asked him for that. So he's also another one. Like, what do you want? You get cucumbers in it? Cucumber... like veggies. Sushi, like, you know, no meat sushi. So I have done that. Um, uh, carrito, carito.

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Carito is another like kava. Mhm. Uh, and in carito, slightly better deal. I just go in, I get their side of beans and rice and salsa and I get out of there. Okay. Okay. So carito is another one. Uh, chipotle. Yeah. Rice, beans, veggies, hot salsa, guacamole. Okay. So, yeah, these places for survival. Yeah, for survival. No, those are good. Good. Good suggestions. Good. Um, yeah. And and then we move on. We don't get stuck. I mean, I know you had a bad day, bad one meal. That doesn't...

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That's not going to break you. The important thing is what you had today. Yeah. Yeah. I think I got a little bit sick of the oatmeal. Mhm. So... Okay. I'm just doing the avocado toast with the shake. Perfect. And I realized that the picture I sent this morning was before I put the avocado in there. Oh, okay. So there was avocado on there. Okay. After I'm putting the avocado in, I'm like, oh, I already took a picture. No, that's all right. You might want to put, you know, frijoles like, um, like smashed. Refried pinto beans or something. You might want to put that and some salsa on that toast too. Okay. It tastes... it tastes pretty good.

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Yeah. I've done that before, um, for like a type of lunch. Yeah. Right. Or a snack. Mhm. But yeah. Right. Right now that's the gaivien. Like it's it's sitting well and I like it. Okay, good. It's appetizing. Okay. So gaivien. And so the smoothie with I did power greens and spinach, chia seeds, and then the pineapple and berries. Okay. Um, so that seems to be working well with a side of avocado toast. Okay. Any change in any symptoms? Do you feel better, lighter, you think? Any anything to report? Any... not that we are monitoring weight, but I'm... I know you lost some.

8:01

Yeah, I'm kind of like right there still where I'm at, like 189 right now. Hmm. 189, 188. I kind of just right there right now. Um, no real big changes this week, but I had a horrible day yesterday and then the weekend with my mom. So. Yeah, that's right. That's good. I'm surprised that I didn't really, like, lose any additional weight. But I didn't gain any weight, but I didn't lose any additional weight. Okay. Um, symptoms wise, you know, I don't think I feel anything. Super different, right? I do feel like this is a little bit less... I don't know, not inflamed, but like bloated. Bloated, yeah.

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Um, cravings are less, uh, headaches, cravings, energy? Yeah. I mean, energy wise, I'm fine. I'm really trying to value my sleep. Sure. So sleeping, you know, at least seven hours of sleep. So I haven't come in early this week. Okay. Um, just kind of a later start morning. And then, um, the, uh, let's see what else. Bowel movements. Great. Perfect. Like, yeah, I mean, but then there are poops. So much in my life. Good. So you are still going through a detox. Looks like it. Okay. Yeah. Does that change at some point? It will. It will. It will stabilize because right now what's happening is the garbage man has come and is taking the

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All the stuff out. You know, remember we talked about insulin resistance and cells getting filled with fat and all the toxins and they were all clogged. Now fiber is like your garbage man. It's coming in, it's opening up, removing the things. So the garbage has to go somewhere. Okay. Okay. So so that's one thing. Um. Where what about... Exercise. What about physical activity? Is there any time? Is there any place for it? I haven't started doing exercise again yet. Okay. Um, because I stopped when I was getting sick at the end of last year, and I haven't gone back onto it. I have to. Um, because I need to figure out sooner rather than later whether I need surgery on my ankle.

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Because I was... I rolled my ankle really bad like a year and a half ago. And towards like the middle of last year and that's before I got sick in November, I was, um, I was doing the Peloton three times a week. I was doing strength training for 45 minutes twice a week. Mhm. Um, you know, I was walking the dogs because the dogs, it was still nice out. So I was doing more physical activity, but my ankle and my leg were hurting so bad. So I got an MRI done. I like I hurt the bone right here when I rolled my ankle real bad. I kind of like... I didn't chip it away, but I

fractured it a little bit. Right. And like a... they explained it to me is like, this is my talus and then this is the...

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Leg bone for my calf. Yeah. And I went like this to it and I twisted it. I yeah, I twisted it and I damaged something right here at the base of that long bone. In addition to that, my ligaments on one side are loose. So I gotta figure out whether... I mean, it's good that I wasn't on my feet for a while. Yeah. Right? Because I was sick. Mhm. So it hasn't hurt, but I've also done a fraction of the physical activity that I was doing. Yeah. So I bet... I've got to figure that out faster. Yeah. And then, uh, hopefully things would also improve because you are on an anti-inflammatory diet. So some of it could be inflammation, weight loss will help.

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You know, you have less... Yeah. So even for that recovery, it's going in the right direction. Mhm. Um, so of all the things you used to do, can you pick one thing that you can start maybe thinking about doing? Yeah, I think I'm going to start with the Peloton because it's right there in my she-shed. Okay. In my office space so I can do that. Yeah. Um, and it's very accessible. Okay. And I'm, uh, not having to go outside for it. Perfect. Yeah. You want it where there is no more time involved, you know? Um, and when when will you do it? Like, let's talk about... let's be a little more specific. So this coming week. Mhm. What do I have going on this coming week? Mhm. Um.

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My goal would be to do it when I get home from work. Um. What is that? Next week? Yeah. When I get home from work. Hm. Because next week will be an early week just because of some meetings and things that I have to do at work. So my plan is to be at work early... Mhm. ...and go home early. So I would be doing it between like 3 and 4 p.m. Okay. So what I'm going to do for that, that's your plan. So we are going to turn that into almost like a prescription. Okay? Okay. And then is three times a week good? Yeah. So that would be three times a week. 30 minutes each time. Why not we start with 15 minutes? Okay. We can do 15 minutes. Okay.

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Um, and what are you going to do? 15 minutes... Minutes on Peloton. On Palatin. Is this how they spell it? Um. Uh, P E. P E L O T O N. P E L O T O N. Okay. Palatin. All right. I knew something was off. Um, okay. So that's your smart action. Three times a week, you are going to do 15 minute on Peloton. Okay. Okay? Yeah. Um, and does that count as a cardio? Yeah. Probably. Yeah. So your cardio three times a week, 15 minute on Peloton. I'm going to save it. So you can also start tracking it on your end under under uh lifestyle prescription. So. Okay. Let me look.

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So I will show you, don't worry here. Oh, okay. So if you go into your, um, side... Okay. ...you can click on track lifestyle pillars. And here, here is your prescription. If you click on it, you will see it. So just do it and then we will see how many times you are able to do it. Okay. I can do

that. Yeah. So let's start doing that. It's under lifestyle prescription. Okay. Gotcha. So not with the love for the food. Yeah. Okay. Okay. Sounds like a plan. Yeah. Um, that's it. Um, anything else on your mind that I need to discuss or you have... Well, I would like to tell you two things that were accomplishments for this week. Mhm. One, I made pinto beans in my Instapot cooker. Mhm. And I froze half of it into like little blocks. Yeah. So that worked very well. Yes. Because I was able to... like today I was able to just...

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The freezer. Mhm. And then also I... because sometimes like I've noticed that that this week I felt like the food was boring. Okay. Right? Like I wasn't like, you know, it wasn't satisfying my appetite. Yeah. Theoretically. Physically probably yes. Yes. But not, you know, spiritually. Correct. Um, so I mixed it up a little bit this week and I did a... I wanted... Originally my plan was to do a stuffed Poblano pepper. Yeah. So I charred them, I peeled them, and then I mean, it was a deconstructed stuffed potato. Okay. Very gourmet. Um, and I put, uh, pinto beans, faro, which I like. I like faro. Yeah. It's the first time I've ever had it. I bought it once for a recipe, and I never used it, so I'm using it now. Yeah. And then I put orange pepper and red onion. Mhm. And...

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Spinach that I sautéed. Mhm. And that was it. And it was really good. Because the Pavano peppers were just a little bit spicy. Mhm. So they're good. And then I put salts on top. Yeah. So the lesson to learn here is earlier your brain used to get spiritually satisfied because of the salt, fat and sugar. Because, you know, the cheese, the outside food that people eat. It is so overseasoned that we feel, oh, that's all is going to make me happy spiritually. Okay? But now your taste buds are changing. Mhm. This is the time. But now it's boring. Yeah. Six weeks into it. Exactly. I needed to do something different and a little bit more exciting food wise because I like I can eat the same thing for a while. Yeah. For like a few weeks.

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But then after that, it's just like, okay, now I need something different. Correct. And you did a right thing. Now what we need to do is focus on flavors. Mhm. You know, get some gourmet, um, vinegars, more spices. Even up the amount of spices and vinegar that you put in your food. Mhm. Just little bit. If you want to put just extra pinch of extra salt on top of food, go for it. Okay. Because now... Now we have to play that very delicate game that brain is saying, oh my God, oh my God, you know, I wish you were eating the, uh, the, uh, the, uh, fat, sugar, salt. Yeah. Yeah. And chemicals. And we are going to say, no, this food is flavorful. I can do it, you know, maybe add some crunch. This weekend, if possible, why don't you try making my tortilla chips? Okay.

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So easy. You are going to get those Aldis tortillas. Follow the directions on the on my YouTube, but basically just cut them into squares or triangles and put it in the oven for like few minutes and you will have crunchy tortillas. Trilla chips. Okay. And that will give you another texture, crunchiness, texture. It tastes so good on top of your soup or if you end up making bowl or just on the side for... With your, um, taco or something like that. Okay. I can do it. Yeah. So

make something hardy, maybe chili. I'm going to make chili today, um, with corn tortilla chips on top. Stir... bless you. Stir frying. Uh, you can also take our handy dandy burgers and turn it into the bowl that I showed you a few weeks ago. Okay. I made that... I brought that for...

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Today. Perfect. And feel free to eat two, okay? They are... I sometimes end up eating one and a half myself because they are not... This is a volume based food program. Yeah. Good. Okay. I can do that. Perfect. I like that you follow through, you know, the the the teachings that you froze your beans and, you know, you can do the same thing for so many other things, salsas and sauces and... Yeah. Even the rice. It was nice to have them because like you you make the whole bag, right? And that's a pound. And that's way more than like even two cans of canned beans. So it was nice to just freeze it. Yeah. Awesome. Uh, next week then? Yeah. All right. Uh, let me go back where I will... I am. Friday works with your schedule, right? We'll just keep to Friday. That's good. And...

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Do some stress relieving activities as well, so whatever happened doesn't get to you too much. Uh, next week, uh, either how about one o'clock? Yeah, I'm fine with that. Perfect. Good job, Jennifer. No. Thank you, Deepa. I really do enjoy our conversation. Oh, I'm glad you do. Because I... As much as I come and crash the party, I try to make it as enjoyable as I can. Yeah. No, I think it's a good conversation. And I was telling my wife, I'm like, I really do like talking to her because I've gone to like a nutritionist before and like they're just like, well, do this, the Mediterranean diet. And and it's like, okay, well, how are you going to support me through this? Oh, you can go on this website. And I'm like, well, that's not the same, right? This is also this is almost like...

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Food therapy, right? And lifestyle therapy, lifestyle coaching specifically to, you know, your diet and your health, right? Yeah. A lot of people could benefit from this. Yeah, they can. And the the thing is that the therapy part is more important, you know, like, you know, explaining to you guys, hey, what's going to happen in two weeks? Uh, you know, uh, kind of giving you this little bit of insights into, yeah, it's Obviously, you felt food boring. We are six weeks into it. Brain still hasn't forgotten how it was to. And then it will be very interesting that the chicken nugget memory has come back. That file has come back to surface now. Uh-huh. It may tickle you one more time, even though you felt sick. Yeah. That hey, you know, for a moment you were happy. Yeah. So so so keep.

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Keeping that on track. Not not not taking the slip offs as, oh my God, I have gone off my diet and the house is on fire. No, these are not the situation. How do we tackle the eating out thing? Um, you know, understanding that dopamine rush. Where we need to be, where we are at and why this road is rocky. Yeah. Unless I empower people with the knowledge. Of why to do it is very obvious. Oh, I want to lose weight. Okay, that's fine. But what to do and how to do it, you know, and how these small forces in our life derail us. But the... but this is real. What can you say?

This is real. So we'll get through it. At the end of this, I guarantee you, you will have more knowledge about human behavior than my fellow diet.

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Patients who are practicing because what I teach is very unique because I call, you know, I'm I I get mentorship from um from a psychologist who is into evolutionary psychology. So, you know, so it's kind of off the path learning, but it has served my people really well. Yeah, I can tell. All right then. All right. Thank you, Dave. Thank you as well. See you then. Bye. Bye.