

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE #27- Four Plant Based Quickies - SUMMER EDITION

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

Hey Y'all it's Brooke with the Who's Dat Phat Girl Podcast and I appreciate everyone who's listening so much. I really do y'all. I had a lot of overwhelm over the past couple of weeks and I needed to take a mental health break. I don't like the term self care because it sounds so ahhhh like New Age and Self Indulgent and I don't mean New Age like hippie dippie stuff. I love hippie dippie stuff. I mean it's like this new term like Ariana Grande not Ariana Grande - Ariana? Ariana? Huffington had said sleep is so important. Duh it doesn't take a rocket scientist to know that sleep and saying no to BS is super important. But like she coined the term. Whoever coined the term "self care" I mean thank you. I mean I've been doing it since 1981 since I was born. Sometimes I just kind of hibernate. And, I needed to bring out the bear in me and to hibernate. And, I would apologize to y'all and say "I'm so sorry I took a week off." But no I don't think you should apologize for stuff like that. Yes, apologize if you accidentally hit your microphone. It is important to apologize to your microphone when you hit it. But, if you need to do you for a week or two or more or a year, seven years, don't apologize to people for that. So, I'm not apologizing but I am grateful to those of y'all who are listening even if this is just your first time listening and most especially to those of y'all who have been along for the ride for the past - at this point - six months for listening to me. Y'all are the ones who help me keep on keeping on with the going gets tough.

So, on that note we're going to completely switch gears and we are talking about FOUR PLANT BASED QUICKIES ! The summer edition.

When people ask me what my secret to losing 100 pounds was, there's no secret, as we now know if you've been listening to my podcast BUT something that DID work (over all of the things that did NOT work) is not eating after 5pm and making the last thing I eat of the day be super light. And, honestly it wasn't PRIMARILY and solely to lose weight - it was to FEEL better overall.

There's that whole thing for breakfast eat like a king, lunch a commoner, dinner a pauper and while I don't love that expression or social hierarchy, I like its overall message.

And while there are a LOT of thoughts on intermittent fasting, that's basically what I do and it's not to starve myself but because unless I'm working, I have the sleep habits of a farmer - I sleep from 9pm to 5am - so I really shouldn't be eating past 4 or 5pm anyways.

But, point is, don't have a heavy dinner.

Friends who want me to meet up for dinner? It ain't happening.

Unless we're having Greek yogurt at the Chobani cafe at 4:44pm.

I wouldn't do well in Europe with my current eating patterns - at all. But, I digress.

In episode Four I gave y'all my THREE EASY PLANT BASED QUICKIES, my GO TO's and I realized there's something about summer and summer eating I love because it doesn't have to involve a lot of time over a stove (in fact it shouldn't) it just requires some prep - and okay a few of these recipes do require a bit of a stove or oven - but not much!

So for starters there's

Texas Caviar - aka black-eyed pea salad is what I call it and it is just that. Black eyed peas, black beans (canned is fine), cilantro, red and green peppers, red onion. Red wine vinegar (or I use apple cider vinegar on everything) olive oil, pepper (and salt if you use it - I try to avoid) and if you love spicy like I do - fresh or pickled jalapeños. This is one of those things that's even better the next day. I'd eat it as a light dinner. But it'd also be great served at a BBQ, bring on a picnic or to the beach. And of course sub out your favorite beans / herbs - like a Chickpea dill version for a more Greek take on Texas Caviar. OPA Y'ALL!

The good thing here is we're getting fiber and protein, which will sustain you and fill you up and help you be regular in the morning.

Cucumber Dill Gazpacho - one of my favorite things and it's basically just Greek yogurt, puréed cucumber, dill, pepper (and salt to taste) and a splash of olive oil. Blend in a blender or your smoothie pulverizer equivalent. You're getting that protein and hydration and that's all you need for a light dinner or if you want to have something easy to eat on the go and don't mind drinking your soup, boom, there you go. I once found this recipe on Pinterest when doing a Greek yogurt challenge ages ago and I've loved it ever since. It's also good if you happen to be getting dental work or can't have solids but want something more nutritious than canned soup.

Ratatouille!

I never saw the movie but my nickname in middle school was big rat. It was the one time I was called big and didn't mind. I digress.

Okay bear with me this does involve the oven but it's so worth it. I once had it in the south of France when I was a student there and it became my favorite dish. Zucchini is in full effect right now so use it at its prime, y'all. I like to get yellow squash,

zucchini and onions and slice them on the rounds and kind of stack them in a square casserole dish if I'm getting crazy and then I cover them up with lower sugar pasta (or Mariana sauce) - yes - canned - I'm sorry. I'm sorry. It's a ton of vegetables but if you're looking for your protein it wouldn't hurt to add some feta in there towards the end. I say feta because for me that is a more easily digestible cheese. As far as seasonings and herbs in this bad boy, I like an Italian seasoning blend. But, if you're crazy and growing fresh oregano and basil, GO FOR IT. For me, this is a comfort food that's totally in season and great to eat when you don't know what else to eat. And if you remember episode four, I love a good zucchini noodle pasta and this is basically that.

And another tip, salt your zucchini and other water logged veggies otherwise they'll be a watery soupy mess. I've seen the difference

I also want to let y'all know if you want to slice those zucchini, squash and onions on the round and you're afraid of a Mandolin like I am, my best pal Danny Campos who does Pampered Chef has a wonderful product for sale and it's a safety mandolin. So easy and simple. Check out my Instagram for more info.

Even though I like to do things in threes, I have a fourth because Momma was craving it -
POTATO SALAD

And this is NOT your church lady's potato salad. YUCK. I cannot STAND those kind of salads. NO WAY. For me. I understand all my friends - especially my Southern ones - may want to kill me right now. But, no. I'm not bougie aside from the fact that the only mayonnaise I will touch is a 011.

So, what I do for my potato salad is - yes we have to use the stove - but then it's one and done y'all - boil some Yukon gold potatoes (my favorite) in a Himalayan salty pot of water. Chop those bad boys, leave the skins on, add pepper, dill and Greek yogurt - a dash of olive oil and apple cider vinegar. BOOM. Carbs and protein.

And I know I know I know there's a lot against white carbs but one thing I won't give up are potatoes. Remember Denise Austin used to talk about potatoes from Idaho? Hello, Denise Austin. Fitness guru. Potatoes are fine for you. And, my mom won't eat any of the other stuff I mentioned above, so this recipe is for your pickier eaters.

So, in a nutshell, with some meal prep and grocery store shopping planning, you're set for easy light summer dinners when you really are too hot to eat but you need some nutrients up in ya. Protein, veggie - fiber - SUNSCREEN - Don't forget the sunscreen.

Well, I hope you like these recipes. I hope they help inspire you to create some more. And, as always, again, I'm going to thank y'all again from the bottom of my heart for listening.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in person event. Please visit Brookehoover.com/fluffybuttproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those O's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

And, if you like this podcast, please give me a five star rating and write a review on Apple Podcasts and, please, most importantly, share with your friends, family and other people you may know who are as phat as we are - that's phat with a PH.

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