

Speaker 1: Do you want parmesan?

Speaker 2: I'm good.

Speaker 1: You're good? What about for you? No?

Chantel Ray: No, it's fine. We can do it.

Speaker 1: Would you like parmesan?

Chantel Ray: No, thank you.

Speaker 1: On anything?

Missy: I'd like some on my salad, please. Thank you.

Speaker 1: You're welcome.

Missy: [inaudible 00:00:15] you wanna put it there?

Chantel Ray: Yeah, I wanna put it ... I need to prop it up so that-

Speaker 1: Enjoy.

Chantel Ray: Trying to think where I could put it.

Missy: Can you see it here? That's-

Chantel Ray: There you go.

Missy: I guess test it-

Chantel Ray: Okay, I'll just put it like this. It's fine.

Chantel Ray: Kyle, we're gonna pray for our food, okay? Here, you use this for your shrimp.

Missy: May I have one, too?

Chantel Ray: [inaudible 00:00:52] Kyle, we're gonna pray for our food. Excuse me, son.

Chantel Ray: Let's pray. Lord, thank you for today, and thank you for Missy sharing all of her secrets, how she stays so thin. Thank you for her birth and her life. Just pray for wisdom for her in every area, and just a blessing on her life. In your name we pray [inaudible 00:01:18]. Amen.

Missy: Amen.

Chantel Ray: I need a stand to [inaudible 00:01:25]

Missy: Is that not ... Will that not work? This one?

Chantel Ray: Let me see. Just put it in front of it, like that. No, it needs to be here. No, it has to be this way. It's fine. I'll just hold it. Look what I just did with my dress.

Kyle: Can I have some more?

Chantel Ray: Yeah. Is Trey gonna eat his? Trey, you gonna eat that?

Missy: He wants that.

Kyle: He doesn't want it.

Chantel Ray: Then he can have it. If you want more after that, we'll order another one.

Missy: That's good.

Chantel Ray: Is it good? I know, I love this shrimp ... gorgonzola. My problem is I eat so fast that I have a really hard time slowing down. What do you do to keep eating slow?

Missy: I just try to really enjoy every bite. It's why I don't eat ... I eat only things that taste really good, so I'm, "Oh, this is delicious."

Chantel Ray: As soon as it doesn't start tasting delicious, you stop eating it?

Missy: Yeah, you don't waste ... You eat to enjoy the experience.

Chantel Ray: How's everything going work-wise?

Missy: It's going well.

Chantel Ray: How's your sister doing?

Missy: She's doing well. She came over for her birthday dinner.

Chantel Ray: I'm gonna put down my fork every time you put down your fork.

Missy: How's your broccoli?

Chantel Ray: It's good. You wanna try some?

Missy: It's so good.

Chantel Ray: What would you say your meal is. Is it lunch, or is it breakfast? I mean, is it lunch, or is it dinner?

Missy: It depends on when I'm hungry. I don't know. Probably most often it's dinner, I would think.

Chantel Ray: So, if you didn't eat a big dinner the night before, then ...

Missy: I'd be hungrier earlier in the day, so I'd want to eat at ... Monday, I think I ate early, at 11:00. That's early for me. I was hungry because I didn't eat a big meal the night before.

Chantel Ray: Kyle, would you like some bread? They have the best bread.

Chantel Ray: Ask Trey if he does.

Missy: Does Trey go to school with Kyle? [inaudible 00:05:30]

Chantel Ray: No, they're neighbors. They live right down the street. When your mom ... When you guys were younger, did she let you guys eat whenever you wanted?

Missy: Yeah.

Chantel Ray: She never said, "You can't have [inaudible 00:05:44]"? That is hysterical. Oh, my gosh. That's fun. What made you decide to get that salad today?

Missy: Just because I actually like eating salads, but I like them to be good. I like them to have crunch. I like them to have meat. I like a cheese. That's why I ordered this. It has chicken and pancetta. It has cheese. It has really nice, fresh greens ... avocado, and tomato ... I definitely try to eat some vegetables throughout the day.

Chantel Ray: Would you say that you ... Do you think you follow the 80-20 principle? Eighty percent of what you eat is fruits, vegetables, whole foods ... and then twenty percent is just anything you want? What would be your ratio if you had to guess what yours is?

Missy: Probably that, but I don't focus on doing it that way-

Chantel Ray: You don't focus on it. It just happens to be that way. That's the key. That is the key. You just don't focus on it at all.

Missy: I would not eat a salad if it didn't taste good. I wouldn't want a salad ... But, I like salads because I can put [crosstalk 00:07:27], and I want to enjoy the salad. I'm not gonna eat something that just tastes bad.

Chantel Ray: What was the last time you would say you ever overate? Can you think of a time?

Missy: Yeah. I mean, I overeat sometimes, and it's when I-

Chantel Ray: It's by accident, right?

Missy: It's when I go too long without eating and I eat too fast, and it's not in a controlled setting and I'm tired. I just wanna get eating over with and go to bed. It's not about the experience of eating. It's more shoving food in my mouth and then not ...

Chantel Ray: One of the things my mom does ... She always has nuts or something in her purse. She always has nuts or something like that in her purse. She calls them "binge savers." If she's been eating something, she's gonna eat that. Do you agree with that or no? Do you just wait until-

Missy: No, I think that's smart. A binge saver's smart. I don't really do that, but that's because I don't ever get to the point ... I do, but I rarely get to the point where I'm starving. When I say I overeat, it's when we go to a Mexican restaurant and there's a basket of chips, and then ...

Chantel Ray: Too many chips.

Missy: I don't overeat at home or places like that.

Chantel Ray: Hey, Kyle. Kyle, I would like you to have a little bit of broccoli, please. Just a couple bites. Bring me your plate over here. Kyle. Otherwise you're [inaudible 00:09:28]. It'll be fine. Here, just let me hand this to you. Eat that right there, too.

Chantel Ray: Good thing Dad's not here. I'm eating all this garlic. You know, garlic is so good for you.

Missy: That would make my throat hurt.

Chantel Ray: All that garlic?

Chantel Ray: How much of that salad do you think you're gonna eat?

Missy: Probably half of what's left.

Chantel Ray: Are you gonna eat those two shrimp? Those are for you. I saved those for you.

Missy: I'll eat one of them, but I don't know if I can eat both of them.

Chantel Ray: If she brings some bread, will you eat some bread, or no?

Missy: I'm probably not hungry for bread.

Chantel Ray: Today, you had that salad from-

Missy: Panera, but I got extra dressing, extra cheese, and extra croutons. I loved this salad, and it fulfilled me and I didn't need anything else to eat all day. It was good. I have to have dressing on my salad. That's on the side, but I have other dressing on it.

Chantel Ray: What kind of dressing is that?

Missy: This? I'm not sure. I put oil and vinegar on it, and then I put some of the gorgonzola cream sauce on it.

Chantel Ray: Kyle, do you want another pasta? Are you gonna eat it, 100%?

Chantel Ray: One more, please.

Speaker 1: Would he like another pasta?

Chantel Ray: Hey, what would you like?

Chantel Ray: He's saving for Dairy Queen. I told them I was taking them to Dairy Queen.

Speaker 1: So, another one for you? Sure thing.

Chantel Ray: If you had to estimate how many calories you eat in a day, you wouldn't be able to do it, would you?

Missy: I would say between 1500-2000 calories a day.

Chantel Ray: You pretty much have two meals per day every time? You never eat breakfast?

Missy: I try to work out 20-30 minutes, 3-5 times a week; not every day.

Missy: It was funny, I was with another mom the other day, and she was talking about how she just had her second baby and she has no energy. She hasn't been working out and she feels this. I keep saying sleeping is so important, working out eating right. It's really about feeling energized enough to be in control, balancing your life.

Chantel Ray: How often would you say you eat the entire plate of food? Today, when you went to Panera and got that Caesar's salad-

Missy: I ate all the croutons and all the chicken, but not all the lettuce. I won't eat this whole plate of food because it's a huge salad.

Chantel Ray: I probably would have eaten that myself. I like how you're picking out the best parts of the salad-

Missy: The bacon, the pancetta is so good. I just like crunchy. I just like a little bit of crunch in every bite.

Chantel Ray: What I need to do is I need to just eat every meal with you, and then eat the exact amount that you do.

Missy: You look amazing, though. I could just eat every meal with you and eat the exact amount you do.

Chantel Ray: Do you want some of his pasta? Do you want something else?

Speaker 2: I had a bunch of stuff today.

Chantel Ray: You did?

Chantel Ray: Isn't he the sweetest kid?

Missy: He is sweet. Where does he go to school?

Chantel Ray: How 'bout dessert? Are you gonna want dessert?

Missy: I had dessert last night. I actually didn't eat all my short rib, didn't eat all my salmon-

Chantel Ray: To save room for it.

Missy: Just because I didn't like it, and then the dessert was so good that I killed it. I crushed it.

Chantel Ray: You're sure you don't want dessert? You know what they have is the best dessert here. I like the lemon ... yes, it's so good.

Missy: I'll have a bite of it, but it would go to waste if you didn't eat some of it.

Speaker 2: It's small.

Chantel Ray: It's small, but I'm full, so I don't wanna overeat. If she could commit to eating half or three-quarters, I would get it, but if she didn't, then no. I'm not gonna get it.

Missy: Then I would leave not feeling happy and satisfied. I'd leave feeling ... But, lemon is-

Chantel Ray: Oh, my gosh. It is delicious.

Missy: ... so good.

Chantel Ray: It is delicious. Do you want another glass of wine?

Missy: No, thank you. I'll have one when I get home.

Chantel Ray: I wish you were eating something a little bit worse than salad.

Missy: This here is just amazing. If people are counting calories, they'd be like, "Oh, no! Cream dip and gorgonzola cheese." It's about not feeling deprived.

Chantel Ray: It's the number one thing. That's what I love right now. I'm never feeling deprived.

Chantel Ray: I'm gonna zoom in on your salad.

Chantel Ray: Is that what you do with all your dressing? Let me ask you this, because you did the oil and vinegar ... Don't you like this dressing way better than you like the oil and vinegar and the balsamic? You like the oil and vinegar and balsamic better?

Missy: I wish this dressing was all over my salad. If that was all over my salad, I'd like that better. That's just too garlicky for me.

Chantel Ray: What kind of dressing is it?

Missy: I don't know. I'm sure some people would really like it. Try it.

Chantel Ray: Did you taste that first before you decided whether you were gonna that one or ...

Missy: No, 'cause if this was their Caesar dressing, I'd be dipping my every bite into it. If they had brought us a bowl of this, I'd be dipping every bite of my salad into that. I stopped-

Chantel Ray: Do you ever put your dressing all over your salad?

Missy: Just oil and vinegar.

Chantel Ray: Oil and vinegar is the only one?

Missy: Today, for my-

Chantel Ray: Caesar; did you put that all over?

Missy: You can custom order your stuff at Panera on the app, so I did three lowfat balsamic vinegar dressings, and then three Caesar dressings, so I did five dressings. I put the oil and vinegar on first, and then the creamy on top. I did three of the balsamic-

Chantel Ray: But you put it all over it?

Missy: Then shook it up, and then I put the Caesar on top. Oil and vinegar just makes a good base for your salad. I like it on my salad.

Chantel Ray: Was there grilled chicken on there? You could barely see the chicken. Was there enough chicken on it?

Missy: There's a lot of chicken in there. I just picked it all out already, that and the pancetta; it's gone.

Chantel Ray: I'm gonna show this. I'm gonna speed it up. Have you ever seen a video where you go ... and then you show it in 10 seconds? I'm gonna speed it up and then show them in speed version.

Missy: Pretty much done

Chantel Ray: I'm gonna taste one bite of it.

Missy: I'm gonna make you a good bite.

Chantel Ray: Make me a good bite.

Missy: I'm gonna use my finger to put this on. Right? The pancetta is crispy. Want more?

Chantel Ray: Yeah, I'll have one more bite. I like how you ... I'm gonna video you doing it. You pick out ...

Missy: If you're gonna eat it, make it worth eating. Make it yummy. Let's see if I can find another piece of chicken. Yummy, there's a good piece of chicken. It's good, right?

Chantel Ray: Mm-hmm (affirmative). Are you done? What about that last shrimp? Eat it.

Missy: I can't.

Missy: This shrimp is too good not to ... I would have rather probably had this than more salad; really, just the sauce. It's so good.



Speaker 2: I have to go to the bathroom.

Chantel Ray: Okay, go ahead. Do you know where it is?

Speaker 2: Over there?

Chantel Ray: Yeah.

Missy: This sauce is just ...

Chantel Ray: I know.

Missy: And that's another-

Chantel Ray: Can we get a little bit of dinner bread?

Speaker 1: Yeah.

Chantel Ray: Thank you.

Speaker 1: Do you think you want a to-go box?

Chantel Ray: Yes. I'm annoyed that he always does that. He always orders it and says, "I want it," and then I order him, and then, you know?

Speaker 1: At least he can have it for later, so that's good.

Speaker 1: You wanted Italian bread, you said?

Chantel Ray: Yes, please.

Chantel Ray: You sure you don't want that dessert?

Speaker 1: Do you want it to-go?

Chantel Ray: It's her birthday, so I feel like we should be singing "Happy birthday".

Speaker 1: Cute! You should!

Chantel Ray: Don't overeat. It's really light.

Speaker 1: Yeah, it is. Do you want me just to bring it and just see?

Missy: If you'll have a bite, I'll have a bite.

Missy: Thank you.

Speaker 1: You're welcome. I'll be right back.

Chantel Ray: Here, I'll give you this back. You can add it to ...

Speaker 1: That's fine.

Speaker 1: And are you still enjoying yours, or do you want a to-go box?

Missy: I'm finished.

Speaker 1: You are?

Missy: Thank you.

Chantel Ray: Wait, I have to video it.

Speaker 1: I'll be right back.

Kyle: Where did my pasta go?

Chantel Ray: Oh, ma'am, ma'am, ma'am! He wasn't done with it.

Speaker 1: Yes? Oh, he's still ...

Chantel Ray: Is that not unbelievable? Is that not the best thing you've ever tasted?

Missy: You're right ... A really light, amazing dessert like that makes you feel ... It's like a sorbet. It makes you feel cleansed and lighter, not like a chocolate cake. It's just more fulfilling because it makes you happy. That is amazing.

Chantel Ray: Isn't it good?

Missy: It's so amazing.

Chantel Ray: Oh, my gosh. This is my favorite-

Missy: This might be my favorite ... What is this? What's it called?

Chantel Ray: I don't know. We need to get the recipe for this one. We're gonna be like, "Hey, what's the recipe for this?"

Missy: That is amazing.

Chantel Ray: Isn't it good? [inaudible 00:23:48]

Missy: It's key lime-y, too. You know what I'm saying? Even though it's lemon, it's tart.

Chantel Ray: What do you think it's in?

Chantel Ray: What do you think's in that? Heavy whipping cream-

Missy: I think ... Or, sweet condensed milk, maybe?

Chantel Ray: Should we ask them what their ingredients are?

Missy: Lemon. It tastes so good and tart, almost like key lime pie, but it's lemon. The berries are so fresh ... They're amazing.

Chantel Ray: So good.

Missy: That is delicious.

Chantel Ray: I know.

Missy: That is so good. What do you think's in it?

Chantel Ray: I don't know. I'm gonna ask her again. I'm gonna say, "We need a hint on what's in this one."

Missy: There might even be-

Chantel Ray: Are you done with it?

Missy: I'm full. I could keep eating, but then I wouldn't be happy.

Chantel Ray: How many bites do you think you had? Four?

Missy: Yeah, or five. I don't know. Enough to feel really satisfied.

Chantel Ray: I'm gonna have one more bite. On a scale from 1-10 ... You know my hunger scale, right? Four is comfortably full, 5 is stuffed.

Missy: I'm a four. I don't like getting to the five mark.

Chantel Ray: No, but would you say you're a 4.1, or would you say you're a 3.8-

Missy: I'm a four.

Chantel Ray: You're right at four?

Chantel Ray: Oh, my gosh. We loved it.

Missy: That was amazing.

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Speaker 1: Good.

Chantel Ray: What's in this-

Speaker 1: That's actually the last one that we have. The pastry chef was like, "That's the last one, by the way," so it worked out for you two.

Missy: That's not great. Do you know what's in that one?