

EPISODE 250

[INTRODUCTION]

[00:00:20] AVH: Hey everybody, welcome to Paleo Magazine Radio. I'm Ashleigh VanHouten and today I'm talking with Casey Thaler. He's a health writer, personal trainer, and fitness nutrition specialist who has just come out with a new cook book that may make delicious and healthy eating even easier for all of us. It's *The Instant Pot Keto Cookbook* and I'm going to tell you a little bit about him. He has written over 200 articles on health science fitness and nutrition. He is a National Academy of Sports Medicine Certified Personal Trainer and Fitness Nutrition Specialist and he's helped thousands of people lose weight, look younger, and live their healthiest lives.

He also writes regularly for the founder of The Paleo Diet, Dr. Gorn Cordain, and he's a regular contributor to Paleo Magazine — he's awesome — as well as Greatist, Paleo Hacks, Mind Body Green, and Breaking Muscle. Also currently serves as an adviser to a number of startup companies and health and wellness space and the book that he wrote is just super accessible and fun and I learned a lot in this interview about what you can do with an instant pot.

The recipes in his book, the recipes are either super healthy to a little bit more decadent, some are paleo, they're all keto. Some are little bit more work versus super easy, they're all tasty but I mean, you can make cookies and rolls and cheesecake and smoothies in an instant pot. Smoothies apparently, crazy!

Anyway, it's a really fun interview. I hope that it inspires you to try something different maybe in the kitchen because look, we spend a lot of our lives cooking and thinking about food and eating food and I don't know, maybe it's just me but my life revolves around it. I think it's nice to spend some time maybe trying different things, experimenting, getting some new ideas and inspiration and anyway, I hope you like it.

Before we dive into my chat with Casey, we have a new show sponsor and I'm pretty excited about. I want to tell you about them right now.

[SPONSOR MESSAGE]

[00:02:06] AVH: The company is called Elixinol and they provide organic hemp oil products with naturally occurring full spectrum CBD and a variety of forms from capsules to fixtures and oils and lotions and more. They're committed to the highest quality sourcing and transparency and pharmaceutical grade testing on their products so you don't have to worry that what you're ordering is not going to be exactly what you're getting, which is legit concern in the supplement industry really.

If you guys know me at all, you know that I'm a huge CBD fan, I've had a lot of success with sleep quality improvement when supplementing with CBD and while a lot of the research is still new, it's growing and it really seems to be working favorably for a number of issues including anxiety, sleep, muscle pain and recovery and even treatment of a lot more serious issues. There's a lot of science behind.

You know that CBD is known as a cannabinoid, right? The body actually has its own internal endocannabinoid system that responds to CBD and THC and all the other cannabinoids that are in these plant medicines so it seems like our bodies are kind of primed to respond to things like CBD but if you want to learn more about the science, I actually interviewed a director at Elixinol, his name is Chris Husong, that's going to be coming out soon so stay tuned for that, I'll let you know when that's out because he really dives deep into the background about these products.

Personally, I've tried Elixinol CBD capsules, which are made with coconut extract and I've had a really good response to that, They're made with coconut extract by the way because it's been shown that CBD and pretty much everything in terms of nutrients, it becomes more bio available in the presence of fat.

Yeah, I really like those and I also got their CBD liposome product, it's basically like an oil that you can just sort of spritz under your tongue and citrus twist flavor. Because if any of you have tried really good CBD oil, you know that it kind of taste like not great, it kind of taste like weed spit if I'm being perfectly honest, it's very grassy. Still worth it but if I can get a product that has kind of a nicer flavor, I'm going to do that.

Anyway, this one is an organic, full spectrum hemp extract and also full spectrum tends to be more effective than a CBD isolate because it's just coming with sort of an array of the plant terpenes and elements that kind of make them all work together better, that's more science that you'll learn from Chris, he's more eloquent than I am but he basically just give a spray or two on the tongue, let it absorb and it's worth noting that when you are experimenting with CBD products, you kind of have to play with the different delivery systems yourself, see what you like, what works best for you, some people like the under the tongue.

Some people like the capsules, edibles, lotion on your skin. Everyone has different preferences, I have personally found that the whole oil under the tongue tends to be the most effective for me so I'm really excited to give that liposome product a try and I'll let you know how it goes in future episode.

Anyway, Elixinol is giving you guys a deal, if you want to try out their products so if you go to elixinol.com and use the code paleo mag at check out, you're going to get 10% off and if you do that, I would really love to hear what you think because I'm fascinated with CBD and how life changing it's been for so many people. Whatever your experience is, if you try it, I would love for you to send me a message on Instagram, @themusclemaven and let's have a chat about it.

That's it, thank you Elixinol and here is my chat with Casey, I hope you enjoy it.

[INTERVIEW]

[0:05:34.4] AVH: Casey, welcome to the podcast. Thank you for being here.

[0:05:37.2] CT: Thank you for having me, I really appreciate it.

[0:05:39.3] AVH: I guess the first place that we should probably start is just for you to tell our listeners a little bit about who you are.

[0:05:45.8] CT: Sure, I'm a national academy sports medicine, certified personal trainer and certified fitness nutrition specialist and I started writing for Dr. Cordain back in 2014 and Paleo Magazine back in 2013. I've been doing this kind of a long time and I've done over 200 articles

for Dr. Cordain, Paleo Hacks, Paleo Magazine, Greatist, Breaking Muscle, Mind Body Green and this is my very first book that I was just coming out as a recording and it came out yesterday.

I'm very excited about that and it's authorized by Instant Pot, it's 210 keto recipes and yeah, people seem to be loving it already, we haven't actually been able to find it in a Target yet because every Target we've gone to, the book's been sold out already. We're very excited about that.

[0:06:30.8] AVH: Great. Obviously, you have to be smart because you've joined the ranks of such geniuses as myself in writing for Paleo Magazine. You must be a smart guy but tell me how you got involved with Paleo Magazine and sort of paleo in general?

[0:06:45.8] CT: Sure. I was doing a lot of workouts and following, I basically tried every diet in the world because after I went to college, I did not ever feed myself in high school and middle school and all that. I just did sports all the time so I was able to get away with like eating basically whatever I wanted and then I got to college and like had no idea what to do as far as eating. I kind of tried every diet under the sun.

We do a lot of workouts and was eating pretty close to paleo by the time like 2012 rolled around but I had a friend who was really into paleo and she kept pushing me to try it because back then I was training about a hundred different clients per week.

It mean, some of them are only once a week but I was really busy so I just was like, "okay, I'll try it," I felt way better, I slept better, my skin cleared up a little bit more and I was noticing the gains in the gym and I really haven't looked back since then and everything is just easier, I feel better on paleo and it's just been amazing to watch it take off because I remember what it was like when I started and it was such a – not a cult thing but it was very small compared to what it is now.

That's sort of how I got started at least.

[0:07:55.7] AVH: Isn't that funny how folks who are looking to find a healthier diet, don't really know about the sort of trendy names or fads yet but what they end up sort of gravitating towards something that looks very much like paleo. I mean, if that's not a sign that this is more than just a fad and that it's kind of common sense and it's what our bodies really crave, it's that.

You don't have to be told on Instagram or on podcasts that eating unprocessed food makes you feel better. People just figure it out, actually it's great to have all these resources, right? I guess that's kind of what I like to tell people. Isn't that just like sort of like the latest band you just need to eat meat and it's like what cavemen do. Just kind of listen to your body and you end up kind of finding your way towards something that looks a lot like paleo in a lot of cases, right?

[0:08:45.8] CT: That's so true. I remember in the beginning too, it was so funny because everything had like a little caveman graphic like 50% of the marketing and logos and stuff had like a little caveman in there and it's completely like phased out now, nobody does it but back then, telling people to eat kale was like weird.

People looked at you funny and like it's so funny how everything is completely changed in just a couple of years. Yeah, Paleo Magazine back then, I'd literally emailed Cain, just a cold email who is the owner of the magazine and I'm sure everybody knows and he was just very receptive and it's been great. I mean, Paleo Magazine is like my favorite thing to read.

It's been really great to see that take off too because I remember back in the day, it was so different than it is now so –

[0:09:26.3] AVH: Yeah, I mean, it's pretty impressive in a world where print magazines are, it's hard to stay afloat, much less thrive and that seems to be something that the magazine's doing. I mean, I have a funny, a very similar story to yours in terms of how I got involved with the magazine. I was doing a master's degree and I had a publishing course that I was taking and we had built case study about a magazine and this was like – I'm trying to think of when I was, maybe 2011 or something.

I was just sort of starting to learn about paleo and I was kind of getting into that health and fitness world and I knew about the magazine and I figured, you know, he's probably not quite as

big a deal as like Vogue, he might actually answer my email and I sent him a message and sent him a message and said, "Hey, can I learn a little bit more about how your magazine works?"

Again, he was super friendly and receptive and helpful and later on there was a restaurant opening here in New York called Hu Kitchen, I'm not sure if you're familiar with it but yeah, it's a big deal now because it got that chocolate that everyone's obsessed with but at the time, it was sort of, they were marketing it as a paleo friendly, at the very least, restaurant and I even remember thinking, when I went to interview them for the magazine, that was the first thing I ever wrote for the magazine, I remember thinking like, "is this place going to be okay?"

"If they're saying they're trying to be like, get back to human and paleo friendly food, are they really going to pull this off?" I mean, it's years later and they are like crushing it. Shout out to those guys because they're awesome but yeah, that's how it worked, I just, you know, we kind of had to build this relationship and that's the cool thing about the magazine. I think one of the cool things about the magazine is that it's a successful magazine, I read it from front to back and not just my own articles.

I really like it but it's still kind of has this vibe of it's like a small kind of team that's a family that's really interested in hearing from its listeners and learning and isn't afraid to kind of evolve and learn new things and I think that's why they're doing well because they're willing to kind of keep sort of learning new things and grow as we learn more, right?

[0:11:26.6] CT: Yeah, I don't feel like it's compromise at all in the terms of content because I look at earlier, then look at now and besides the graphic design getting better, I don't really see much different in the way of how good the content is. If anything, it's gotten better. I think that's important too and I want to give Cain a special shout out because he answers every email within like an hour or two. Literally, every email.

[0:11:47.5] AVH: Because he has nothing better to do.

[0:11:50.0] CT: Yeah, he's just like the king of getting back to you. I have so many people that I deal with where you have to email them like four times or something before you know, they're

busy and he is so good at it. I just want to give him a special shout out because that's been like five years, I appreciate that.

[0:12:03.8] AVH: Eat paleo and make him more considerate.

[0:12:06.3] CT: yeah, exactly. And like the nicest guy of all time. I just want to say that. Because he honestly is.

[0:12:12.5] AVH: Yeah, 100%.

[0:12:13.0] CT: Just want to get that out of the way.

[0:12:14.8] AVH: He's the best, the magazine's the best, everyone who writes for Paleo Magazine is the best. We should probably move on from this before people start like really rolling their eyes, yeah. You did, you were doing the paleo thing, total makes sense but the book that we're talking about today is the instant pot keto cookbook.

Obviously, you have an interest in kind of moved into sort of a more keto realm, can you talk about that a little bit?

[0:12:42.4] CT: absolutely. I did keto for the first time in gosh, like 2013 and it was still very much like a fringe thing and I remember feeling a lot better but I didn't stick with it long term because I like doing longer workouts that are more like endurance space and I had a hard time really adjusting to those on keto and then a couple of years ago, it got really popular or maybe a year or two ago now and I just sort of revisited, like I think a lot of people did and the instant pot was just getting popular and I'm like so busy all the time that the instant pot is like the greatest thing in the world for me because I can just throw stuff in there and I have meal prep for like five or six days..

I really like that aspect and I was kind of surprised because there weren't really any instant pot keto books when I started writing this and I did it completely the backwards way. I wrote the entire book, then got an agent and then had people bid on the book to buy it. It was completely the wrong way from how they tell you how to do it.

[0:13:42.7] AVH: At least you got the hard stuff done first, right?

[0:13:45.3] CT: Yeah, that was the relief, it's like when they bought it, I'm like, when they bought it I'm like, "Well, the book's already done guys, what do you want to do?" There's really nothing to edit and all that stuff. It was just kind of crazy how it worked out so now, it's far beyond what I ever imagined it could be and it's only been out for like 12 hours at this point.

We feel really lucky and it's really exciting and I hope more and more people get healthier because there's such a demand for this knowledge now. I think everybody's much more aware than five years ago of like that they need to eat healthier and they need to eat vegetables and they need to eat organic.

It's just been amazing to see it completely change from like, "that's just like hippie nonsense to like that's like common sense, why aren't you doing that?" I found it kind of dove tailed really nicely with the taking off of the instant pot and keto, kind of came along a little bit later but pretty much the same ark as paleo and like whole foods taking off and organic eating and all that stuff.

Yeah, that would be my first answer to your question, I'm sure we can go into more but –

[0:14:45.6] AVH: it's very exciting that we're chatting like literally the day that the book is out because this must be like a crazy emotional day for you to have this out and kind of be, like out in the world and like waiting to see how it's being – how people are responding to it and that must be very exciting for you today.

[0:15:06.3] CT: Yeah, I think I'll enjoy it later when everything is over because it's so busy when you're doing it that you can't really stop and think about it too much but it's the book that's authorized by Instant Pot so they're helping a lot and shout out to them because they've been really great since day one and I just feel very lucky to have their seal of approval and they're pushing it out to all their audiences.

It's on instantpot.com and it's on the app, which has like millions of people on it. This Friday, I don't know when this is going to air but this Friday as of right now, we're doing an hour plus

Facebook live video on the official Instant Pot community page, which has like 1.7 million members.

It's a little bit nerve wracking because it's live but I think people will really like to see stuff they can make that's really easy to do day to day like throughout the year, not just in January when they're trying to lose weight. It's been really exciting. It's been a whirlwind too because we only – the book only was bought by a publisher at the beginning of August so for the book world, four months is like an insane turnaround time.

I didn't even get the books in print until like last week, which is like unheard of. I never saw like a proof or anything like that. It's been pretty intense. Now is the exciting part where all of a sudden, everybody is looking at it. It's really rewarding.

[0:16:20.3] AVH: You have a pretty aggressive book tour schedule this year don't you? It seems like you're going to be like everywhere.

[0:16:27.2] CT: everywhere in the world. I tried to base it around California and the tristate area where I'm originally from as much as possible so I'm sorry to the Midwest and the south, we'll try to get you in there, maybe add some dates but yeah, it's just – it's going to be really cool and people love book signings and events and actually, shout out to Paleo Magazine because they sponsored my very first event in 2013 so incredible was that whole foods and people were thrilled to get free copies of the magazine and all that stuff.

I got to make sure I stay eating healthy on the road, that's what I'm most concerned about.

[0:16:58.3] AVH: Yeah, well I guess we have to bring your Instant Pot wherever you're going, right?

[0:17:01.6] CT: Exactly, right?

[0:17:03.6] AVH: what are some things that you want to accomplish with this book because from what I can tell and this is not to be sort of the devil's advocate or anything at all because I eat and enjoy a lot of keto meals, I love an instant pot meal, I love things that are whole foods

and easy and delicious and I like sweets and tasty foods as much as anybody else but this book isn't strictly paleo and nor is it even necessarily strictly for people who are looking to eat sort of the – I don't want to say clean because that's not an accurate word but some of these recipes certainly aren't weight loss conducive, right?

There's a lot of heavy cream and sour cream and butter and delicious keto cheese cakes and like things that are making my mouth water as I read them but it's – it seems like it spans like you know, more towards like comfort food treats, things that are going to make everybody happy and then there's like really even whole 30 paleo like super healthy recipes too.

It runs the gamut but what were you really hoping to accomplish or teach people with this book?

[0:18:11.3] CT: Sure, a couple of things. One I wanted actual people to actually be able to use it on a regular basis so I didn't want anything too complicated, I didn't want anything that would take you five hours to make or anything that would be like crazy gourmet that you would never actually make in real life when you're trying to go to the gym and have a job and have a life, that was the first thing, I wanted to be accessible to as many people as popsicle and then for me, I love cook books where there's a lot of recipes where you can like literally just have that cookbook and you'll be okay.

There aren't that many that I found that I really, that level of quality, have that much variety so that was my second goal was to get everything under the sun in the book and also at the time that I wrote it, which now is like seven or eight months ago, I finished it, there weren't that many keto desserts especially for the instant pot and there still weren't that many instant pot recipes that were keto in some places so I try to innovate however I could and ultimately just if somebody wanted to start eating keto or start using their instant pot or they were experienced.

I want to provide value to them. That was basically my goal, I kind of just wrote a book I would want to read but also appeal to people that were just starting out that were having a hard time adjusting from like a processed food lifestyle so there's like lasagna in there, there's pizza but it's all keto. It's not going to be nearly the same level of poor quality nutrition that you would get normally.

That was basically my goal if that makes sense to you. Hopefully it does.

[0:19:45.0] AVH: How did you develop the recipes and how long did that take you, do you have any kind of recipe or food background or was it just like, “let’s just experiment with some stuff and make something tasty.”

[0:19:57.0] CT: Yeah, I mean, when I did paleo in 2012, I went all in. Everything I was eating, three meals a day was paleo and then I did keto as well and that was five years ago. I was pretty sure that every type of thing I’ve made, tried. Tried to make better failed and improved it or you know, I’ve done and tried everything in that realm so yeah, it was a process, the Instant Pot luckily does make a lot of things easier.

There’s a lot of great recipes on the internet too where you can sort of at least start to get a feel for like well, here’s how I could do that or here’s how I could make this and then there were some specific challenges for keto where they would basically just a lot of trial and error, especially the baked goods because the baked goods are so specific in terms of how much exactly you need of ingredients and how long it needs to be cooked and because pressure cooking is different than traditional cooking.

There’s some really tricky things, especially because it’s keto. You can’t use regular flour, that kind of thing, that took a lot of me screwing up and wasting 45 minutes in my life and then doing it again and again but the stews and some of the egg dishes, those are a lot easier to develop and I kind of was able to do it like on the first or second try at least to really get it to be good.

Then the shakes and smoothies, which are kind of a little bit of an extra value thing are kind of just fun to put in the instant pop but not necessarily like a main selling feature of the book. Those are easier to do as well.

[0:21:24.9] AVH: Smoothie in an instant pot?

[0:21:25.7] CT: Yeah, exactly. There’s shakes and smoothies, yeah. Then there’s like ice tea and ginger ale, soda, that kind of stuff but it’s all keto.

[0:21:34.1] AVH: What? I didn't even get to that part, okay. I need to okay, I need to check this out so first of all, I'm very cool when it comes to stuff like this because I guess I haven't evolved yet to this point. I'm still on the like paleo like sheet pan dinner so you put like.

[0:21:49.4] CT: Those are great too, yeah.

[0:21:50.8] AVH: Pan, you put it in the oven, sometime later, the meal, I have a slow cooker and I use it but again, the extent to which I use it is like, I literally just put a whole chicken in there with some spices and some vegetables and then when it smells good, I take that out and I eat it. How different is a slow cooker and an instant pot like the same thing?

[0:22:12.2] CT: Well the instant pot has the slow cooker function but it does function slightly differently because you really don't use the low setting very much for the slow cooker and the instant pot. You basically just want to use medium and high. So that is one difference but I don't actually use to be truthful the slow cooker function very much at all and none of the recipes in the book are slow cooker recipes, although you could adapt them for that.

With the instant pot what's great is the pressure cooking. So you basically just put in some water, you put in your ingredients, you close the lid, you seal it up, you press the time and you walk away and that's it for 90% of the recipes in the book. The big goods are trickier but not that bad. So slow cooker is obviously just going to take a lot longer and some pot meals are great because within 30 minutes you're done. So you can cook a whole week's worth of food in 30 minutes if you buy a big enough instant pot.

So that's the reason I like it is that it is super-efficient, it involves no thinking especially from following a recipe and the flavor is actually better I find for most things because the way pressure cooking works, there's nothing escaping when you are cooking it. So all the spices and herbs sort of blend into the food better and there is more moisture so nothing really dries out. That's one of the reasons I really like it. The other thing is that it's really easy to clean up.

I hate doing dishes as I am sure 99% of people do and the instant pot literally is everything is into one pot and that is it. So it is very, very easy when it comes to that so that was my big take away too.

[0:23:41.0] AVH: So it is like the ease and convenience of a slow cooker but faster because it's pressure cooker.

[0:23:46.6] CT: Yeah, it's like microwave but with much better quality results as a way I like to think of it.

[0:23:52.3] AVH: Yeah so with stuff like you were saying like ice tea and smoothies, you are making things that are meant to be enjoyed cold but you are pressure cooking them essentially. Walk me through how you'd make a smoothie in a pressure cooker?

[0:24:08.2] CT: Typically, you just want to melt some things together in the pressure cooker and you would use ice cubes to keep it cool. Obviously you can also wait for it to cool down but you are not mixing every ingredient in the instant pot. So that is really the trick there. You are basically mixing your flavors in the instant pot and having it melt together to form like a smoothie texture without having to blend it and then I saw – I don't know who did this originally.

But on Google, somebody started making wine in the instant pot and it is taking over the internet because everybody – yeah their reaction is exactly, yeah what you and I just said, the reaction is well I got to try to that.

[0:24:40.3] AVH: Yeah, I cannot-not try this now that I know it's possible.

[0:24:43.3] CT: Exactly, so I don't know who that was but shout out to you because I thought that was really innovative and smart but yeah, you can bake anything. Yogurt, I have some recipes for yogurt. I personally don't use them that much because they are on the slower side, which defeats the purpose of the instant pot sometimes but it is also great for like what you are saying you could do in your slow cooker like a whole chicken.

You can do that in under an hour in the instant pot, which is great for family gatherings or bigger meals like you really don't have to sit by the stove or the oven and keep checking. So it's really cool because you can get so much done so much quicker and you don't have to check in or anything. Once you close it up you're good. So I found that really liberating because that's part

of the reason I didn't cook so much when I was really busy is that it didn't have the time to keep checking and rechecking.

And the other thing that is amazing is that the instant pot community, honestly it reminds me of the early days of paleo where everybody is so engaged or contributing and it was just a sense of community. If you go to the instant pot Facebook community page, it's like I have never seen any engagement like that except for the early days of paleo where everybody knew each other and were super friendly. So that's really cool because you can easily find whatever question you might have.

Or whatever thing you need to answer, you could easily find the answer to it within five to 10 minutes and people are just super nice too. So that's been really cool to see also.

[0:26:04.6] AVH: Yeah, I would never have considered that there was a dedicated community just for people who like to cook with an instant pot but apparently there is a big community and they are super into it so that's pretty cool. I mean it is fair to say that there is an online community for literally anything. So it is good to know that for people who are really trying to share knowledge and recipes and try to make things easier and healthier for other people and that you can go online and learn all about that is really cool.

[0:26:34.7] CT: Absolutely yeah, it's really cool.

[0:26:36.8] AVH: What are some of your favorite instant pot recipes or meal preps or things that you're using on a day to day or weekly basis when you're making your own food?

[0:26:47.9] CT: Absolutely, oh man I like everything. Hold on, I have to pick out my favorites here.

[0:26:53.1] AVH: That's my food problem too.

[0:26:54.4] CT: Yeah.

[0:26:54.7] AVH: Because I like everything too.

[0:26:56.4] CT: The lobster bisque is amazing. I love that, lobster just in general. I really love baby back ribs, not only are they one of my favorites but everybody else really seems to like them so that's amazing. I have to say I might be a little partial to the desserts. I have a bit of a sweet tooth but I like to justify it by saying, "Oh there is no sugar in these" so the brownies I really enjoy. There's chocolate pie, which is really good. The chocolate chip cheesecake is amazing.

But as far as the day to day stuff, it's more like the functional things. It is like the chilli, it's like the stew, it's the soups that kind of thing because it is just so easy to make and then you have multiple servings. So also the frittatas in the morning are really good and you are left with a couple different servings of that. So that's honestly probably what I would say I make the most and everything is close to paleo. A lot of it is paleo but not all of it because there's cheese and baked goods.

I do use Swerve, which is an artificial sweetener technically but it is very popular in the keto community so.

[0:27:58.8] AVH: Yeah, it's just crazy how versatile it is when you think you have this one piece of equipment and you can literally make anything with this one item like it is really impressive. You were talking earlier about you've got this epic book tour and some reservations about staying healthy while you are traveling but since this is probably not your first time doing something like this, what are some of the ways that you are going to prep yourself because you need to stay healthy.

You need to have energy because you are going to be crazy busy traveling and speaking and talking and also, you are talking about eating healthy and being healthy. So what are some practices that you put in place while you are traveling that help you maintain that.

[0:28:43.3] CT: Sure, so I have to learn this the really hard way just by doing a lot of traveling and making horrible mistakes. So this last year I travelled probably more than I have in my entire life and this next year is going to be even crazier. So the first thing is drink a ton of water and I use a clean canteen, a 64 ounce stainless steel water bottle, which is amazing because all

you do is fill it up once in the morning and then fill it up once later in the afternoon and that's it for the day.

You don't have to think about it beyond that and you want to drink it because it is really heavy to carry around. So that is the first thing is staying hydrated, which everybody over looks when they travel. The second thing that I like to do if I am doing like plane rides is to exercise in the airport if possible, which sounds a little bit nutty but if you can even walk around like if you have a layer over or if you could find like a quiet spot, you can do at least pushups or squats or something.

It really helps because you are sitting down for like five to six hours in some of these flights and there is no leg room if you are a guy that is over six feet tall. So that is the other thing and when it comes to nutrition that's been really cool because Ethnic Bar and RX Bar have gotten into a lot of airports. I don't know if everybody is aware of that yet. So you can at least grab stuff like that and of course salads as much as possible and protein however and whenever you can get it.

Basically try to find the highest quality organic meats if you can get it in an airport. If you are stuck, you can always do a protein powder, which is not the best but it's still better than eating something terrible for you and then an easy carry on is nuts. Mixed nuts like cashews that or kind of thing. That's essentially my strategy. I try to avoid sugar at all cost because it is just everywhere when you go to airports and that kind of thing and I try to stay at hotels that typically have room service with quality food.

But if you can't do that you can always go out and get some stuff and if you have a little mini fridge, that is usually enough to get you through. I have to learn all of that the hard way and then changing time zones is its own conundrum where your sleep schedule just gets really off and I am a terrible sleeper. So I have to do the blackout shades and complete darkness and no blue screen before bed, all of that stuff just so I can have a nice sleep. So those are basically my travel tips if that makes any sense to anybody.

[0:30:52.4] AVH: No, that is helpful and you are preaching to the choir because I am the exact same way first in just making terrible decisions when I travel. I got this healthy schedule, I am

armed with more knowledge than the average person for sure and I pack my bags and get on a plane and throw all of those out the window. I'm like, "And everything is a nightmare" and I am making the worst decisions ever but every time I feel like I get a little bit better and a little bit better.

Like I pack better snacks or I make sure that I stay hydrated because like you said that is a huge one because it's like a slippery slope because as soon as you are a little bit dehydrated and you get on a plane and then you are traveling, you are in airports and you are in cabs and you are checked into a hotel then your timing is all off and you are not drinking anything then you're in too deep and then it's like escalating and then the whole thing is messed up.

So I totally relate to all of that and I also have a hard time with the sleep part too and I think that just what you were saying like the blackout shades, getting the eye mask and the ear plugs, stop eating a few hours before bed, stop looking at the screen a few hours before bed, all those things help and I think with sleep too, it's really about making it as much of a priority as you make other things because I have always felt for people who are busy and type A and also health nerds.

We are like really eating properly and taking care of ourselves except for the sleep part like we will pay much more attention to what we are putting in our mouths than in our sleep hygiene and it's every smart person that I basically ever spoken to on this podcast has been like sleep is actually the most important. So stop putting it like 5th or 6th or 10th on the list of what's important because everything else stems from getting a good night's sleep. So yeah, stuff to think about.

[0:32:42.6] CT: I was able to get away with hardly every sleeping in my 20's and I just turned 33. So now I am feeling it like I am a complete old man because as soon as you – once you hit over 30 I think everything changes very quickly. So I hardly ever drink any alcohol but if I do, I feel it like never before. It was not like it was when I was in my 20's. So when you travel if you don't eat well as you know it quickly feels like death like you do not feel good at all.

And especially if you are not used to eating that stuff like if I have gluten or something and I am not used to eating, oh my gosh it is very bad and yes people should stay healthy when they travel. It is very important, everyone really loves it.

[0:33:21.7] AVH: I love that we all have that realization at some point in our 30's where we're like, "Oh we cannot eat whatever, drink whatever, never sleep, do everything stupid and then get up the next day and be perfect anymore because we are not 21" there is a time and a place for that. We all got that opportunity and we've moved on and now we have to eat properly and that's the reality of it.

[0:33:44.0] CT: And I think it is worse for people that used to do athletics because we really did feel like kind of indestructible like you can get away with anything and then as soon as you hit that wall, you're like, "Oh wait a minute, I'm like everybody else now" okay. So that was for me at least like a big realization but sleep is really the most important part because now I can't – I am not even functional if I get four hours of sleep. So I used to be able to pull it off but not anymore so yeah.

[0:34:10.2] AVH: Yeah, it is a tough reckoning for sure but we all – I mean the earlier you come to terms with it the better, you know? And the earlier you – you don't look at it like, "Oh well now it's this uphill battle because I am not 21 anymore" yeah, nobody is 21 anymore okay? Let's just be smart about this because I know for example and I wasn't that high level athlete but I have always been involved in various works and in my 30's now.

I am fitter and healthier in a lot of ways than I ever was before because I am smart and I take better care of myself than I did and it's not like every year that passes is a death sentence for you fitness and your health. It's like you can get better if you want to, you just have to be smart about it. What sports were you into?

[0:34:54.4] CT: Oh man, I played everything and to be clear, I was not like a pro-athlete or anything. So that should be definitely stated, soccer, baseball, basketball and they tried to get me to play lacrosse but there weren't really any other seasons available but yeah, I just had that metabolism where I never have to worry about what I was eating and all that kind of stuff but it all changes. If there's any young people out there listening, it all changes when you hit 30. So don't do it, don't develop any bad habits now, you'll pay for it later so eat your vegetables.

[0:35:22.0] AVH: Or alternatively you do everything bad now while you can. No, don't take my advice.

[0:35:25.5] CT: That would speed right into lessons, yeah. That may be true maybe that is the way to do it. You have openings kids, you know it is the way too exactly.

[0:35:34.4] AVH: One way or the other, so are you still doing coaching and stuff as well or are you full time into the book stuff now.

[0:35:41.2] CT: Yeah, I still do some personal training but not very much anymore. So it is more like a scheduling thing but people can do that with me if they are interested. I found amazing success just writing just seeing things get 10,000 shares or that kind of thing. That blew my mind that that was possible. So I really try to do things like that where I can impact as many people as possible even if it is in a small way, I like getting those emails where it's just like, "This changed my life"

Or that I lost 20 pounds, it is really incredible and it is sometimes more rewarding working directly with people because you get to know them. You can have conversations with them. You can see them make progress, which is always amazing but I found the schedule for personal training that I was on was really, really tough to maintain a healthy work lifestyle balance because I was training clients like 6 AM until 8:00 at night so it was pretty bad.

I do my work out in the middle of the day, which is fine but after a while it wears on you a little bit. So yeah, I just feel really lucky to get in there at the time when paleo and stuff was taking off and everybody I have never had a bad experience to anybody in the paleo or keto community either. That's the amazing thing. It's like there's just no bad people I found and I feel really lucky to have found that too because you hear horror stories about other industries sometimes so yeah.

[0:36:58.6] AVH: Yeah, I mean industries that are centered around health and fitness and wellness obviously, we all like to think that we set out the best intentions and wanted to just tell people that there can be some dysfunctional or at least extreme attitudes in any of these industries when people get too dogmatic or if people come up with weird theories that maybe

they have tested on themselves. Now they think everyone has got to do it and I am sure that is how the grapefruit diet came about. God, I don't know, anyway.

[0:37:28.1] CT: Grapefruit diet, I remember that one.

[0:37:29.5] AVH: Yeah but I agree with you. I think that this community by and large is just trying to help people and put information out there that people can use and I think that that is one of the great things about paleo magazine and that this podcast I think are really trying to make it less about teaching rules and more about learning about general ideas and frameworks that you can then use to create your own personalized nutrition and lifestyle because everybody is different.

Everybody is different goals and needs and likes and dislikes and we all got to find what works for us and not what works for everybody else. So I think that what you are doing is great because you are adding to that positive kind of push and you are putting more information out there that is hopefully going to make things easier and more accessible for people who are just trying to enjoy life and enjoy food and be healthier at the same time so thank you for doing that.

[0:38:23.7] CT: Oh sure. When I started out I mean sort of writing for the ultra-nerds and biochemistry stuff that were really into the research and that sort of thing but it's been really cool to branch out some more and more people and just try to have more impact especially as keto has taken off and somebody's taken off like just to see people every day that are like, "Oh I want to get an instant pot, I heard a lot about keto" and it is just incredible to see like mainstream people really start to pick up on it.

Just because I remember how weird looks that you would get if you were saying, "You should do the caveman diet" or that kind of things so it is just been it's really cool to be a part of it and to see it take off so yeah.

[0:39:01.8] AVH: Yeah that's awesome. Are you doing any other writing or any other projects? I know that the books is probably in the tour. It's probably keeping you very busy, is there anything else that you're working on that you want to share?

[0:39:12.7] CT: Oh sure, I am always writing for the Paleo Diet, I just had something come out yesterday at the paleodiet.com that is sort of my main thing that I focus on now. I have my own website, which is eatcleantrainclean.com where I have everything I've ever done up there. So there is 400 pieces of content like 200 articles, 200 recipes that are not in this book. That is all free. So I am always writing something but for right now, we are doing a ton of promotional stuff for the book.

And that is my main focus is getting it anywhere and everywhere and getting in front as many eyeballs as possible and hopefully helping people get healthier because that's why I think all of us get into this is we want to get ourselves healthier first and then we want to help other people. So at least that is what I am going to enforce. So hopefully I am doing that in some small way at least.

[0:39:56.0] AVH: Absolutely, that's awesome Casey. Tell our listeners where they can go, you said Eat Clean Train Clean is the website right? And what about social media and yeah if they want to get a copy of the book.

[0:40:09.2] CT: Sure, yeah the easiest thing to remember is just instantpotketocookbook.com or just search for the essential instant pot keto cookbook and if you go to instantpot.com, it is one of the authorized books. So it is right there at the top and then we have ads in Paleo Magazine. It is in every Target location so 1800 stores in the US, every Barnes & Noble, Walmart, Costco, everything you could think of. You will probably get sick looking at it at some point.

[0:40:36.3] AVH: We'll see but congratulations that's a big deal and super awesome and I can't wait to make some smoothies and ice teas on instant pot because I didn't know they exists until I talked to you.

[0:40:50.1] CT: I want to try the wine recipe.

[0:40:51.5] AVH: Yeah, yeah you do it. All right cool, well thank you again for your time and let's stay in touch and when you are back in New York, let's do this again.

[0:40:58.1] CT: Definitely, absolutely.

[0:40:59.6] AVH: All right, take care.

[0:41:00.5] CT: You too.

[END OF INTERVIEW]

[0:41:06.5] AVH: Thank you everyone as always for listening. If you decide to make a smoothie in your instant pot like a weirdo, I say that lovingly. I just can't get over the idea. It just seem so weird to me. Anyway, if you do it let me know how it goes. Send us a message on social media @paleomagazine or me personally on Instagram @themusclemaven. Tag us in some pictures, let us know how the instant pot recipes go. I want to hear how it goes. I actually don't have an instant pot yet. So we need to get on that.

Anyway, thanks again to our lovely show sponsors, Elixinol. If you want to try their high quality full spectrum hemp drive CBD products for general health, muscle recovery, improve sleep and mood or any of a host of other reasons you might want to try CBD, head to elixinol.com, use the code paleo mag at check out and get a 10% discount and look, I am not a doctor, I am not prescribing this to you but in all of the research I have done, I have never heard of any negative effects from CBD.

And it's possible that it could do a lot of good. So I feel like it's one of those things that is really low risk potentially really high reward like why not give it a shot personally. That's just me, it worked for me but just throwing it out there. So elixinol.com, check it out let me know what you think and thank you for sponsoring the show guys that's great.

All right, join me next week. We are having a possibly provocative discussion about whether or not paleo can cause heart disease. I think you probably know my stance on that but in order to learn and get better and be smart and open to things, we need to have discussions and we need to really understand our stance on various topics rather than just immediately ignoring the people we disagree with or just blindly agreeing with the people that we already align ourselves with, right?

We need to be able to have discussions and sort of defend our positions. So looking forward to learning and hanging out with you again next week. Make sure you are subscribed to Paleo Magazine Radio on iTunes so you don't miss it and leave me a nice rating and review on iTunes, also if you love me so that I could keep doing this and that's it. Have a great week everybody.

[OUTRO]

[0:43:04.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]