

TEASER_ Kristie Sullivan - Cooking teaser (SD 2017)

Kristie Sullivan: So, Dr. Eenfeldt, you have helped literally thousands and thousands of folks start a low-carb high-fat diet and you tell them, "Eat low-carb, cut out the sugar, and the grains, and the starches", right?

Dr. Andreas Eenfeldt: Sure, yeah that's the basic idea.

Kristie Sullivan: So what are they supposed to eat?

Dr. Andreas Eenfeldt: Well, that's where you come in, I think. So "Cooking Keto with Kristie", could you tell us about that? What is that?

Kristie Sullivan: That is just me in my kitchen. I'm not a professional chef, I'm a mom who has to feed her family, and I am a mom who is determined to keep my children and my whole family and myself on low-carb high-fat. So "Cooking Keto with Kristie" is simply how I do very simple, delicious low-carb high-fat meals to stay on plan.

Dr. Andreas Eenfeldt: And you started this just recording videos on your iPhone and putting them on YouTube for your friends and family and then it got really popular... tell me about that.

Kristie Sullivan: It was interesting because in the beginning I had my cell phone and held in my hand and the first thing I ever made was BulletProof coffee. And then I made a zucchini noodle lasagna and it was me holding... And then I've got really fancy, I got a tripod.

Dr. Andreas Eenfeldt: Woo! Wow!

Kristie Sullivan: I put the phone on the tripod and I started making videos on the tripod. And that was better, but the dogs are around through the kitchen and they bark and my grandfather clock starts to ding and the children come in and dance around me as I'm cooking or ask questions and I have a very soft voice so I couldn't be heard.

So the next big investment was a \$24 microphone from Amazon that I used with this cell phone. And that's pretty much how I've done my videos, not professional.

Dr. Andreas Eenfeldt: But still, how many people watch these videos?

Kristie Sullivan: Over 40,000 people who watched the videos and who have gotten help figuring out how to do low-carb high-fat.

Dr. Andreas Eenfeldt: And I mean your videos are awesome, they are fantastic, you were great at doing them with those limited resources. So we thought why not try to do it with some, you know, great cameras and great camera people and see what happens.

Kristie Sullivan: So you're coming in my kitchen?

Dr. Andreas Eenfeldt: I think that's going to happen, yeah.

Kristie Sullivan: I'm excited to have you guys come in my kitchen. It will be interesting to see what we can do without a cell phone, and if we have the dogs still running through or the children dancing in the background.

Dr. Andreas Eenfeldt: So good luck in the kitchen!

Kristie Sullivan: Thank you.

Dr. Andreas Eenfeldt: Not that you need it, because you are great.

Kristie Sullivan: Are you going to join me?

Dr. Andreas Eenfeldt: I might and we might have another surprise guest as well, right?

Kristie Sullivan: That's right, we may have a couple of surprise guests coming in to help sample the food or help do the cooking.

Dr. Andreas Eenfeldt: It's going to be great.