
Build a Simple Meal Plan

Food as Fuel – the Comeback Method

For many of us, food became confusing somewhere along the way. Diet rules. Carb counting. Calories. Trends. Conflicting advice is everywhere.

The goal of the Food as Fuel approach is not perfection. It's simplicity.

Your body heals best when it receives consistent nourishment from whole foods that stabilize blood sugar, reduce inflammation, support hormone balance, and provide steady energy.

Build simple, repeatable meals that support your macro balance, your energy, and your overall health goals. If you need help figuring your macros, [check out this site](#).

The Comeback Plate Formula

Every meal should include three things: Protein + Fiber (Low-Glycemic Carbs) + Healthy Fat

This combination helps:

- stabilize blood sugar
- reduce inflammation
- support hormone balance (especially insulin, cortisol, and estrogen)
- keep you full longer
- prevent energy crashes

Think of it as building a balanced plate rather than following a complicated diet.

Step 1: Choose Your Protein

Start every meal with a protein source. Examples:

Eggs	Chicken
Turkey	Grass-fed beef
Salmon	Tuna
Shrimp	Greek yogurt
Cottage cheese	Tofu or tempeh

Goal: 30–50 grams of protein per meal (1 gram protein – 1 pound of goal weight).

Protein helps preserve muscle (which becomes critical as we age), supports metabolism, balances blood sugar, and plays a key role in hormone health—especially for maintaining energy and reducing cravings.

Step 2: Add Vegetables

Vegetables are the foundation of anti-inflammatory eating and also play a major role in hormone support.

Fill half your plate with vegetables whenever possible. Great options include:

Asparagus	Bell peppers
Broccoli	Cabbage
Cauliflower	Green beans
Leafy greens	Mushrooms
Spinach	Zucchini

These foods provide fiber, vitamins, minerals, and antioxidants that support detoxification, gut health, and the body's ability to regulate hormones naturally.

Step 3: Add Healthy Fats

Healthy fats help regulate blood sugar and are essential for hormone production and balance.

Add one healthy fat to each meal:

Avocado	Avocado Oil
Butter	Ghee
Nuts	Olive oil
Olives	Seeds
Tahini	

You don't need a large amount—a small portion goes a long way.

Step 4: Add Optional Low-Glycemic Carbs

Some people thrive with a small portion of carbohydrates, especially when active or rebuilding energy.

Choose lower-glycemic options like:

Apples	Berries
Brown Rice	Quinoa
Steel-cut oats	Sweet potatoes

Portion guideline: ½ cup or one small serving.

These provide steady energy and can support hormone balance when paired with protein and fat, without causing large blood sugar spikes.

Example Simple Meals

Breakfast Ideas

Eggs with sautéed spinach and avocado
Greek yogurt with berries and chia seeds
Protein smoothie with almond milk, spinach, and protein powder
Cottage cheese with walnuts and berries

Lunch Ideas

Grilled chicken salad with olive oil dressing
Salmon bowl with quinoa and roasted vegetables
Turkey lettuce wraps with avocado
Egg salad over mixed greens

Dinner Ideas

Baked salmon with roasted broccoli and olive oil
Grilled chicken with zucchini and sweet potato
Grass-fed burger with a large salad
Shrimp stir-fry with vegetables and cauliflower rice

Simple Snack Ideas

If you need snacks, keep them simple and balanced.
Apple with almond butter
Greek yogurt
Hard-boiled eggs
Handful of nuts
Cottage cheese with berries

Snacks should support energy and hormone stability—not spike blood sugar.

The Weekly Meal Planning Shortcut

Instead of planning 21 different meals, simplify your week.

Choose:

- 2 breakfasts
- 2 lunches
- 3 dinners

Rotate them throughout the week.

This removes stress, reduces decision fatigue, and makes consistency much easier.

The Most Important Rule

Consistency beats perfection.

You don't need a complicated diet to feel better.

You need:

- whole foods
- balanced meals
- steady nourishment

Meal by meal.

Day by day.

That's how your body starts to heal, your energy stabilizes, and your hormones begin to rebalance.

That's how you come back to life.

What to Expect in the First Few Weeks

If you stick with this—even imperfectly—you're going to start noticing some changes. Not overnight, and not in some dramatic “before and after” way, but in the way your body actually feels.

In the first week or two, the biggest thing most people notice is more stable energy. You're not riding that constant up-and-down cycle from blood sugar spikes and crashes. You may also feel a little less bloated, especially if you've been eating more processed foods before this. Cravings can start to shift too. Not disappear completely, but they're usually less intense and less constant. That alone can feel like a huge win.



By weeks two to three, a lot of people start to feel a little clearer mentally. Less fog, more focus, and more steady energy throughout the day instead of hitting a wall in the afternoon.

This is also where you may start to notice small changes in your body. Not necessarily big weight loss, but things like less inflammation, clothes fitting a little differently, or just feeling a little more comfortable in your own skin.

And here's the part that matters most—your body starts to trust consistency. When you're fueling it regularly with real food, balanced meals, and enough protein, it begins to calm down. Hormones start to stabilize. Hunger signals regulate. Energy evens out.

It's not flashy. But it's real.

One Important Thing to Keep in Mind

There will still be days where you don't feel like it. Days where you eat something off-plan.

Days where nothing feels like it's working. That doesn't mean it's not working.

This is not about being perfect for two weeks. It's about being consistent over time. If you keep showing up—meal by meal, day by day—your body will respond.

It always does.

Want to track my progress? I'll be documenting my changes on YouTube [@comebackover50](#), so like, share and subscribe to my channel.