

# My Food Plan

## The Approach that Works Best for *My* Body

When it comes to eating for health, I've tried it all—every diet, every rule, every prescription, every trend. Some worked for a while, others didn't, and like most women, I've had seasons where I was incredibly disciplined and others where life just took over. But every now and then, you find something that actually works for *your* body.

For me, that's a low-carb, moderate protein, moderate fat approach combined with intermittent fasting. This is when I feel my best—my energy is up, the brain fog clears, and I just feel like myself again. I've also tried intuitive eating and not tracking, and for me, that doesn't work. I need structure. Tracking gives me accountability, but it also gives me freedom because my decisions are already made.

I want to be really clear about something—I'm not at the finish line. I'm still in this and my goal is to lose 100 pounds. This is not my lookback, this is *my comeback*, and Food as Fuel is one of the most important pillars for me.

About four years ago, I was introduced to intermittent fasting through a program by Thomas DeLauer, and it was the first time something really clicked. Around that same time, I found Dr. Mindy Pelz and her work on women's health and fasting. A lot of what I'm doing today comes from what I've learned there, especially around hormone balance and blood sugar.

At this stage of my life, with menopause, autoimmune issues and inflammation, I've learned that what I eat matters more than ever. When I keep things simple—whole foods, lower carbs, consistent fasting—my inflammation goes down, my energy goes up, and I'm able to move again. And that's the goal. I need to get healthy so I can live fully.

For my kickoff, I'm following a structured 30-Day Reset I found in the book [\*Eat Like a Girl\* by Dr. Pelz](#), to get myself back into consistency. Not perfectly—just consistently.

My plan for the way I eat is simple. I focus on protein, healthy fats, and low glycemic fiber carbohydrates—things like eggs, fish, chicken, grass-fed beef, leafy greens, and healthy oils. This helps stabilize my blood sugar, reduce cravings, and keep my energy steady.

Because of my autoimmune conditions, I've also learned that certain foods don't work for me—things like highly processed foods, gluten, wine, beer, sugar, refined oils, some dairy, or nightshades. Everyone is different, but for me, reducing those has made a huge difference in how I feel.



At the end of the day, I don't believe there's one perfect diet for everyone. The goal is to find what works for *your* body—something that supports your hormonal health, reduces inflammation, gives you energy, and that you can actually sustain.

For me, this approach works. It's simple, it's effective, and it supports my bigger goal—to lose 100 pounds and get my life back. Because food isn't just about weight.

It's about fueling the life you want to live.

### **The Simple, Real-Life Guidelines I Am Following**

At this stage of my life, having a few simple rules—followed consistently—work far better than anything extreme. This is what I am following, not perfectly, but consistently enough that it works.

#### **My Rules**

- Eat 2 – 3 meals a day, with no between meal snacking
- No highly processed foods or oils
- Focus on whole, real foods—from animals and from the earth
- Build every meal around protein
- Add vegetables, fiber and healthy fats to keep meals balanced
- Eat until satisfied, not stuffed
- Track what I eat (this keeps me honest and removes guesswork)
- Stick to a consistent 6-hour eating/18-hour fasting window
- No eating late at night (I aim to be done by early evening)
- Follow my fasting schedule (five on, two off with occasional 24 hour fasts)

#### **The Rule That Matters Most**

The biggest shift for me wasn't what I eat—it was how I think about it. I don't quit when it's not perfect. No more "I'm on" and "I'm off" thinking. When there are days when I don't hit everything exactly right, I am not quitting. That used to be where I'd fall off completely. Now, it's just a day.

I come back to the next meal. The next choice.  
That's what works for me.

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