



ENERGY Guidelines for Health

What to eat to reset, repair, and correct your health!



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Start Here

OVERWHELMED? “Oh my God... What and how am I supposed to eat? Keto, Paleo, vegan, plant-based, intermittent fasting, Mediterranean, Whole30, Atkins, Pritikin, Nutrisystem, Ideal Protein, Optavia...? I’m overwhelmed and confused, and I just end up eating junk foods! HELP!”

As a holistic practitioner, I hear this DAILY from clients. Here’s the deal: in most of the above, I see clients trying to follow a certain plan while continuing to buy packaged/highly processed foods and frequently eating out at restaurants.

The Five Things Everyone Needs to Do

1. **CALM THE FRICK DOWN!**
2. **EAT REAL FOOD**, not packaged and heavily processed foods. Quit eating out at restaurants. Trust me: they are unhealthy and fattening!
3. **INCREASE PROTEIN**. Snack on protein with a tad of complex carbohydrates. Nuts and seeds are NOT a source of protein; they are fats. Don’t snack on those! In fact, if you want to lose weight: DON’T SNACK AT ALL!
4. **REMOVE ADDED SUGARS from the diet**. I mean ALL—the sugar added to bacon and ham, breads, crackers, ketchup, mayonnaise, sodas, etc. Sugar is necessary (without glucose, you die!), but we get an overdose of it daily. Don’t be obsessive about this, but note that if you’re eating food with “added” sugar, it is most likely heavily processed. That’s the key: stay away from heavily processed foods.
5. **EAT FOR WHAT IS HAPPENING IN YOUR BODY NOW.**

By that I mean: Are you dealing with a major illness (cancer, an autoimmune issue, or dementia) in your body? Are you in perimenopause, menopause, or andropause? Do you have PCOS/PMOS or a high A1C? Are you insulin-resistant/diabetic? Are you overweight? Do you have osteoporosis? Are you severely constipated or experiencing IBS? Do you have true food allergies or sensitivities? Do you prefer vegetables over animal foods, or vice versa? Once that is sorted out, THEN we can assist you in finding what works for you. All our options incorporate ONLY REAL FOOD.

Why Protein Matters

Most clients we see are severely lacking protein. They’re skipping breakfast or just eating toast and coffee! They also complain of three or more of the following: hair loss; brittle or soft skin and nails; extreme fatigue; getting sick more often; anxiety; imbalanced hormones; swelling of the ankles or feet; muscle loss or weakness; decreased bone density; weight loss or gain; anemia; mood changes and trouble thinking straight; and cravings for salt or sugar. All are caused by a lack of protein!

You can’t balance hormones, build muscle, and control glucose without proper amounts of protein, complex carbohydrates, and fats in your body. I don’t care if you eat plant-based or animal-based foods; I do care that you are getting enough high-quality protein to build muscle and bone, balance hormones, and have the energy you need to live a productive, healthy life.

If you’re concerned with weight, it really is a calories-in/calories-out/muscle-growth issue. Eating mainly meat, fish, poultry, beans, and vegetables should make it easy to maintain a calorie deficit. It’s the hidden calories in breads, pastas, starchy vegetables, and sauces—along with mindless snacking—that can trip you up. Be attentive to what you eat. Invest in a scale and measure/weigh your food intake for the first seven days OR LONGER so you can learn portion control! (Hint: Most people eat way more calories than they think!)

REMEMBER You can't MANAGE what you don't MEASURE!

Ideal Energy List

1. First Choose: Protein

DAILY TARGET Shoot for .54–1.0 g / average .74 g of protein per lb. of body weight.

Protein source	Guidance / examples
Eggs	Pastured/organic, if you can tolerate them
Greek yogurt	If you can tolerate dairy; zero sugar
Poultry	Chicken, turkey, duck, quail
Ruminants	Beef, buffalo, lamb, venison, lamb, etc.
Fish & seafood	Wild-caught
Pork	100% pastured and organic
Beans/legumes	—
Protein powders	High-quality
Essential amino acid supplement	—

Protein Examples (All Weights After Cooking)

Food	Serving	Protein
Chicken breast	4 oz	30 g protein
Ground beef	4 oz	33 g protein
Ground turkey	4 oz	30 g protein
Shrimp	4.5 oz	31 g protein
Pork	4 oz	31 g protein
Chickpeas	2 cups	29 g protein
Greek yogurt	10 oz	24 g
Red beans	2 cups	30 g protein
Tofu	1.5 cups	30 g protein
Egg	1	6g - 7g

Food	Serving	Protein
EAA powder/capsules	1 scoop powder or 5 g capsules	Approx. 30 g protein

If you are a 120-pound woman, you should get anywhere from 48–120 g / average 90 g of protein daily, depending on age, lifestyle, overall health, etc.

2. Then Choose: Carbohydrates

NON-STARCHY (BEST) Shoot for no more than 130 g per day (43 g / approximately 1 cup per meal).

Examples:

Food	Food	Food
All sprouts	Artichoke	Asparagus
Broccoli	Celery	Ginger
All leafy greens	All lettuce	Cucumber
Brussels sprouts	Onions	Garlic
Bell peppers	Mushrooms	Radish
Tomatoes	Sweet potatoes	Cabbage
Cauliflower	Zucchini	Berries
Lemon	Lime	

Starchy Carbohydrates

Keep these to lunch and dinner in small amounts. Examples:

Food	Food	Food
Quinoa	Oats	All Grains
Hummus	Buckwheat	Banana
Grapes	Figs	Raisins
Dates	Dried fruits, etc.	Rice
Cassava	Corn	White/yellow/red potatoes

NOTE Remove all starches for at least 3 months, or longer as needed, if dealing with yeast/fungal issues, insulin resistance, high cholesterol, or fatty liver.

3. Fats

Category	Foods / guidance
Best	Avocado; beef tallow; ghee; duck fat; hazelnuts; macadamia nuts; walnuts; olives; extra-virgin, cold-pressed olive oil; avocado oil; coconut oil; coconut butter; unsweetened coconut flakes; canned coconut milk.
Occasional / limited	Almonds/almond butter; walnuts; cashews; pecans; pistachios; no processed cheese.
Portion guidance	Keep fats to a minimum per meal: think one “thumbful” or 1 ounce!

Additional Food & Drink Guidance

- REMOVE ANY FOODS YOU HAVE ALLERGIES OR SENSITIVITIES TO.
- Remove all alcohol. I mean ALL!
- Coffee, tea (organic matcha or green tea), water, plant milks, and diet drinks are all fine to drink.
- Keep condiments to 1 ounce per meal. Remember: those are calories and/or sugars too.
- Use only a small amount of manuka honey or organic maple syrup to sweeten drinks, etc.

Autoimmune Diet

If you have an autoimmune disease, you should remove nightshades from your diet (PMID: 37202602; PMID: 28858071; PMID: 32309803). The following is the main list of foods to avoid:

Food to avoid	Food to avoid
All potatoes (excluding sweet potatoes)	All tomatoes
Tomatillos	Tamarillos
Eggplant	All bell peppers
Jalapeños	Habaneros
Chipotle	Cayenne
Pepinos	Poblano
Serrano	Pimentos
Banana peppers	All other peppers (excluding peppercorns)
Goji berries (a.k.a. wolfberries)	Ground cherries
Ashwagandha	Cocona
Gluten/wheat	Dairy
Maybe remove soy and eggs	

Approved Protein Supplements

#	Product	Details
1	MOMENTOUS Vital Aminos	1 scoop daily in water; may do up to 2x daily. We carry this in stock. Or use our FREE AMINOS BLEND CAPSULES (take 8 capsules daily).
2	Equip PRIME protein powder	No added chemicals, fillers, binding agents, artificial coloring, or sweeteners. Order online at https://www.equipfoods.com/
3	PROMIX Vegan or Orgain Simple	Both are plant-based protein powders available online.

2-Week Real Food Meal Plan Calendar

Day 1 3 eggs + spinach Chicken salad Salmon, broccoli, sweet potato	Day 2 Greek yogurt + berries Turkey wraps Beef, asparagus, cauliflower
Day 3 Protein shake Shrimp salad Chicken, Brussels sprouts, quinoa	Day 4 Eggs + mushrooms Burger bowl Pork loin, cabbage
Day 5 Yogurt + walnuts Tuna salad Turkey meatballs, zucchini	Day 6 Omelet + greens Chicken soup Lamb, broccoli
Day 7 Protein smoothie Chickpea salad Cod, asparagus, sweet potato	Day 8 Repeat Day 1
Day 9 Repeat Day 2	Day 10 Repeat Day 3
Day 11 Repeat Day 4	Day 12 Repeat Day 5
Day 13 Repeat Day 6	Day 14 Repeat Day 7

Guidelines: Protein first • Non-starchy vegetables every meal • Healthy fats (1 thumb) • Small starches at lunch/dinner • Avoid added sugar & ultra-processed foods • AIP: omit nightshades.



About & Legal

WE ARE NATURAL HEALTH COACHES Professionals trained to provide lifestyle nutrition guidance and help individuals set and reach their health goals using diet and exercise tools and behavioral psychology principles.

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