



Find The Right Diet for You

Break free from food confusion and discover
what your body really needs.



By Carly Pollack

M.S., C.C.N., Founder of Nutritional Wisdom
and best-selling author of Feed Your Soul

WELCOME, WISDOM SEEKER!

I'm here to help you rise above the noise of fad diets, 30-day cleanses, and the tired mantra of "eat less, exercise more."

Here's the truth: I had a degree in nutrition and was still totally lost. Magazines, blogs, celebrity interviews: every headline pulled me in a different direction.



If Jennifer Aniston did the Zone Diet, I was all in. If Gwyneth swore by veganism, I'd try it. By the end of the week, I'd be back at square one, cupcake in hand, wondering how I've become so lost.

If you've asked yourself what diet you should follow, take a deep breath. This guide is here to cut through the chaos and help you uncover what actually works for your body.

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“You don't need another diet. You need a way of eating that finally makes sense for you.”

THE PROBLEM WITH DIETS

The word diet is loaded. For most of us, it means the food prison of rules, restrictions, guilt, and the eventual crash.



I lived in that prison for years. Monday through Friday, I was a saint: cooking, counting, measuring. Come Friday night? I'd binge, crash, repeat.

By Sunday, I felt sick, ashamed, and desperate to “start over.” Every new week, a little more self-loathing crept in.

If going “on a diet” implies going “off” one later, it’s never going to last.

THE SHIFT

Then it hit me: what I was doing wasn't working.

The cycle of punishment and rebellion wasn't about food, it was about mindset.

What I needed was a new mantra:

“I'm worth it. I'm going to love myself so fiercely that my actions finally match my intentions.”

When you love yourself enough to demand more, rules stop feeling like restrictions. They become loving boundaries that keep you aligned with your higher self.

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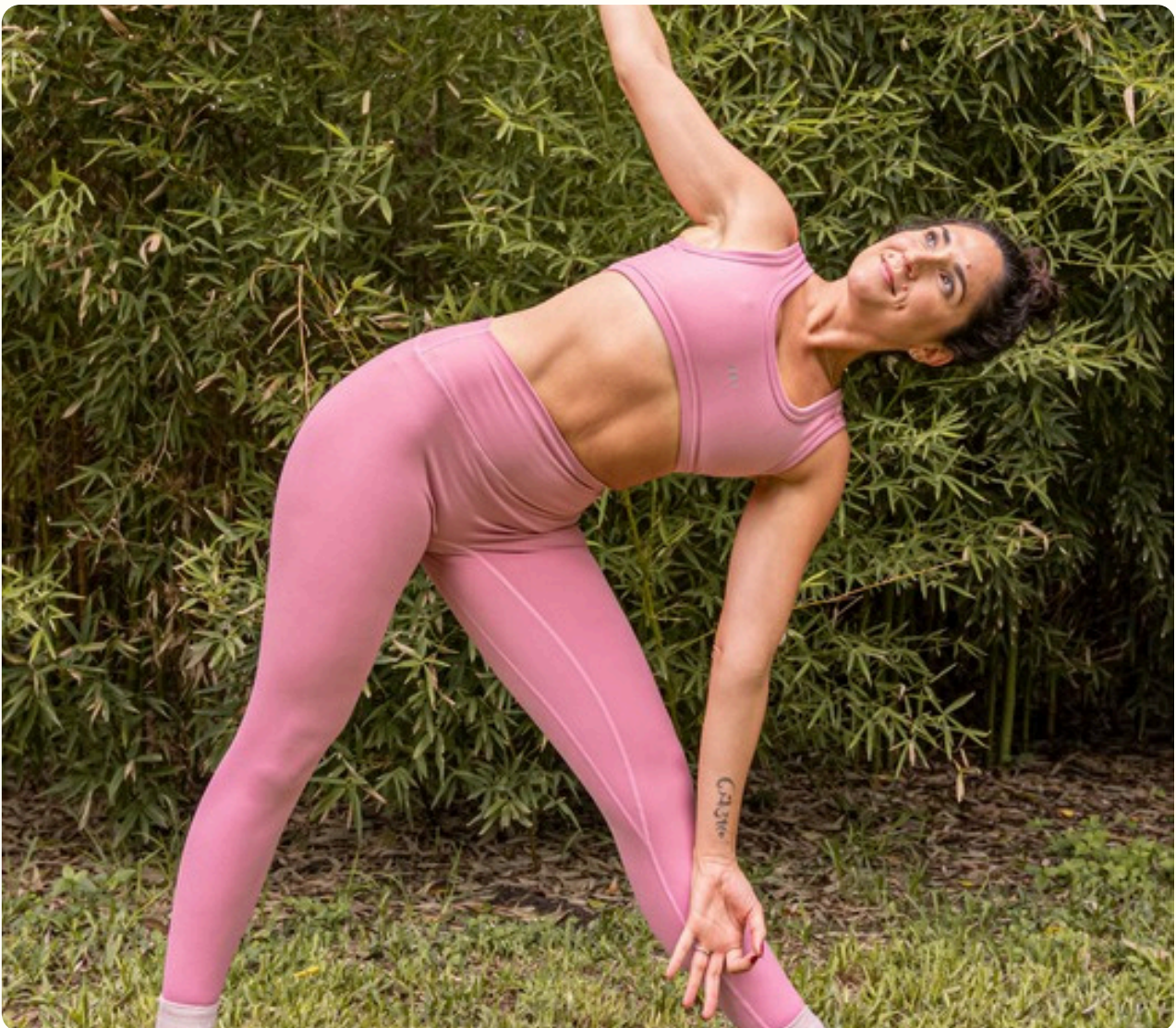
“Boundaries aren't punishment. They're a love letter to your future self.”



KNOWLEDGE VS. ACTION

Here's the deal: Knowing what to eat is not enough. I could have a PhD in nutrition and still eat McDonald's every day.

The magic happens when you pair applied knowledge with passion, desire for change, and self-compassion. That's where transformation begins.



Quick Check-In

Am I eating to numb
or to nourish?

Does this meal give
me steady energy?

How do I feel two
hours after I eat?

DIETS AREN'T THE DEVIL

Let's neutralize the word diet. Everyone's on one — whether it's fast food, keto, vegan, or “whatever's in the fridge.”

What matters is creating your version of the “I Can Eat Anything I Want, But I Mostly Choose Foods That Make Me Feel Amazing” Diet.

That diet is built on real, alive foods — the kind that spoil because they're full of life.



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“Eat food that rots quickly — because alive foods make you feel alive.”

THE FOUNDATION

No matter your body type, here's the universal baseline:

Eat More:

- ✔ Fresh vegetables and fruits
- ✔ Nuts and seeds
- ✔ Beans and unprocessed whole grains
- ✔ Pasture-raised meats and wild fish
- ✔ Purified water (half your bodyweight in ounces)



Eat Less:

- ✔ Processed boxed foods
- ✔ Refined sugar (yes, that includes wine + bread)
- ✔ Artificial colors, flavors, and preservatives

Carly's Food Rule

Twice a week, I eat whatever the heck I want. Fries, pizza, ice cream. Because freedom is part of health, too.

FINDING YOUR UNIQUE MEDICINE

Out of 100+ diet theories, none work for everyone all the time. William Wolcott's Metabolic Typing gives a helpful framework:

Protein Types → thrive on higher fat/protein, fewer carbs.

Mixed Types → balanced across all macros.

Carb Types → do better on plant-heavy, higher carb, lighter protein.

This isn't about labels — it's about learning your body's language.

Our bodies speak a language that most of us were never taught how to translate. Symptoms are the body's way of communicating that you're either on the right track or that something needs to change

If you are eating the correct ratio of proteins, carbs, and fat at a meal, then after the meal, you will feel:

- ✔ Satisfied but not full
- ✔ Energy and mental clarity renewed
- ✔ No cravings for sweets
- ✔ Not hungry for 3-4 hours until the next snack

Let's say you ate a healthy meal, but it wasn't the proper ratio of protein, carbs, and fat for your unique body type, then the following communication will be given by the body:

- ✔ Full but still "hungry" for more
- ✔ Craving sweets afterward
- ✔ Energy tanks after the meal (mentally spaced, lack of focus, fatigue)
- ✔ Desire to eat within the 3-4 hour window

Keep a simple food diary. Track what you ate + how you felt after. Clarity comes from data, not guesswork. This is the key to finding the proper diet for you, right now.

EXPERIMENTING WITH MACRONUTRIENT RATIOS

"Protein Type" Higher protein, higher fat, low carb:

4-6 oz of grass-fed, pasture-raised ground beef over a large salad with ½ avocado and olive oil-based dressing

"Mixed Type" Moderate protein, moderate fat, moderate carb:

4 oz of chicken, 1 cup cooked rice or beans, ¼ avocado with salsa and greens

"Carb Type" Vegan source low-moderate protein, higher carb, moderate fat:

A large salad with 1 cup of quinoa sprinkled with hemp seeds, roasted veggies, and lemon vinaigrette



Perhaps all of these meals would sit well with you and provide the energy needed to conquer the day. They're all healthy, unprocessed, excellent meals. If you are more sensitive, like me, the first meal is the only meal that will create all the positive feedback mentioned above. You can experiment making those little tweaks, but mostly, I want you to focus on making high-quality, unprocessed, delicious meals that you dream about in your sleep!

When you can't trust your body's feedback:

- 🍀 When stressed, your body will enter fight/flight, and your digestion will shut down. You will either lose your hunger or not fully digest your food, causing bloating and gastrointestinal discomfort. It's essential to take five slow, deep breaths before eating so you can center yourself and focus on digestion.
- 🍀 When you overeat, it won't matter the ratio of macronutrients or how unprocessed your food is. Overeating will cause negative feedback from the body, regardless of what you're eating. Make sure to stop when you are 80% full and leave 20% room for digestion.

A STORY ABOUT CHANGE

One client came to me depleted, overweight, and deeply committed to veganism (she even had the tattoo to prove it). But her body was screaming for change.

We slowly introduced bone broth, eggs, fish, and then more proteins. Six weeks later, her hair was growing back, her energy soared, and her skin cleared. Years later, she still jokes she should amend her tattoo to read “VEGAN-ISH.”

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“Your diet isn’t your identity. It’s your medicine,
and it changes as you do.”

HEALING THE GUT

Your digestion is the gateway to health. Even “healthy” foods can be poisonous if your gut can’t process them.



Red Flags:

Bloating

Fatigue

Brain Fog

Acne

Constipation

Simple Reset:

Try two weeks without sugar, alcohol, dairy, and processed foods. Then reintroduce slowly, listening for your body's feedback.

Your body already knows the answers. Symptoms are its language — start listening.

MAJOR TAKEAWAYS



Everyone is on a diet. Make yours aligned with your goals and values.



Real food heals. Choose what rots and spoils: alive foods bring you to life.



Boundaries = freedom. Rules can be loving, not limiting.



Your body is unique. Learn to hear its signals and trust them.

Stop chasing the “perfect” diet. Start creating the one your body’s been asking for all along.

NEXT STEPS

You’re already on the path. The only question is: are you ready to go deeper?

01

Free Resources:

End Emotional Eating, Heal Your Digestive Woes, Control the Voice in Your Head.

02

Coaching:

Apply to work 1:1 with me or one of my Master Coaches.

03

Courses:

Explore my programs, like Daily Detox Advanced.

