



A COMPLETE NUTRITION GUIDE

7-Day *Acne-Clearing* Meal Plan

Real food. Real results.

Nourish your body from the inside out and give your skin the nutrients it needs to heal.

HOW TO USE THIS GUIDE

Eat to *Nourish*, Not to Restrict

Every recipe in this plan has been carefully chosen to include the four nutrients your skin needs most: **omega-3 fatty acids** (to calm inflammation), **zinc** (to regulate oil production and heal blemishes), **fibre** (to support your gut — directly linked to clear skin), and **antioxidants** (to protect skin cells from damage).

All meals serve 2 and take under 30 minutes to prepare. You don't need to follow the days in order — mix and match based on what you have available.

THE PLATE RULE

Building *Balanced* Meals



Vegetables & Fruits

Fill half your plate. Prioritise leafy greens, berries, broccoli, and sweet potato — all rich in antioxidants and fibre.



Protein

A quarter of your plate. Salmon, eggs, chicken, tofu, and legumes provide zinc and amino acids essential for skin repair.



Complex Carbohydrates

A quarter of your plate. Choose whole grains — brown rice, quinoa, oats, rye — to keep blood sugar stable and reduce inflammation.



Healthy Fats & Oils

A drizzle or a handful. Olive oil, avocado, walnuts, chia, and pumpkin seeds deliver omega-3s and support your skin barrier.

"Nourish your body, fuel your life."

SUSTAINABLE NUTRITION · CREATING LASTING HABITS



BREAKFAST

**Chia Pudding with Almond Milk, Mango & Walnuts****INGREDIENTS (SERVES 2)**

- 4 tbsp chia seeds
- 2 cups unsweetened almond milk
- ½ cup mango, diced
- 2 tbsp chopped walnuts
- 1 tsp honey or maple syrup (optional)

METHOD

1. Mix chia seeds and almond milk in a bowl or jar.
2. Stir well and refrigerate for at least 4 hours or overnight.
3. Top with mango, walnuts, and honey before serving.



LUNCH

**Quinoa Salad with Cucumber, Avocado, Cherry Tomatoes & Lemon****INGREDIENTS (SERVES 2)**

- 1 cup quinoa
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 2 tbsp olive oil · juice of 1 lemon
- Salt and pepper to taste

METHOD

1. Cook quinoa in 2 cups water for 15 min. Cool slightly.
2. Combine with cucumber, tomatoes, and avocado.
3. Dress with olive oil and lemon. Season and toss.



DINNER

**Baked Salmon with Steamed Broccoli & Sweet Potato****INGREDIENTS (SERVES 2)**

- 2 salmon fillets
- 1 large sweet potato, cubed
- 2 cups broccoli florets
- 2 tbsp olive oil
- ½ tsp garlic powder · salt & pepper

METHOD

1. Preheat oven to 200°C.
2. Toss sweet potato with 1 tbsp oil, salt, pepper. Roast 15 min.
3. Add salmon and broccoli tossed with remaining oil and garlic.
4. Bake a further 12–15 min until salmon is cooked through.



BREAKFAST

**Scrambled Eggs with Spinach & Avocado on Whole-Grain Toast**

INGREDIENTS (SERVES 2)

- 4 eggs
- 1 cup fresh spinach
- 1 avocado, sliced
- 2 slices whole-grain or rye bread
- 1 tbsp olive oil · salt & pepper

METHOD

1. Toast the bread.
2. Heat oil, sauté spinach until wilted.
3. Whisk eggs, pour in, scramble gently.
4. Serve on toast, topped with avocado slices.



LUNCH

**Grilled Chicken with Quinoa, Cherry Tomatoes & Avocado Salad**

INGREDIENTS (SERVES 2)

- 1 chicken breast (200–250g), sliced
- 1 cup quinoa
- 1 cup cherry tomatoes, halved
- 1 avocado, diced
- 2 tbsp olive oil · juice of 1 lemon · salt & pepper

METHOD

1. Cook quinoa in 2 cups water for 15 min. Cool slightly.
2. Season chicken and grill 5–6 min per side until cooked. Slice.
3. Combine quinoa, tomatoes, avocado, and chicken.
4. Dress with olive oil and lemon. Season and toss.



DINNER

**Chicken Stir-Fry with Brown Rice, Peppers, Courgette & Ginger**

INGREDIENTS (SERVES 2)

- 1 cup brown rice
- 1 chicken breast, sliced
- 1 bell pepper, sliced
- 1 courgette, sliced
- 1 tbsp grated ginger
- 2 tbsp soy sauce or tamari · 1 tbsp olive oil

METHOD

1. Cook brown rice per packet instructions.
2. Heat oil and cook chicken until browned.
3. Add vegetables and ginger. Stir-fry 5 min.
4. Stir in soy sauce. Serve over rice.



BREAKFAST

**Coconut Yogurt with Flaxseeds, Raspberries & Almonds****INGREDIENTS (SERVES 2)**

- 1 cup coconut yogurt
- ½ cup raspberries
- 2 tbsp ground flaxseeds
- 2 tbsp chopped almonds
- 1 tsp honey (optional)

METHOD

1. Divide yogurt between two bowls.
2. Top with raspberries, flaxseeds, and almonds.
3. Drizzle with honey if desired. Serve immediately.



LUNCH

**Chickpea Salad with Olive Oil, Lemon, Parsley, Cucumber & Tofu****INGREDIENTS (SERVES 2)**

- 1 can chickpeas, drained
- 1 cucumber, diced
- ½ cup firm tofu, cubed
- 2 tbsp olive oil · juice of 1 lemon
- 2 tbsp fresh parsley, chopped

METHOD

1. Combine chickpeas, cucumber, and feta in a bowl.
2. Mix olive oil, lemon juice, and parsley.
3. Toss salad with dressing and serve.



DINNER

**Grilled Turkey (or Tofu) with Roasted Vegetables & Quinoa****INGREDIENTS (SERVES 2)**

- 1 cup quinoa
- 2 turkey fillets (or 200g firm tofu)
- 1 bell pepper · 1 courgette
- 1 tbsp olive oil · salt & pepper

METHOD

1. Cook quinoa per packet instructions.
2. Chop vegetables, toss with oil, roast at 200°C for 20 min.
3. Grill turkey (or tofu) in a pan until cooked through.
4. Serve with quinoa and roasted vegetables.



BREAKFAST

**Green Smoothie — Spinach, Avocado, Almond Milk, Chia & Berries****INGREDIENTS (SERVES 2)**

- 2 cups spinach
- 1 avocado
- 2 cups unsweetened almond milk
- 2 tbsp chia seeds
- 1 cup frozen berries

METHOD

1. Add all ingredients to a blender.
2. Blend until completely smooth.
3. Serve immediately — chia thickens if left to sit.



LUNCH

**Whole-Grain Wrap with Hummus, Grilled Vegetables & Rocket****INGREDIENTS (SERVES 2)**

- 2 whole-grain wraps
- 4 tbsp hummus
- 1 cup grilled vegetables (pepper, courgette, aubergine)
- 1 handful rocket

METHOD

1. Spread hummus generously on each wrap.
2. Add grilled vegetables and rocket.
3. Roll tightly and slice in half to serve.



DINNER

**Baked Cod with Asparagus & Brown Rice****INGREDIENTS (SERVES 2)**

- 2 cod fillets
- 1 cup brown rice
- 1 bunch asparagus
- 2 tbsp olive oil
- 1 lemon

METHOD

1. Cook brown rice per packet instructions.
2. Place cod and asparagus on a lined baking tray.
3. Drizzle with olive oil and lemon juice.
4. Bake at 200°C for 12–15 min until cod flakes easily.



BREAKFAST

**Overnight Oats with Almond Milk, Cinnamon, Walnuts & Strawberries****INGREDIENTS (SERVES 2)**

- 1 cup rolled oats
- 1½ cups unsweetened almond milk
- 1 tsp cinnamon
- 2 tbsp walnuts, chopped
- ½ cup strawberries, sliced

METHOD

1. Combine oats, almond milk, and cinnamon in a jar.
2. Stir, seal, and refrigerate overnight.
3. Top with strawberries and walnuts before eating.



LUNCH

**Mediterranean Salad — Tuna, Olives, Cucumber, Tomatoes & Olive Oil****INGREDIENTS (SERVES 2)**

- 1 can tuna, drained
- ½ cup olives
- 1 cucumber, diced
- 1 cup cherry tomatoes
- 2 tbsp olive oil · juice of ½ lemon

METHOD

1. Combine tuna, olives, cucumber, and tomatoes.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and serve.



DINNER

**Chicken & Vegetable Soup with Lentils****INGREDIENTS (SERVES 2)**

- 1 chicken breast, diced
- ½ cup lentils
- 1 carrot, diced · 1 celery stalk, diced
- 4 cups chicken or vegetable broth
- 1 tbsp olive oil

METHOD

1. Sauté chicken in olive oil until sealed.
2. Add carrot, celery, lentils, and broth.
3. Simmer 25 min until lentils are tender.
4. Season and serve hot.



BREAKFAST

**Omelette with Mushrooms, Tomatoes & Spinach****INGREDIENTS (SERVES 2)**

- 4 eggs
- ½ cup mushrooms, sliced
- 1 tomato, diced
- 1 cup spinach
- 1 tbsp olive oil · salt & pepper

METHOD

1. Heat oil in a pan. Cook mushrooms and tomatoes.
2. Add spinach and wilt.
3. Beat eggs, pour over vegetables, cook until set.
4. Fold omelette and serve.



LUNCH

**Quinoa Bowl with Roasted Chickpeas, Avocado, Greens & Tahini****INGREDIENTS (SERVES 2)**

- 1 cup quinoa
- 1 cup roasted chickpeas
- 1 avocado, sliced
- 2 cups mixed greens
- 2 tbsp tahini · 1 tbsp lemon juice

METHOD

1. Cook quinoa. Whisk tahini and lemon for dressing.
2. Assemble bowls with quinoa, chickpeas, greens, avocado.
3. Drizzle tahini dressing to serve.



DINNER

**Grilled Salmon with Roasted Brussels Sprouts & Sweet Potato****INGREDIENTS (SERVES 2)**

- 2 salmon fillets
- 2 cups Brussels sprouts, halved
- 1 large sweet potato, cubed
- 2 tbsp olive oil · salt & pepper

METHOD

1. Toss sprouts and sweet potato with oil. Roast at 200°C 20 min.
2. Pan-grill salmon 4–5 min per side until cooked through.
3. Serve together. Season to taste.



BREAKFAST

**High Protein Pancakes with Coconut Yogurt & Berry Topping****INGREDIENTS (SERVES 2)**

- 2 ripe bananas, mashed
- 4 eggs
- 4 tbsp oat flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1 cup coconut yogurt
- ½ cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp coconut oil for cooking

METHOD

1. Mash bananas and whisk together with eggs, oat flour, cinnamon, and baking powder.
2. Heat coconut oil in a pan over medium heat.
3. Pour small rounds of batter and cook 2–3 min per side until golden.
4. Serve topped with coconut yogurt and fresh berries.



LUNCH

**Avocado & Smoked Salmon Salad with Mixed Greens****INGREDIENTS (SERVES 2)**

- 100g smoked salmon
- 1 avocado, sliced
- 2 cups mixed greens
- 1 tbsp olive oil
- Juice of ½ lemon

METHOD

1. Arrange mixed greens on two plates.
2. Top with smoked salmon and avocado slices.
3. Drizzle with olive oil and lemon juice to serve.



DINNER

**Stir-Fried Tofu with Broccoli, Ginger, Garlic & Brown Rice****INGREDIENTS (SERVES 2)**

- 200g firm tofu, cubed
- 2 cups broccoli florets
- 1 tbsp grated ginger · 2 garlic cloves
- 2 tbsp soy sauce or tamari
- 1 cup brown rice · 1 tbsp olive oil

METHOD

1. Cook brown rice per packet instructions.
2. Stir-fry tofu in oil until golden on all sides.
3. Add broccoli, ginger, and garlic. Cook 5 min.
4. Stir in soy sauce. Serve over rice.

Tips for *Best Results*

Foods to Prioritise

- ✓ Fatty fish (salmon, cod) – 2–3× per week
- ✓ Leafy greens daily
- ✓ Legumes (lentils, chickpeas) at least 4× per week
- ✓ Berries every day for antioxidants
- ✓ Seeds – chia, flax, pumpkin – daily
- ✓ Olive oil as your primary fat

Foods to Reduce

- ✓ High-glycaemic foods (white bread, sweets, crisps)
- ✓ Dairy – a common hormonal acne trigger
- ✓ Processed & packaged foods
- ✓ Excess sugar in all forms
- ✓ Alcohol – increases inflammation
- ✓ Vegetable and seed oils (swap for olive oil)

Meal Prep Tips

- ✓ Prep chia pudding and overnight oats the night before
- ✓ Cook a large batch of quinoa or brown rice on Sunday
- ✓ Keep boiled eggs in the fridge for quick snacking
- ✓ Roast a tray of vegetables to use across 2 days
- ✓ All recipes serve 2 – scale up for meal prepping alone

Daily Habits that Help

- ✓ Drink at least 1.5–2 litres of water daily
- ✓ Aim for 7–9 hours of sleep for skin repair
- ✓ Eat within 1 hour of waking to stabilise cortisol
- ✓ Move your body – even a 20-min walk reduces stress
- ✓ Avoid touching your face throughout the day

SKIN-SUPPORTING DRINKS



Spearmint Tea

Shown in studies to reduce androgen levels – particularly helpful for hormonal acne on the chin and jawline. Aim for 1–2 cups daily.



Green Tea

Rich in EGCG, a powerful antioxidant that reduces inflammation and sebum production. A great swap for coffee.



Water

Dehydrated skin overproduces oil to compensate, which clogs pores. Sip consistently – not just when thirsty.

Ready to go deeper?

This meal plan tackles one piece of the puzzle. If your acne keeps coming back despite eating well, the root cause may be hormonal, gut-related, or stress-driven. I help people identify exactly what's driving their breakouts – and create a personalised plan to clear their skin from the inside out.

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