

7 DAYS OF EATING FOR

# Healthy Skin

## SHOPPING LIST/INGREDIENTS

MONDAY

**BREAKFAST**

Yogurt & Berries

**DINNER**

Thai Salmon Brown Rice Bowls

TUESDAY

**BREAKFAST**

Bagels with Lox and Cream Cheese

**DINNER**

Fresh Vegetable Frittata

WEDNESDAY

**BREAKFAST**

Sweet Potato and Spinach Breakfast Bowl

**DINNER**

Grilled Lemon-Thyme Chicken and Veggies

THURSDAY

**BREAKFAST**

Fiesta Scrambled Eggs

**DINNER**

Summer Spinach Salad

FRIDAY

**BREAKFAST**

Low-Fat Yogurt with Granola and Pomegranate Seeds

**DINNER**

Black Bean and Sweet Potato Chili

SATURDAY

**BREAKFAST**

Whole-Grain Cereal with Fat-Free Milk and Berries

**DINNER**

Sautéed Shiitake Mushrooms

SUNDAY

**BREAKFAST**

BBQ Chickpea & Cauliflower Flatbread with Avocado Mash

**DINNER**

Chicken Mushroom Stew

blueberries  
strawberries  
raspberries  
blackberries  
lemons  
limes  
avocados

red cabbage  
red onion  
English cucumber  
tomatos  
spinach  
romaine lettuce  
broccoli florets  
cauliflower florets  
summer squash  
zucchini  
carrot  
beet  
sweet potato  
green bell pepper  
red bell pepper  
jalapeno  
onions (yellow, white, red)  
scallions  
chives  
shiitake mushrooms

ground flaxseed  
chopped walnuts  
pepitas, roasted and salted  
sesame ginger salad dressing  
salt  
pepper  
fresh cilantro  
fresh dill  
fresh thyme  
fresh rosemary  
marjoram  
basil  
oregano  
chili powder  
garlic clove  
ground chipotle pepper  
ground cumin  
capers  
olive oil  
Balsamic vinaigrette  
vegetable stock  
chicken or vegetable broth  
black beans  
can diced tomatoes  
dried quinoa  
extra virgin coconut oil  
BBQ chickpeas  
hot sauce

eggs  
fat-free cream cheese  
vanilla yogurt (Greek, non-fat, or low-fat)  
non-fat (skim) milk  
goat cheese  
feta cheese  
salmon fillets  
smoked salmon  
boneless, skinless chicken breast

low-salt tortilla chips  
pumpnickel bagels  
brown rice  
flatbreads or pocketless pitas