

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
tomatoes
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