

7-Day Skin Reset Guide

REBUILD YOUR GLOW FROM THE INSIDE OUT



The Reset Rules

-  No ultra-processed foods
-  Protein first
-  Healthy fats daily
-  Fiber before carbs
-  Hydrate deeply
-  Eat the rainbow
-  Support your gut

7-Day Daily Reset Checklist

Track your healthy habits!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Protein	<input type="checkbox"/>						
Omega-3	<input type="checkbox"/>						
Fiber	<input type="checkbox"/>						
Antioxidants	<input type="checkbox"/>						
Fermented Food	<input type="checkbox"/>						
Water + Minerals	<input type="checkbox"/>						
Early Dinner	<input type="checkbox"/>						





Your Skin Signals



Energy 

Redness 

Digestion 

Sleep 

Puffiness 

Breakouts 

Glow 





After 7 Days

What changed?

What felt easier?

What I'll keep doing

