

Glow Grocery List

ANTIOXIDANT FOODS for DARK SKIN

(2026 Edition)

Prevent PIH • Reduce inflammation • Support skin repair from within



Antioxidant Grocery Checklist for Even Tone & Skin Longevity

Vitamin C Brighteners:

- Bell peppers
- Strawberries
- Oranges / citrus
- Kale
- Broccoli

Carotenoid Shields:

- Tomatoes
- Watermelon
- Sweet potatoes
- Carrots

Polyphenol Repair Crew:

- Green tea
- Dark chocolate (70%+)
- Red grapes
- Turmeric

Vitamin E Protectors:

- Almonds
- Sunflower seeds
- Avocados
- Spinach

Omega-3 Calmers:

- Salmon
- Sardines
- Chia seeds
- Flaxseeds
- Walnuts

Consistency reduces inflammation = fewer dark spots over time.



Weekly Skin Longevity Meal Planner



Breakfast ideas:

Lunch ideas:

Dinner ideas:

Snacks:

Hydration Tracker:

Day	Glasses of Water
Mon	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Tue	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wed	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Thu	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fri	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sat	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Sun	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Healthy skin for melanin-rich tones is built through calm, nourishment, and consistency.