



7-Day

ANTI-INFLAMMATORY

Glow Meal Plan

Simple foods that support
healthy skin after 40



Created by Pearlypetal – Skin Longevity for Women Over 40



Daily Skin Nutrition Checklist

Small habits that support glowing skin from the inside out

- Eat one omega-3 rich food

- Eat one antioxidant fruit or vegetable

- Add healthy fats to at least one meal

- Drink enough water throughout the day

- Reduce refined sugar and ultra-processed foods

- Include fibre-rich foods for gut health

- Eat colourful plant foods





7-Day Anti-Inflammatory Glow Meal Planner



Simple meals that support skin longevity

Monday

Breakfast: _____
Lunch: _____
Dinner: _____

Tuesday

Breakfast: _____
Lunch: _____
Dinner: _____

Wednesday

Breakfast: _____
Lunch: _____
Dinner: _____

Thursday

Breakfast: _____
Lunch: _____
Dinner: _____

Friday

Breakfast: _____
Lunch: _____
Dinner: _____

Saturday

Breakfast: _____
Lunch: _____
Dinner: _____

Sunday





Skin Observation Tracker

Track how nutrition affects your skin over time

Day	Skin Hydration	Skin Brightness	Breakouts or Irritation	Energy Levels
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	○ ○ ○ ○ ○ ○	○ ○ ○ ○ ○ ○	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



Weekly Reflection

How did your skin feel this week?

