

7-Day Anti-Inflammatory Breakfast Rotation

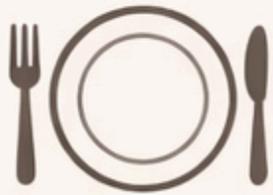
A Skin Longevity Guide
for Women Over 40

By PearlyPetal

How This Breakfast Rotation Supports Your Skin



• Stabilises blood sugar to reduce inflammation



• Provides protein for collagen and repair



• Delivers omega-3 fats for barrier strength



• Supplies antioxidants for oxidative stress



• Supports gut health for clearer skin

“Consistency beats perfection.”

Your 7-Day Anti-Inflammatory Breakfast Rotation

Monday: Cortisol-Balancing Bowl



Tuesday: Omega-3 Power Plate



Wednesday: Antioxidant Overnight Oats



Thursday: Protein-Satiety Skillet



Friday: Gut-Healing Kefir Parfait



Saturday: Savoury Japanese Breakfast



Sunday: Collagen-Boosting Pancakes





Barrier Reset Breakfast Shopping List



Proteins

- Eggs
- Greek yoghurt
- Kefir
- Sardines
- Collagen peptides

Healthy Fats

- Avocado
- Olive oil
- Flaxseed
- Chia
- Hemp seeds

Fruits & Vegetables

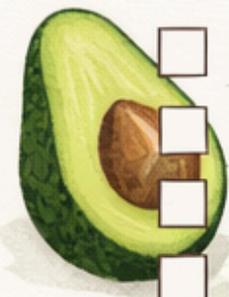
- Blueberries
- Cherries
- Spinach
- Mango
- Lemon

Fermented Foods

- Kefir
- Natto
- Miso (optional)

Pantry Staples

- Oats
- Cinnamon
- Turmeric
- Pumpkin seeds



How to Prep This

in Under 10 Minutes



- Keep seeds and collagen visible on the counter



- Boil eggs in batches



- Use frozen fruit for speed



- Prep overnight oats the night before



- Always have a 5-minute backup breakfast

“Make the healthy choice the easy choice.”

