




7-Day
SKIN BARRIER REPAIR
FOOD CHECKLIST


*Feed Your Skin from the Inside Out
(For Women 35+)*


Pearly Petal • Skin Longevity & Barrier Care





Daily Skin Barrier Support Checklist


 Protein at every meal


 Healthy fats (olive oil, fish, avocado)


 Antioxidant-rich foods (berries, greens)

 Hydration (water or herbal tea)

 Gut support (yogurt, kefir, fermented foods)

 Limit sugar & ultra-processed foods

 Gentle movement or walk

 Good sleep & stress reduction



Foods That Help Repair Your Skin Barrier

Omega-3 Fats:

Salmon, Sardines, Mackerel



Healthy Fats:

Olive Oil, Avocado



Antioxidants:

Berries, Green Tea, Leafy Greens



Protein Builders:

Eggs, Greek Yogurt



Minerals:

Pumpkin Seeds, Nuts



Gut Support:

Kefir, Yogurt, Fermented Veg



If Your Skin Barrier Is Struggling, Limit These



- Ultra-Processed Foods & Added Sugar



- Excess Alcohol



- Highly Refined Seed Oils (in excess)



- Late-Night Heavy Meals



- Foods You Personally React To

Progress over perfection. Small changes, done consistently, support skin repair.



My 7-Day Skin Barrier Reset

This week I focused on:

- _____
- _____
- _____
- _____

Foods I ate most often:

- _____
- _____
- _____
- _____

How my skin felt by Day 7:

- _____
- _____
- _____
- _____

Changes I noticed (tightness, redness, glow, comfort):

- _____
- _____
- _____
- _____

I am building resilient, calm skin from the inside out.

