

— 7-DAY —

Skin Longevity Meal Plan

— FOR WOMEN OVER 35 —

Feed Your Glow From Within

Anti-inflammatory, barrier-supporting meals



How to Use This Plan

✓ Start with Protein

- ✓ Include a quality protein source with every meal to support metabolism and muscle health.



✓ Add Healthy Fats

- ✓ Incorporate sources like avocado, nuts, seeds, and olive oil for satiety and hormone balance.



✓ Choose Low-Glycemic Carbs

- ✓ Opt for vegetables, berries, and whole grains that keep blood sugar stable.



✓ Eat Antioxidant Colors Daily

- ✓ Fill your plate with a variety of colorful fruits and vegetables rich in antioxidants.



✓ Hydrate with Mineral-Rich Foods

- ✓ Consume foods like leafy greens, cucumbers, and nuts to boost your hydration.



Your 7-Day Skin Longevity Meal Plan

Day	Breakfast	Lunch	Dinner	Skin Support Focus
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Skin Longevity

GROCERY LIST

Proteins

- Chicken
- Salmon
- Eggs
- Lentils
- Tofu
- Turkey



Low-Glycemic Carbs

- Quinoa
- Sweet Potatoes
- Berries
- Leafy Greens
- Cauliflower
- Oats



Fermented Foods

- Sauerkraut
- Kimchi
- Kefir
- Kombucha
- Miso

Healthy Fats

- Avocados
- Olive Oil
- Nuts & Seeds
- Chia Seeds
- Flaxseeds



Antioxidants

- Blueberries
- Spinach
- Turmeric
- Green Tea
- Tomatoes
- Dark Chocolate



Hydration Foods

- Cucumbers
- Celery
- Watermelon
- Oranges
- Coconut Water
- Lettuce



Daily Skin Reset Checklist



Protein at each meal

Omega-3 source

Fiber first

Berries or matcha

Fermented food

Water + minerals

Early dinner

Notes:

Today's Mood:

