

7-Day Barrier Reset Meal Plan

A Gentle, Skin-First Eating Plan for Women Over 35



— *By Pearly Petal* —

How This

7-Day Barrier Reset Works

This plan focuses on three skin-barrier foundations:

- Stable blood sugar
 - Healthy fats for the lipid barrier
 - Protein and micronutrients for repair
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You will:

- Eat protein at every meal
 - Pair carbs with fat or fibre
 - Include omega-3 fats daily
 - Support sleep and recovery
 - Reduce inflammatory spikes
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Important:

This is not a weight-loss plan. It is a skin-repair and hormone-support plan.

7-Day Barrier Reset Meal Plan

Day 1–7 Structure:

- **Breakfast:** Protein + healthy fat + fibre
- **Lunch:** Protein + vegetables + olive oil
- **Dinner:** Protein + slow carbs + *omega-3* fat
- **Snack:** *Berries, yoghurt, nuts, or seeds*

Day	Breakfast	Lunch	Dinner	Snack
Day 1	<i>Greek yoghurt, berries, flaxseed</i>	<i>Salmon, olive oil, leafy greens</i>	<i>Chicken, quinoa, avocado</i>	<i>Handful of walnuts or blueberries</i>

Repeat this structure for 7 days, rotating protein and vegetables.

Barrier Repair Food List



Proteins:

- Eggs
- Salmon
- Sardines
- Chicken
- Greek yoghurt
- Lentils

Healthy Fats:



- Olive oil
- Avocado
- Walnuts
- Flaxseed
- Chia seeds



Carbs & Fibre:

- Quinoa
- Sweet potato
- Oats
- Berries
- Leafy greens

Support Foods:



- Fermented foods
- Bone broth
- Cucumbers
- Olive oil

Build your plate for barrier repair, not restriction.

Daily Skin Barrier

Check-In

Day: _____

- I ate protein at every meal
- I included healthy fats
- I avoided sugar spikes
- I drank enough water
- I slept at least 7 hours

Skin Notes:

- Tightness level: Low / Medium / High
- Redness or irritation: Yes / No
- Hydration feel: Dry / OK / Plump

What I noticed today:





My 7-Day Barrier Reset Results

- My skin feels less tight
- My redness is calmer
- My hydration looks better
- My energy is more stable
- My sleep improved

Big Reminder:

Skin repair after 35 is slow, quiet, and cumulative.
You are building strength, not chasing quick fixes.

Next Step:

Repeat this plan for 30–90 days for real barrier change.