

The Glow Plate

7-DAY SKIN DIET RESET FOR WOMEN OVER 35

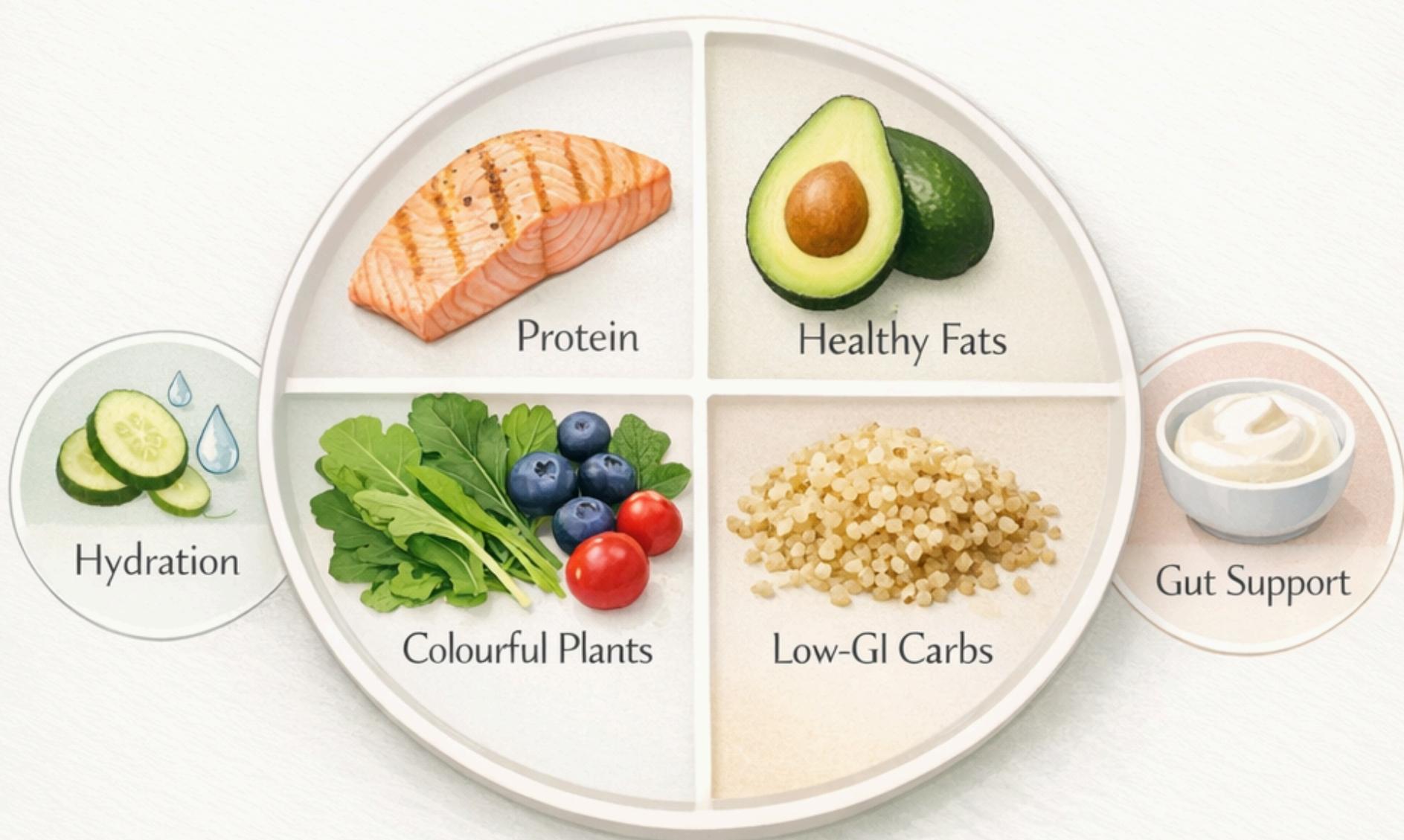
Feed Your Skin. Strengthen Your Barrier. Glow From Within.



By Pearlypetal

How the Glow Plate Works

- Build every meal around protein first
- Add healthy fats for barrier repair
- Fill half your plate with colourful plants
- Choose low-glycaemic carbs
- Hydrate with water-rich foods
- Support your gut daily



This isn't a diet. It's a skin-support system.

7-Day

SKIN-SUPPORTING MEAL PLAN

Day 1

Salmon, quinoa, greens, olive oil



Day 2

Eggs, avocado, berries, yoghurt



Day 3

Chicken, sweet potato, broccoli



Day 4

Lentils, leafy salad, olive oil



Day 5

Sardines, rice, cucumber



Day 6

Tofu, stir-fry veg, sesame



Day 7



Turkey, roasted veg, berries

 Protein first. Colour always. Hydrate daily. 



Skin-Loving Foods

Cheat Sheet



Berries

Antioxidants & Collagen Protection



Fatty Fish

Omega-3 for Barrier Repair



Olive Oil & Avocado

Skin Lipids



Leafy Greens

Detox & Minerals



Eggs & Yoghurt

Protein & Biotin



Fermented Foods

Gut-Skin Support

Eat for calm, strong, luminous skin.

Foods to Limit for Clearer Skin

- Refined sugar
- Ultra-processed snacks
- White bread & refined carbs
- Excess dairy (for sensitive skin)



Daily Glow Habits

- ✓ Protein-first meals
- ✓ Hydrate every meal
- ✓ Add colour to your plate
- ✓ Support your gut daily
- ✓ Be consistent, not *perfect*

