

7-DAY SKIN-SUPPORTING DIET

Eat Your Way to Luminous Resilience



PEARLY PETAL.



How to Use This 7-Day Skin-Supporting Diet

This plan focuses on anti-inflammatory, skin-supportive foods to help reduce redness, support the skin barrier, and promote long-term skin longevity.

You don't need perfection. Aim for consistency, hydration, and balance.

Important Note

This guide is for educational purposes only. Always consult a healthcare professional before making major dietary changes, especially if pregnant, breastfeeding, or managing health conditions.



— Your Skin-Longevity Food Focus —

Daily Staples

Berries (blackcurrants, blueberries, elderberries)



Leafy greens (spinach, kale, purple cabbage)



Extra virgin olive oil

Green tea or matcha



Protein & Fats

Wild-caught salmon, sardines, mackerel



Eggs



Pumpkin seeds, walnuts

Gut Support

Yogurt or kefir

Kimchi or sauerkraut



Spices & Boosters

Turmeric + black pepper

Ginger

Garlic



Hydration matters: Aim for water throughout the day.

7-Day Skin-Supporting MEAL PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Berries + yogurt	Write here...					
Lunch	Salmon + greens	Write here...					
Dinner	Veggie stir-fry	Write here...					
Snacks	Almonds + fruit	Write here...					
Hydration	Green tea	Write here...					

Focus on anti-inflammatory, whole foods. Keep it simple and repeat meals if needed.



Daily Skin-Supporting Habits Checklist



- Ate antioxidant-rich foods

- Included omega-3 fats

- Drank enough water

- Ate at least one fermented food

- Limited ultra-processed foods

- Had green tea or matcha

- Stopped eating heavy meals late at night

- Supported my skin barrier today



Consistency over perfection.
You are feeding your glow.





Skin Tone & Sensitivity Notes

For deeper skin tones:

Prioritise omega-3s and anti-inflammatory foods to help reduce post-inflammatory hyperpigmentation (PIH).



For sensitive or reactive skin:

Focus on gut-friendly foods, hydration, and gentle spices like turmeric and ginger.



For dry or barrier-damaged skin:

Increase healthy fats, olive oil, and oily fish to support lipid balance.



Your skin is unique.

Adjust this plan to what feels best for your body



Skin Longevity

GROCERY LIST

Berries (blackcurrants, blueberries)

Salmon / sardines / mackerel

Leafy greens

Purple cabbage

Extra virgin olive oil

Eggs

Pumpkin seeds / walnuts

Yogurt or kefir

Kimchi or sauerkraut

Turmeric + black pepper

Green tea / matcha

Shop simple. Cook gently. Feed your glow.