

14-DAY MEAL PLAN

For

CLEAR SKIN



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A FRESH START

START AS YOU MEAN TO GO ON, STAY POSITIVE, AND ENJOY YOUR DELICIOUS MEALS.

YOU DESERVE IT, YOUR SKIN DESERVES IT, AND LIFE IS TOO SHORT TO EAT BLAND BEIGE FOODS!



“I WILL START NEXT WEEK”

There’s never a perfect week to start a nutrition plan as life is unpredictable, so why not start next week on Monday. If you feel life gets in the way, begin by following a couple of the recipes and work your way up to the full plan. Starting small is much better than not starting at all.

“I WILL PRIORITISE MY TIME”

Healthy eating doesn’t require more time, just your attention to this plan and organising your time well to prep meals and batch cook ready for those busy times.

“I HAVE CONTROL OF WHAT I EAT”

Yes, you do! Clear your cupboards and throw away anything which may tempt you away from the nutritional goodness this plan holds in store for you. If temptations come from others such as cake in the office, just let people know that you are making healthy changes and to not offer anything else.

“I FEEL SUPPORTED”

If you feel that more support will help you reach your goals, join my online [Anti-acne diet programme](#) or for other skin conditions, you can also book in one-to-one [nutrition consultations](#).

HYDRATION

WATER

Water is your ideal go-to for hydration, but to keep things interesting try sparkling water occasionally, or add fruit to water to infuse the flavours. Fresh mint and chunks of pineapple, or simple slices of lemon with ice can make the world of difference.

Filtered water is best, so buy a water filter jug (e.g. Brita) to use at home.

While advice to 'drink 8 cups a day' or 'drink 2 litres' may be useful for some, the truth is, there is no official recommended amount of water to drink. Soup, tea, and even fruit can count towards your water intake, and depending on your size, activity levels and temperature of where you live, your requirements can change drastically. Simply aim to drink enough to keep your urine a pale straw colour throughout the day.

CAFFEINE

You'll be glad to hear that caffeine is generally not bad for your skin; It can aggravate rosacea and post-menopausal hot flushes though. Having up to 3 caffeinated drinks each day is absolutely fine for most people too. It's the pesticides found in tea and coffee that may impact your skin, so opt for organic brands.

If you fancy another cuppa, try herbal teas. Most of these are caffeine free and there's a huge variety to try. From chai to rooibos to mint.

The milk added to tea can be another potential skin aggravator for some individuals. If you think you may be sensitive to cow's milk, try having alternatives such as coconut milk or oat milk.

SUGARY DRINKS

Refined fruit juices and fizzy drinks are the number one biggest source of sugar we consume in the UK.

While freshly pressed fruit juices provide an array of healthy antioxidants for your skin, processed shop bought juices are low in nutrients and very high in sugars. Even natural sugars in fruit juices can cause skin to become more inflamed, so consider only having these on rare occasions.

ALCOHOL

Alcohol itself can dehydrate you, responsible for hangover headaches and feelings of exhaustion after a few, so imagine what it does to your skin.

Drinking a large glass of water before drinking alcohol and then having a glass of water with every alcoholic drink is the most effective way to stay hydrated, to prevent your skin from suffering.

Having a glass or 2 of wine won't hurt, but a night filled with sugary cocktails may impact your skin.

MEAL PLAN – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate chia seed pudding	½ punnet of strawberries sliced, Greek yoghurt, 1 tbsp cashew nut butter, 1 tbsp ground flaxseeds	Pear & cinnamon smoothie (with protein powder)	Low sugar granola with Greek yoghurt, ½ punnet of raspberries & 1 tbsp almond nut butter	Bircher muesli - 1 apple chopped, ½ punnet of raspberries, 2 tbsp oats, 1 tbsp ground flaxseeds, 2 tbsp yoghurt, dash of milk. Mix & soak overnight.	Blueberry porridge	Mini ham & cheese frittatas
Lunch	Grilled falafel with salad (red onion, red cabbage, peppers, cucumber), ½ pot of houmous & cheddar in wholemeal pitta bread	Shop bought lentil & vegetable soup, with added stilton	Goat's cheese and walnut salad with ½ pot of houmous & 2 Ryvita crackers	Frittata (leftovers from yesterday's dinner) with cucumber side salad	Mixed salad with chargrilled artichokes, black beans, chopped tomatoes, olives, goat's cheese, 1 tbsp olive oil and 1 tbsp balsamic vinegar	Shakshuka	Trout (20 mins in oven wrapped in foil with lemon juice and sliced garlic) with roasted courgette, peppers & baby potatoes (with skins on)
Snack	1 apple with 1 tbsp almond butter	2 Ryvita crackers with 2 sliced boiled eggs, pesto & sliced cucumber	½ punnet of strawberries with small handful of mixed nuts	Handful of olives & sliced cheddar	Protein snack bar	Chocolate & cashew shake	40g of 85% dark chocolate, and small handful of mixed nuts
Dinner	Chilli con carne (BATCH COOK)	Seabass fillet baked in the oven wrapped in foil for 18 mins, with sweet potato mash & steamed broccoli	Spinach & mushroom frittata Top with crumbled stilton	Chicken & broccoli stir-fry Spicy edamame beans	Fish & butternut squash curry (BATCH COOK)	Night off the plan - Dinner of your choice if going out for example	Bean pasta (available in most supermarkets) with sweetcorn, asparagus, sour cream, stilton and pesto. Serve with side salad & pine nuts.

MEAL PLAN – WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ham & cheese frittatas (leftovers from yesterday's breakfast)	Berry & mint smoothie	Chocolate & hazelnut porridge	Low sugar granola with Greek yoghurt, 2 plums, 1 tbsp cashew nut butter	Coconut chia seed pudding	Poached eggs & avocado on toast	Banana pancakes with yoghurt & 1 tbsp ground flaxseeds
Lunch	Bean pasta (leftovers from yesterday's dinner) with side salad	Salmon fish cakes (leftovers from yesterday's dinner) with side salad	2 sliced tomatoes, 1 sliced mozzarella ball, 1 sliced avocado. Serve with lettuce, butter beans & basil. 1 tbsp. olive oil.	Shop bought tomato soup, with added cheddar, 1 tbsp ground flaxseeds & wholemeal bread	2 hard boiled eggs with mixed salad leaves, ¼ pot of houmous, feta, butter beans, 1 tbsp olive oil and 1 tbsp lemon juice	Rocket salad with feta, sundried tomatoes, chopped tomatoes and olives	Roast carrots, beetroot & lamb. Cauliflower cheese – steam cauliflower, mix in bowl with ½ pot of houmous and top with cheddar. Bake in oven.
Snack	Greek yoghurt with ½ punnet of blueberries & 1 tbsp shredded coconut	Protein snack bar	2 Ryvita crackers with cream cheese & blackcurrant jam (no added sugar)	40g of 85% dark chocolate, and ½ punnet of raspberries	Greek yoghurt with ½ punnet of raspberries & 1 tbsp ground flaxseeds	Carrot sticks with ¼ pot of houmous	40g of 85% dark chocolate, and small handful of mixed nuts
Dinner	Salmon fish cakes	Chilli con carne (from freezer)	Prawn soba noodles	Fish curry (from freezer)	Sweet potato & spicy chicken	Night off the plan - Dinner of your choice if going out for example	Baked aubergine & spicy beans

SAVE TIME - BE PREPARED

HAVE THIS MEAL PLAN IN VIEW

Print this meal plan and stick it to your fridge, and screen shot this plan and save to your phone so it's always at hand.

PLAN WHERE TO BUY YOUR FOODS

To save you the most time possible, set weekly automated food deliveries. You can buy health foods cheaper online in bulk. Stock up your cupboards with healthy essentials such as coconut oil and extra virgin olive oil too.

Ocado – online supermarket with a huge range of healthy foods.

<https://www.ocado.com/>

Riverford – for the freshest fruit and vegetable box deliveries that last all week.

<https://www.riverford.co.uk/>

Buy Wholefoods Online – buy health foods in bulk for cheaper than the supermarket (if you are devoted to eating this way in the long term!)

<https://www.buywholefoodsonline.co.uk/>

The Natural Dispensary – for [whey protein powder](#), (or [dairy-free protein powder](#)) and [snack bars](#) etc.

Use 10% discount code **KYLA10**

<https://naturaldispensary.co.uk/>

GET MORE SUPPORT

If you would like more personalised support after following this plan, or would like to have diagnostic tests such as hormone tests and stool analysis tests, please feel free to message me directly on [Facebook messenger](#) or drop me an email at info@kylanewcombenutrition.com

Anti-Acne Diet Programme

If you are a woman suffering with **hormonal acne**, I have an 8-week online programme to tackle the root causes:

<https://kylanewcombenutrition.com/project/online-anti-acne-diet-skin-programme/>

Nutrition consultations

If you have a skin condition such as **eczema, psoriasis or rosacea** and you would like more in-depth one-to one support, I also offer video consultations:

<https://kylanewcombenutrition.com/project/nutrition-consultations/>

I really hope you love the plan!

Kyla

