

# 14-DAY MEAL PLAN

For

## CLEAR SKIN (VEGETARIAN)



By Nutritionist Kyla Newcombe DipION, BSc, MSc

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# A FRESH START

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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](#).

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# HYDRATION

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## 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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	<a href="#">Chocolate chia seed pudding</a>	½ punnet of strawberries sliced, Greek yoghurt, 1 tbsp cashew nut butter, 1 tbsp ground flaxseeds	<a href="#">Pear &amp; cinnamon smoothie</a>  <a href="#">(with protein powder)</a>	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.	<a href="#">Blueberry porridge</a>	<a href="#">Mini veg &amp; cheese frittatas</a>
<b>Lunch</b>	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	<a href="#">Goat's cheese and walnut salad</a> 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	<a href="#">Shakshuka</a>	Rocket salad topped with sliced roasted red pepper, olives, tomatoes, feta & butter beans  Salad dressing – 1 tbsp olive oil, 1 tbsp fresh lemon juice
<b>Snack</b>	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	<a href="#">Protein snack bar</a>	<a href="#">Chocolate &amp; cashew shake</a>	40g of 85% dark chocolate, and small handful of mixed nuts
<b>Dinner</b>	<a href="#">Bean chilli</a> (BATCH COOK)	<a href="#">Spicy tofu &amp; quinoa</a>	<a href="#">Spinach &amp; mushroom frittata</a> Top with crumbled stilton	<a href="#">Veg &amp; cashew stir-fry</a>  <a href="#">Spicy edamame beans</a>	<a href="#">Aubergine &amp; chickpea curry</a> (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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	Mini veg & cheese frittatas (leftovers from yesterday's breakfast)	<a href="#">Berry &amp; mint smoothie</a>	<a href="#">Chocolate &amp; hazelnut porridge</a>	Low sugar granola with Greek yoghurt, 2 plums, 1 tbsp cashew nut butter	<a href="#">Coconut chia seed pudding</a>	<a href="#">Poached eggs &amp; avocado on toast</a>	<a href="#">Banana pancakes</a> with yoghurt & 1 tbsp ground flaxseeds
<b>Lunch</b>	Bean pasta (leftovers from yesterday's dinner) with side salad	<a href="#">Fresh veg omelette</a> 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	Beetroot & chickpea burgers (from freezer) with roast carrots & cauliflower cheese – steam cauliflower, mix with ½ pot of houmous and top with cheddar. Bake in oven for 15 mins.
<b>Snack</b>	Greek yoghurt with ½ punnet of blueberries & 1 tbsp shredded coconut	<a href="#">Protein snack bar</a>	2 Ryvita crackers with cream cheese & <a href="#">blackcurrant jam</a> (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
<b>Dinner</b>	<a href="#">Beetroot &amp; chickpea burgers</a> (batch cook and freeze for Sunday) Serve with wholemeal baps, red onion, avocado, cheddar & salad	Bean chilli (from freezer)	<a href="#">Bean fettuccine pasta</a>	Aubergine & chickpea curry (from freezer)	<a href="#">Sweet potato &amp; houmous</a>	Night off the plan - Dinner of your choice if going out for example	<a href="#">Baked aubergine &amp; spicy beans</a>

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# SAVE TIME - BE PREPARED

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## 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 and 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/>

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## GET MORE SUPPORT

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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](mailto: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

