

# 3 Day Hormonal Acne Diet Meal Plan

## Day 1

### Breakfast

Parfait made with 1 cup yogurt with live cultures, ½ cup strawberries, 1 tbsp flaxseeds

2 slices French toast made from wholegrain bread, 2 eggs, ½ cup almond milk, 1 tsp cinnamon

1 cup peppermint tea

### Mid Morning Snack

Sliced, raw vegetables like carrots, cauliflower, celery, cucumbers

1 tbsp peanut butter

### Lunch

4 oz grilled, organic salmon with seasoning and 1 cup brown rice

Rainbow vegetables sauteed in olive oil like bell peppers, broccoli, carrots, cauliflower, zucchini

Banana berry ice-cream made by blending 2 frozen bananas, 1 cup berries, 2 tbsp almond milk

### Mid Afternoon Snack

1 cup peppermint tea

½ cup raw peanuts

### Dinner

1 cup grilled pumpkin drizzled with 1 tbsp of pumpkin seed oil

Rainbow soup made from vegetables like bell peppers, carrots, onions, tomatoes, zucchini and spiced with black pepper, garlic and ginger.

1 cup strawberries

# Day 2

## Breakfast

Parfait made with 1 cup yogurt with live cultures, ½ cup mango cubes, 1 tbsp shredded coconut, 1 tbsp flaxseeds

2 slices wholegrain bread with omelette made from 2 eggs, 1 tomato, ½ bell pepper, ½ onion

1 cup spearmint tea

## Mid Morning Snack

Sliced, raw vegetables like bell peppers, broccoli, carrots, cauliflower, celery, cucumbers

1 tbsp peanut butter or other nut butter

## Lunch

4 oz steamed, organic chicken with seasoning and 1 cup brown rice

Rainbow vegetables sauteed in olive oil like bell peppers, broccoli, carrots, cauliflower, zucchini

Banana mango ice-cream made by blending 2 frozen bananas, 1 cup mango cubes, 2 tbsp almond milk

## Mid Afternoon Snack

1 cup spearmint tea

½ cup Brazil nuts or other nuts

## Dinner

1 cup grilled sweet potato drizzled with 1 tbsp of pumpkin seed oil

Rainbow soup made from vegetables like bell peppers, carrots, onions, tomatoes, zucchini and spiced with black pepper, garlic and ginger.

1 cup pineapple cubes

# Day 3

## Breakfast

Parfait made with 1 cup yogurt with live cultures, ½ cup orange pieces, 1 tbsp pumpkin seeds, 1 tbsp flaxseeds

2 slices French toast made from wholegrain bread, 2 eggs, ½ cup almond milk, 1 tsp cinnamon

1 cup green tea

## Mid Morning Snack

Sliced, raw vegetables like bell peppers, broccoli, carrots, cauliflower, celery, cucumbers

1 tbsp peanut butter

## Lunch

4 oz ground, organic beef spaghetti sauce made with tomatoes, bell peppers, onions, olive oil and 1 cup whole grain spaghetti

Rainbow vegetables sauteed in olive oil like bell peppers, broccoli, carrots, cauliflower, zucchini

Banana orange ice-cream made by blending 2 frozen bananas, 1 cup orange slices 2 tbsp almond milk

## Mid Afternoon Snack

1 cup green tea

½ cup walnuts or other nuts

## Dinner

1 cup grilled squash drizzled with 1 tbsp of pumpkin seed oil

Rainbow soup made from vegetables like bell peppers, carrots, onions, tomatoes, zucchini and spiced with black pepper, garlic and ginger.

1 orange

## The Acne Diet Book

To learn more about the hormonal acne diet, read The Acne Diet Book which contains:

The Acne Diet Book teaches you the foods to avoid and the foods to eat for natural acne treatment.

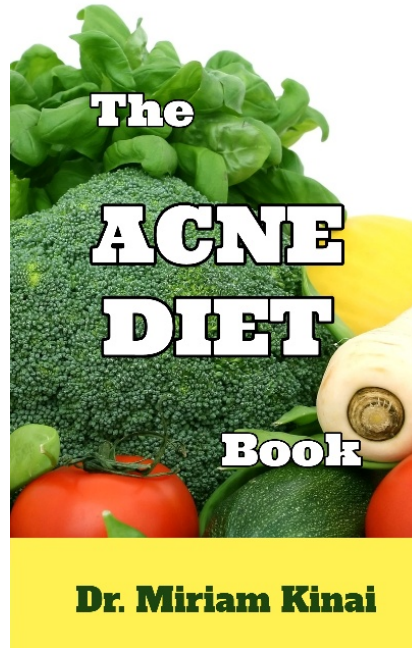
It also teaches you the hormonal acne diet, the anti-inflammatory diet for acne and the supplements for acne treatment.

This acne treatment book also contains an acne free diet meal plan to help you follow an anti acne diet at home.

This acne cure book also has numerous acne smoothie recipes that include:

- \*Hormonal acne smoothies
- \*Smoothies for acne scars
- \*Smoothies for acne spots (hyperpigmentation)
- \*Anti-inflammatory diet smoothies for acne
- \*Detox smoothies for clear skin
- \*Smoothies for clear skin and weight loss
- \*Flat belly smoothies

[Click here to buy The Acne Diet Book](#)



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### *About The Author*

Dr. Miriam Kinai is a medical doctor who has received specialized training in dermatology from the USA and Australia.

She runs an online skin clinic at <https://www.almasiskincare.com/online-skin-clinic-doctor-consultation/>

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## ONLINE SKIN CLINIC

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