

The 7-Day Skin Reset Meal & Hydration Guide

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Identify the eating patterns
feeding your breakouts.



7-DAY MEAL PLAN
Skin-friendly recipes
to support clear skin



**DAILY HYDRATION
TRACKER**
Stay hydrated.
Support your glow.



**SMART SHOPPING
LIST**
Choose foods
that love your skin.

THE 7-DAY SKIN RESET MEAL & HYDRATION GUIDE

Simple meals. Better hydration. More consistent habits.

For The Clear Skin Pattern Reset™

HOW TO USE THIS GUIDE

This 7-day guide is designed to help you create simple, consistent eating and hydration habits while paying closer attention to your skin.

This is **not a detox or acne cure**.

The goal is to:

- Eat balanced meals consistently.
- Drink water regularly.
- Include more fruits and vegetables.
- Avoid unnecessary extreme food restrictions.
- Track possible patterns between your lifestyle and your skin.

Simple Plate Formula

½ plate: Vegetables and/or fruit

¼ plate: Protein — fish, eggs, beans, chicken

¼ plate: Carbohydrates — rice, yam, oats, potatoes or plantain

Your 7-Day Rule

Don't try to be perfect. Try to be consistent.

Keep a bottle of water nearby, eat regular meals and observe how your skin behaves.

DAY 1: START SIMPLE

Breakfast

- Oats + banana
- Groundnuts or nuts
- Water

Lunch

- Rice + beans
- Fish or chicken
- Vegetables
- Water

Snack

- Orange, watermelon or pawpaw
- Water

Dinner

- Sweet potato
- Eggs or fish
- Vegetables
- Water

Today's Focus

Don't change everything at once.

Simply focus on **regular meals and regular hydration**.

Skin Check

Stress: ____ /10

Water: ☐ ☐ ☐ ☐

New breakout? Yes / No

DAY 2: ADD MORE COLOUR

Breakfast

- Eggs
- Whole-grain bread or boiled yam
- Tomato/cucumber
- Water

Lunch

- Rice
- Grilled fish/chicken
- Carrot, cabbage and cucumber
- Water

Snack

- Fruit
- Water

Dinner

- Beans
- Plantain
- Vegetables
- Water

Today's Focus

Try to include different colours of fruits and vegetables today.

Think variety, not perfection.

Skin Check

Stress: ____ /10

Water: ☐ ☐ ☐ ☐

New breakout? Yes / No

DAY 3: HYDRATION DAY

Breakfast

- Oats + fruit
- Eggs
- Water

Lunch

- Boiled yam
- Vegetable sauce
- Fish or chicken
- Water

Snack

- Fruit or nuts
- Water

Dinner

- Rice + beans
- Vegetables
- Water

Hydration Reminder

Spread your fluids throughout the day rather than trying to drink a large amount at once.

Your individual water needs can vary depending on your body, activity level, climate and health.

Today's Focus

Keep water within reach.

Skin Check

Stress: ____ /10

Water: ☐ ☐ ☐ ☐

New breakout?

DAY 4: BUILD A BALANCED PLATE

Breakfast

- Oats
- Banana
- Groundnuts
- Water

Lunch

- Rice
- Beans
- Fish
- Vegetables
- Water

Snack

- Fruit
- Water

Dinner

- Sweet potato
- Eggs or chicken
- Turkey

- Vegetables
- Water

Today's Focus

Before eating, ask:

Where is my protein?

Where are my vegetables or fruit?

Am I eating a satisfying, balanced meal?

Skin Check

Stress: ____ /10

Water: ☐ ☐ ☐ ☐

New breakout? Yes / No

DAY 5: BECOME A SKIN DETECTIVE

Today, pay attention to your **whole routine**, not just food.

Breakfast

- Eggs + bread + fruit
- Water

Lunch

- Rice + fish + vegetables
- Water

Snack

- Fruit or groundnuts
- Water

Dinner

- Plantain + eggs
- Vegetables
- Water

Skin Detective Notes

What did I eat today?

How many hours did I sleep?

Stress level: 1–10

Any new breakouts?

Where?

Today's Focus

One breakout does not prove that one food caused it.

Look for repeated patterns over time.

DAYS 6 & 7 + YOUR RESET REVIEW

DAY 6 — KEEP IT REALISTIC

Breakfast

Oats + banana + groundnuts + water

Lunch

Rice + beans + fish + vegetables + water

Snack

Fruit + water

Dinner

Boiled plantain + eggs + vegetables + water

Focus: Use foods that fit your budget, culture and normal lifestyle.

DAY 7 — REVIEW YOUR WEEK

Breakfast

Eggs + whole-grain bread + fruit + water

Lunch

Rice/yam + fish/chicken + vegetables + water

Snack

Fruit or nuts + water

Dinner

Sweet potato/plantain + fish/eggs + vegetables + water

YOUR 7-DAY RESET REVIEW

Did I drink water more consistently?

☐ Yes ☐ No

Did I eat more fruits and vegetables?

☐ Yes ☐ No

Did I skip fewer meals?

☐ Yes ☐ No

What food or lifestyle patterns did I notice?

How was my skin this week?

What habit will I continue?

YOUR CLEAR SKIN PATTERN RESET™ REMINDER

Decode → Reset → Maintain

Don't fear food.

Don't chase extreme diets.

Don't blame one meal for every breakout.

Observe your patterns, build consistent habits, and give your routine time.

Disclaimer

This guide is for general educational purposes only and is not medical advice or a treatment for acne. Individual nutritional needs vary. If you have a medical condition, food allergy, dietary restriction, are pregnant or breastfeeding, take medication, or have persistent/severe acne, speak with an appropriately qualified healthcare professional before making significant dietary changes.