

# ULTIMATE FOOD LIST FOR GREAT SKIN

SAVE ME TO  
YOUR PHONE

## *Healthy Fats*

**Chia seeds, Flaxseeds, Flaxseed oil, Flaxseed meal, Walnuts, Almonds, Almond meal, Extra virgin olive oil, Avocado oil, Avocado, Fatty fish (salmon, mackerel, sardines), Grass-fed butter, Tahini, Sesame seeds, LSA mix (Linseed/Sunflower/Almond).**

## *Antioxidants*

**Blueberries, Strawberries, Blackberries, Spinach, Kale, Broccoli, Capsicum, Carrots, Sweet potatoes, Zucchini, Beetroot, Cabbage (especially purple), Tomato paste, Dried mushrooms (shiitake, maitake), Grapes, Pomegranate arils, Red wine (in moderation).**

## *Protein and Collagen*

**Free range Eggs, Organic chicken, Grass fed Beef, Turkey, Lamb, Bone broth, Greek yogurt, Kefir, Tofu, Tempeh, Cottage cheese, Lentils, Chickpeas, Black beans, Quinoa, Hydrolyzed Collagen powder (bovine or marine), Salmon.**

## *Hydration*

**Cucumber, Watermelon, Celery, Lettuce, Spinach, Zucchini, Coconut water, Herbal teas (peppermint, chamomile, nettle, rosehip), Aloe vera juice (unsweetened), Filtered Water, Mineral Water, Soda Water.**

## *Vitamins & Minerals*

**Strawberries, Blueberries, Kiwi, Oranges, Papaya, Pineapple, Capsicum, Brussel Sprouts, Dried Goji berries, Camu Camu powder, Pumpkin seeds, Sunflower seeds, Brazil nuts, Brown rice, Seaweed or nori sheets, Dark chocolate (85%+), Edamame, Mushrooms, Organic cheese, Organic chicken liver, Pate.**

Foods to limit - Refined sugar, sugary snacks, highly processed foods, excess dairy, hydrogenated oils, excessive colours, preservatives, flavours, artificial sweeteners, high glycemic index foods, gluten.