

1. Berry Antioxidant Smoothie Bowl

Rich in antioxidants from berries, which help combat free radicals, support collagen production, and promote glowing skin.

Meal: Breakfast or Snack Prep Time: 10 minutes



maplejubilee.com

Mixed Berry Smoothie Bowl

Ingredients (serves 1):

- 1 cup frozen mixed berries (blueberries, strawberries, raspberries)
- 1 frozen banana
- ½ cup Greek yogurt (or plant-based alternative)
- ¼ cup almond milk (or any milk)
- Toppings: fresh berries, 1 tbsp chia seeds, handful of granola

Instructions:

1. Add frozen berries, banana, yogurt, and almond milk to a blender.

2. Blend until thick and smooth (add a splash more milk if needed).
3. Pour into a bowl and arrange toppings artistically on top.
4. Enjoy immediately for maximum freshness.

2. Baked Salmon with Asparagus

Loaded with omega-3 fatty acids from salmon to reduce inflammation, hydrate skin, and improve elasticity.

Meal: Lunch or Dinner Prep Time: 25 minutes



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Easy Baked Salmon Sheet Pan Recipe - A Simple Low Carb Dinner!

Ingredients (serves 2):

- 2 salmon fillets (skin-on or skinless)
- 1 bunch asparagus, trimmed
- 2 tbsp olive oil
- Juice of 1 lemon

- 2 garlic cloves, minced
- Salt, pepper, and fresh herbs (dill or parsley)

Instructions:

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment.
2. Place salmon and asparagus on the sheet. Drizzle with olive oil and lemon juice, then sprinkle garlic, salt, pepper, and herbs.
3. Bake for 15-20 minutes until salmon flakes easily and asparagus is tender.
4. Serve hot with extra lemon wedges.

3. Loaded Avocado Toast with Egg & Tomatoes

Healthy fats from avocado nourish the skin barrier, while tomatoes provide vitamin C for collagen synthesis and brightness.

Meal: Breakfast or Light Lunch Prep Time: 15 minutes



[instagram.com](https://www.instagram.com)

Fresh smashed avocado 🔄 on toasted multi-grain bread 🍴, topped ...

Ingredients (serves 1):

- 2 slices whole-grain bread
- 1 ripe avocado
- Handful cherry tomatoes, halved
- 1-2 eggs (poached or fried)
- Salt, pepper, red pepper flakes, and microgreens (optional)

Instructions:

1. Toast the bread until golden.

2. Mash the avocado with a pinch of salt and spread thickly on the toast.
3. Top with halved cherry tomatoes and the cooked egg(s).
4. Season with pepper, flakes, and microgreens. Serve immediately.

4. Turmeric Golden Milk Latte

Curcumin in turmeric offers powerful anti-inflammatory benefits to protect skin from premature aging and promote an even glow.

Meal: Evening Drink or Snack Prep Time: 10 minutes



[zulaykitchen.com](https://www.zulaykitchen.com)

How to Make Golden Spiced Latte

Ingredients (serves 1):

- 1 cup milk (dairy or plant-based, e.g., almond or coconut)
- 1 tsp ground turmeric
- ½ tsp ground cinnamon
- ¼ tsp ground ginger (or fresh grated)
- Pinch of black pepper (activates curcumin)

- 1 tsp honey or maple syrup (to taste)

Instructions:

1. Warm the milk in a small saucepan over medium heat.
2. Whisk in turmeric, cinnamon, ginger, and black pepper.
3. Simmer gently for 5 minutes, stirring occasionally.
4. Strain if desired, sweeten with honey, and pour into a mug. Enjoy warm.

5. Mango Coconut Chia Pudding

Chia seeds provide plant-based omega-3s for skin hydration, while mango delivers vitamin C and antioxidants for radiance.

Meal: Dessert, Breakfast, or Snack Prep Time: 10 minutes + overnight chilling



atastykitchen.com

Mango coconut chia pudding recipe - A Tasty Kitchen

Ingredients (serves 2):

- $\frac{1}{4}$ cup chia seeds
- 1 cup coconut milk (or any milk)
- 1 ripe mango, pureed (reserve some cubes for topping)

- 1 tbsp honey or maple syrup (optional)
- Toppings: fresh mango slices, shredded coconut, mint leaves

Instructions:

1. In a bowl or jar, mix chia seeds, coconut milk, mango puree, and sweetener.
2. Stir well, cover, and refrigerate overnight (or at least 4 hours) until thickened.
3. Stir again before serving, then layer or top with fresh mango and coconut.
4. Best served chilled.