# CLEAN SKIN CLUB



#### 100% Plant Based

# CLEAN SKIN

Ever heard the saying, "You are what you eat"? Yes, it is true. What you eat directly impacts your skin. We usually work with combination skin externally, but there are also a few things you can focus on internally to help. The key here is balance — it always comes back to balance. You want to help to moisturize the dry parts of your skin and dry up the oily parts of your skin.

There are some foods which are great for Combination skin. These foods not only take care of your skin but also your body as a whole. The foods that have high water content are good for your Combination skin. Let us now look the foods that are best and worst for your skin.





# WHAT'S IN HERE?

### **2-8** Best & Worst Foods

# 9-19 Yummy Meals





### **BEST FOODS** PROBIOTICS AND FERMENTED FOODS

Fermented foods and probiotics will add beneficial microorganisms to your gut, the "good" bacteria, helping with digestion. Healthy gut flora and digestion will result in better skin, too. try sauerkraut, kimchi, miso, and pickles. You can also take supplements for a while to re-balance your gut flora. try taking probiotics with about 50 billion active cultures per capsule that are also gluten free and vegan.

## BEST FOODS Seeds and nuts

While too much omega 6 can irritate your gut, omega 3 fatty acid has anti-inflammatory effects. Therefore, you should increase the foods with omega 3 fatty acids and reduce the omega 6 intake. While omega 6 fatty acids are healthy on a balanced diet, they do have an inflammatory effect when consumed too much. Omega 6 is highly concentrated in oils. So cutting out oils while increasing your healthy fat intake with whole foods like nuts, seeds, and leafy greens (spinach) wil re-balance your omega-3 : omega-6 ratio.

### BEST FOODS FRUITS & VEGETABLES

Eat lots of vegetables to reduce inflammation in your gut, ensure an optimal intake of minerals and vitamins that help heal your skin and provide your body with energy and nutrients. Vegetables are lower in sugar than fruits so you should eat more of them.

Starchy fruits are higher in sugar and can spike your insulin levels. While eating a banana shouldn't be too bad, make sure you reach for the berries and a citrus fruit like kiwi, orange, or pineapple more often. Apples are fine, too.

# WORST FOODS SUGAR

It is not that sugar causes acne directly. As you eat carbohydrates, and especially sugar, your blood sugar levels increase. The pancreas responds by releasing insulin, a hormone that takes sugar into cells and reduces blood sugar levels. Consuming too much sugar can run the risk of becoming insulin resistant and therefore bringing your hormones out of balance. Sugar also irritates your stomach lining hindering your stomach from absorbing important minerals and vitamins that would heal your acne. High GI foods (as sugar) also promote sebum production, leading to clogged pores.

# WORST FOODS Processed foods

Prepackaged foods and meals that you get when eating out contain cheap canola or soy oils, sugar, simple carbs, animal fat. All foods that spike insulin, raise blood sugar levels, and imbalance your hormones. Avoid going out to eat. Preparing your own healthy meals will heal your gut, your skin, and will even save your wallet ;)



# WORST FOODS Sodium (Salt)

When your body experiences the negative effects from consuming too much sodium, your skin experiences it as well. Your face may become puffy and bloated-looking due to water retention caused by too much salt in the diet, and you might develop bags beneath your eyes. Skin can become dry and cracked, or it might develop an overproduction of oil as the oil glands try to compensate for the dehydration of the skin.

# YUMMY MEALS Power oats bowl

#### 1 cup dry oats

- 1 T flax seed
- **1 T walnuts or almonds**
- 1 cup berries (or other fruit)
- 1 cup soy or almond milk

Microwave for 1-2 minutes to get the seeds and oats to soak.



### YUMMY MEALS Avocado tartare

#### Ingredients (2 servings) :

2 medium sweet potatoes Extra virgin olive oil, for drizzling Sea salt and freshly ground black pepper 1 watermelon radish, thinly sliced, cut into half moons 2 teaspoons sesame seeds, white or black

Avocado tartare: 1 teaspoon sesame oil 2 teaspoons fresh lemon juice + more for squeezing ¼ teaspoon Dijon mustard ¼ cup diced red onion 1 medium-large ripe avocado Sea salt

### YUMMY MEALS Avocado tartare

#### How to make it

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.

2. Slice thin rounds (smaller than ¼ inch, not quite as thin as ¼ inch) from the thick middle of the sweet potatoes. This should yield 14 to 16 rounds. (You can chop up the ends of the sweet potatoes into cubes and roast them for another use).

3. Place the sweet potatoes on the baking sheet, drizzle with olive oil and pinches of salt and pepper, and roast for 20 minutes. Turn the slices and roast for 10 to 15 minutes more, or until tender.

4. Make the Avocado tartare: In a medium bowl, whisk together the sesame oil, lemon juice, mustard, and a few pinches of salt. Stir in the red onion and set aside.

5. When the sweet potatoes are almost done, dice the avocado and stir it into the tartare along with an extra squeeze of lemon. Season to taste.

6. Top the roasted sweet potato rounds with the watermelon radish slices and the avocado tartare. Sprinkle with sesame seeds and coarse salt.

## YUMMY MEALS Veggie scramble

#### Ingredients (6 servings) :

- 1 red onion, peeled and cut into ½-inch dice
- 1 red bell pepper, seeded and cut into ½-inch dice
- 1 green bell pepper, seeded and cut into ½-inch dice
- 2 cups sliced mushrooms (from about 8 ounces whole mushrooms)
- 1 large head cauliflower, cut into florets, or 2 (19-ounce) cans ackee, drained and gently rinsed
- Sea salt
- 1/2 teaspoon freshly ground black pepper
- 1<sup>1</sup>/<sub>2</sub> teaspoons turmeric
- 1/4 teaspoon cayenne pepper, or to taste
- 3 cloves garlic, peeled and minced
- 1 to 2 tablespoons low-sodium soy sauce

### YUMMY MEALS Veggie scramble

### How to make it

1. Place the onion, red and green peppers, and mushrooms in a medium skillet or saucepan and sauté over medium-high heat for 7 to 8 minutes, or until the onion is translucent. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.

2. Add the cauliflower and cook for 5 to 6 minutes, or until the florets are tender.

3. Add the salt to taste, pepper, turmeric, cayenne, garlic, soy sauce, and nutritional yeast (if using) to the pan, and cook for 5 minutes more, or until hot and fragrant.

### YUMMY MEALS KIMCHI-SESAME HUMMUS

#### Ingredients (8 servings) :

- 1 (15-oz.) can unsalted chickpeas
- 1/2 cup kimchi1/4 cup tahini (sesame seed paste)3 tablespoons water
- 2 tablespoons toasted sesame oil
- 1 tablespoon rice vinegar
- 1/2 teaspoon kosher salt
- 1 chopped garlic clove
- 2 tablespoons chopped kimchi
- 1 1/2 tablespoons sliced green onions



#### YUMMY MEALS KIMCHI-SESAME HUMMUS

### How to make it

1. Drain unsalted chickpeas. Place drained chickpeas, kimchi, tahini (sesame seed paste), water, toasted sesame oil, rice vinegar, kosher salt, and chopped garlic clove in a mini food processor; process until well blended (about 2 minutes).

2. Spoon hummus into a bowl; top with 2 Tbsp. chopped kimchi and 1 1/2 Tbsp. sliced green onions.

#### YUMMY MEALS Cauliflowercouscous

#### Ingredients (2 servings) :

2/3 cup Israeli couscous
2 cups cauliflower florets
1/4 cup chopped parsley
3 tablespoons chopped green onions
2 tablespoons chopped dill
2 tablespoons pine nuts
2 tablespoons lemon juice
2 tablespoons olive oil
5/8 teaspoon kosher salt



### YUMMY MEALS CAULIFLOWER-COUSCOUS

#### How to make it

Preheat oven to 450°F. Cook couscous according to package directions; cool. Arrange cauliflower florets on a sheet pan; bake at 450°F for 11 minutes. Combine couscous, cauliflower, parsley, green onions, dill, pine nuts, lemon juice, olive oil, and salt.

#### YUMMY MEALS AVOCADO-MINT CHOCOLATE CHIPICE CREAM

### How to make it

1. Without shaking it, open the can of coconut milk and scoop the thickened part into a bowl. (Set aside the remaining coconut water and use for something else.) Using a hand mixer, whip until fluffy, then transfer to a 9inch-by-9-inch glass dish.

2. In a food processor, add the avocados, lemon juice, agave, and mint extract. Blend until smooth.

3. Place the avocado mixture on top of the whipped coconut cream. Add the chocolate chips or chocolate shavings and combine.

4. Cover with plastic wrap, making sure that there is no air space between the ice cream and the plastic wrap. Freeze for at least 2 hours.

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