



Enemies of Acne!

Three days of Meal examples

www.carlahanlonnaturopath.com.au

Suggestions

- No trans (naughty) Fats ... Think of good fats like avocado, coconut or olive oil, nuts and seeds
- No hard cheese - Fetta or ricotta is fine!
- Almond, Rice or Oat milk only - No cow's milk (ensure Almond milk is Carrageenan free)
- Start each day with a glass of water with juice of half a lemon squeezed into it
- After dinner - one glass of water (300 ml) with 1 teaspoon of slippery elm powder stirred into it followed by a second glass of water (300ml)
- Inclusion of herbal and green teas where possible (Morelife Dande Detox or Yogi Liver & Kidney blend are good)
- 3 Days per week: Breakfast or dinner - Green smoothie with 75% veg (including slice of ginger and turmeric) and 25% fruit with a teaspoon of seeds/slippery elm/cinnamon

Meal	Day 1	Day 2	Day 3
Breakfast	Glass of water with teaspoon of apple cider vinegar 1 Slice of whole grain toast with butter and baked beans Fresh orange juice	Glass of water with teaspoon of apple cider vinegar Porridge (rolled oats) with honey, almond milk and soy, linseed & almond powder with tsp of wheat germ	Glass of water with teaspoon of apple cider vinegar 2 egg omelette (incl. yolks) with mushroom, sweet corn and cheese Toast with chicken liver pate
Morning Snack	1 Boiled egg 1 Banana 1 400 ml bottle of coconut water	1 cup of four-bean salad in apple cider and olive oil dressing	1 cup of popcorn cooked in coconut butter 1 x apple 1 x 400 ml bottle of water
Lunch	Chicken salad wrap with lettuce, beetroot, grated carrot, avocado Wheat Bran raisin muffin 1 x 400 ml bottle of water	2 x wholegrain slices of bread Ham, lettuce, ricotta cheese and tomato 1 banana 1 x 400 ml bottle of water	Wholemeal wrap with salmon, red onion, salad greens, ricotta, avocado 1 x banana Carrot cake 1 x 400 ml bottle of water
Afternoon snack	Pumpkin seeds, sunflower seeds 150 g can of fruit in natural juices	Half cup of dried apricots, almonds, peanuts, pumpkin and pepita seeds	Carrot and celery sticks in hommus dip
Dinner	3 x 150 g lamb chops Cup of Asparagus Cup of cherry tomatoes, pumpkin, with half cup of fetta cheese, lemon juice and olive oil 1 x glass of organic almond milk	Glass of water with dash of Apple cider vinegar Stir fried chicken cooked in garlic, ginger and turmeric with Basmati or brown rice, onion, spinach, broccoli, carrot sweet potato and cauliflower Herbal tea: Detox or other cleansing tea such as Dandelion or Lemon & Ginger	Glass of water with teaspoon of apple cider vinegar Steak Sandwich on whole grain toast with garlic butter, onion, Lettuce & tomato Bowl of Canteloupe, pineapple and strawberries with lemon juice 1 glass of organic almond milk

**Night time: Gentle cleansing and exfoliation followed by therapeutic cream
Such as Skin B5 which is available in my online shop**