



SKIN HEALTH

5 DAY MEAL PLAN

As the largest organ in the human body, looking after our skin is critical – not only to look and feel good, but for long term health and wellbeing.

Skin is our first line of defense against infections and while globally we spend billions on supplements and procedures to achieve healthy skin and maintain a youthful appearance, many of the supplements used contain nutrients that come naturally from whole foods such as eggs. Enjoying a balanced, nutrient rich diet therefore makes an important contribution to healthy skin.



DAY ONE



BREAKFAST



BANANA, BLUEBERRY & ALMOND PANCAKES

Using a food processor, blend $\frac{1}{3}$ cup coconut flour, 4 eggs, $1\frac{1}{2}$ cups of almond meal, 2 tsp baking powder and 2 ripe bananas and $\frac{1}{2}$ cup of low fat milk until smooth. Empty mix into a bowl and stir in 1 cup of fresh blueberries.

Add batter to a pan and cook each side of the pancake for 2 minutes on a low-medium heat. This recipe serves 4, enjoy one serve.

LUNCH



GRILLED HALLOUMI & ROASTED PUMPKIN SALAD

Cut pumpkin into cubes, sprinkle with olive oil and roast in oven until soft. Mix with baby spinach, rocket, grated beetroot and carrot. Top with 40g grilled halloumi and serve with a lemon-thyme dressing.

DINNER



SPAGHETTI WITH POACHED EGG, FRESH SALMON & BABY SPINACH

Cook 80g of spaghetti according to packet instructions. Poach 1-2 eggs and set aside. Place 50g of thinly sliced salmon and $\frac{1}{4}$ cup of spinach into a bowl, then add your cooked pasta and a splash of pasta water. Add 15 ml of olive oil and lemon juice (+ zest) to the pasta and season with pepper.

Enjoy with a fresh pea & avocado salad.

DESSERT



CHIA & RASPBERRY YOGHURT

1 cup raspberries + 200g natural probiotic yoghurt + 1 tbsp. (30g) chia seeds.

FEELING PECKISH?

3 brown rice cakes with 2 slices (40g) hard cheese.



DAY TWO



BREAKFAST



FRUITY CINNAMON MUESLI

½ cup natural muesli and ½ cup milk and 1 cup berries in season (strawberries, blackberries, cranberries, blueberries) and a generous sprinkle of cinnamon and honey to taste.

LUNCH



BROCOLI FALAFELS WITH BUCKWHEAT, EGG AND HERB SALAD

Blend 300g broccoli, 400g chickpeas, ½ cup mint, 2 green onions and a clove of garlic in a food processor until finely chopped. Then shape mixture into 12 patties and bake in the oven at 200°C/180°C (fan-forced) for 25 minutes (flipping after the first 15 mins).

Cook buckwheat to packet instructions & boil 3 eggs for 5 minutes. Once eggs are boiled, peel and slice in half. Transfer buckwheat, 1 bunch of chopped parsley, 1 bunch of chopped coriander, 1 small diced red onion and any other desired veggies to a bowl and top with eggs and the falafels.

Add a dressing of 2 tbsp lemon juice, 1 tbsp apple cider vinegar, 1 clove of crushed garlic, 1 tbsp olive oil and ½ cup of plain Greek yogurt. Season with salt and freshly ground black pepper.

Recipe serves 4, enjoy 1 serve.

DINNER



CHICKEN & VEG

100g roast chicken with roasted brussel sprouts, corn on the cob and 1 cup cooked brown rice, served with a side of coleslaw (cabbage and carrot) dressed with natural probiotic yoghurt.

DESSERT



DARK HOT CHOCOLATE

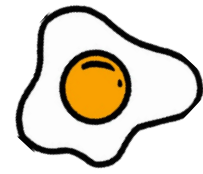
Made with 1 cup milk, cocoa powder and honey to taste.

FEELING PECKISH?

30g (small handful) of almonds and 1 orange.



DAY THREE



BREAKFAST



HERBY GREEN EGG FRITTERS

Place the 180 grams of broccoli into a food processor with $\frac{1}{4}$ cup dill and $\frac{1}{4}$ cup mint leaves and blitz to finely chop. In a large bowl whisk 3 eggs, then mix in 1 cup cooked peas, chopped broccolini and herb mix, $\frac{1}{2}$ cup grated Parmesan and 3 tbsp flour.

Pour $\frac{1}{4}$ cup scoops fritter mixture into the pan and cook on each side until set (1-2 mins per side). Poach two eggs to serve with the fritters & cover in a sauce of Greek yoghurt, salt, mint, dill and a splash of lemon.

Recipe serves 2. Enjoy 1 serve with 1 slice wholegrain toast, and a small glass of 100% non concentrated orange juice.



LUNCH



WHOLEMEAL CHICKEN WRAP

Fill one wholemeal wrap with leftover roast chicken, rocket, tomato, grated carrot, avocado, and spring onion.

DINNER



STUFFED PEPPERS

Place a halved & emptied red capsicum onto a baking tray, cook in the oven for 15 minutes at 200°C/180°C fan forced. Once first cooking complete, drain capsicum of liquid and fill with a pre-cooked mix of rice, tomatoes, pine nuts, beef mince, parsley and onion.

Create an indent in the beef mince mix and crack an egg in. Bake for another 15 minutes or until the eggs are to your liking, then serve.

DESSERT



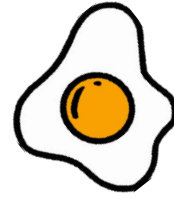
PROBIOTIC YOGHURT WITH BLUEBERRIES & WALNUTS

200g natural probiotic yoghurt with $\frac{1}{2}$ cup blueberries topped with chopped walnuts.

FEELING PECKISH?

Antioxidant Bar - Mix together almond butter, honey, oats, cranberries, walnuts, pepitas, sesame seeds and cinnamon. Press into an oven proof dish and bake until golden. Cut into bars.

DAY FOUR



BREAKFAST



SCRAMBLED EGGS ON TOAST

Scramble two eggs and serve with spinach and 2 slices wholegrain toast. Top with chopped fresh parsley and 1 cup fruit salad. Enjoy with a café latte or hot chocolate made with 1 cup milk.

LUNCH



BEST GREEN SHAKSHUKA

Heat oil in a large heavy-based frying pan over medium heat. Add 2 thinly sliced leeks (white part only) and a diced green capsicum and stir until combined. Cook for 5 minutes or until softened then stir in cumin, coriander and chilli flakes and cook for 1 minute. Add 1 head of chopped broccoli, 4 thinly sliced green onions, 80g spinach and 1 cup of vegetable stock. Stir then cover to cook for 2-5 minutes. Add chopped coriander and mint and season with salt and pepper.

Use a spoon to form indentations in the veggie mixture. Crack an egg into each indent. Cover and cook until eggs are cooked to your liking. Top with a yoghurt and harissa mix. Recipe serves 6. Enjoy 1 serve with 2 slices wholemeal sourdough bread.

DINNER



TOFU NOODLE STIR FRY

Stir fry 170g firm tofu with broccoli, cauliflower, corn kernels and cooked and drained soba noodles. Flavour with garlic, ginger, and coriander.

DESSERT



BAKED APPLE WITH CINNAMON & ALMOND BUTTER

Bake apple slices at 180°C for 15 minutes, then drizzle with almond butter and sprinkle cinnamon and sunflower seeds on top.

FEELING PECKISH?

Mix ½ cup ricotta cheese with 1½ tbsp sultanas. Drizzle with honey to taste.



DAY FIVE



BREAKFAST



PROTEIN PACKED BANANA PORRIDGE

Finely slice or mash 1 banana and set aside. Whisk one large egg and set aside. Place 1 cup rolled oats, 1 cup water and $\frac{1}{2}$ cup milk in a saucepan. Bring to a boil then reduce heat to low and cook, stirring gently, for about 5 minutes or until the mixture starts to soften and thicken. Add the banana, whisked egg and a pinch of cinnamon and cook for a further 2-3 minutes, stirring continuously, until the ingredients have been thoroughly incorporated and the egg has cooked into the porridge. If the porridge is too thick, add extra water or milk. Serve hot in a bowl and drizzle honey or maple syrup, and add any additional toppings you desire. This recipe serves 3, enjoy 1 serve with a small glass of 100% non concentrated grapefruit juice.

LUNCH



TUNA PASTA SALAD

Cook $\frac{1}{2}$ cup dry wholemeal pasta according to pack directions. Drain, then mix with 100g tuna, $\frac{1}{2}$ cup corn kernels, cherry tomatoes, rocket, and a lemon-olive oil dressing + 200g probiotic yoghurt.

DINNER



BEEF & VEGETABLE CURRY

Stir fry curry paste with garlic and onion in large frying pan on medium/high heat. Add 400g cubed beef, 1x400g can chopped tomatoes, $\frac{1}{2}$ cup yoghurt, plus 2 cups chopped cauliflower, capsicum and carrot. Simmer gently until veg and meat are cooked then add 1 cup spinach leaves and stir until wilted.

Serve with 1 cup cooked brown rice per person and top with chopped coriander. This recipe serves 4, enjoy 1 serve.

DESSERT



NUTTY ORANGE CHOCOLATE

Melt 100g dark chocolate, mix in $\frac{1}{4}$ cup walnuts and zest of half an orange and 1 tsp linseeds. Spread on a tray and refrigerate until firm. Makes 4 serves, enjoy 1 serve.

FEELING PECKISH?

40g cheese slices with 3 wholegrain crackers and 1 piece fruit.





NOTES ABOUT THIS MEAL PLAN

- This meal plan is rich in antioxidants (from berries & citrus), omega-3s (from eggs & fish), vitamin A & C (from capsicum, pumpkin, citrus), and zinc & protein (from eggs, fish, dairy & nuts)—all key for healthy skin.
- This meal plan provides an average of 8700 kilojoules per day. Your energy requirements vary depending on age, activity, health status, height, and weight. For personalised advice, seek the services of an Accredited Practicing Dietitian.
- Averaged across the five days, this meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating* for adults. It provides at least 2.5 serves of dairy per day. Males aged 70+ years require an extra serve of dairy daily. Women 60+ years require an additional 1.5 serves of dairy daily.
- This meal plan has been developed by an Accredited Practicing Dietitian at Food & Nutrition Australia.

*Australian Guide to Healthy Eating, NHMRC, Commonwealth of Australia, 2013
<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

OTHER IMPORTANT LIFESTYLE POINTERS



DRINK PLENTY OF WATER AND OTHER FLUIDS THAT SUPPORT SKIN HEALTH

Skin dehydration occurs when the body is lacking water. This can result in dryness, roughness, scaliness, tightness, itchiness, as well as overall discomfort, a general dull look and lack of elasticity. Dehydrated skin generally results in an uneven tone and complexion with more noticeable fine lines. Antioxidant rich beverages are also recommended, including green, peppermint and herbal teas.



MINIMISE ADDED SUGAR, SALTY FOODS, HIGHLY PROCESSED FOODS, REFINED GRAINS AND ALCOHOL.

These foods and ingredients can pull moisture from the body resulting in skin dryness. Excess sugar and refined carbohydrates can also interfere with repair and remodelling mechanisms in the skin leading to dull yellowing wrinkles, loss of elasticity and other skin problems that contribute to premature aging and sensitive skin.



CHOOSE MOSTLY LOW GLYCEMIC INDEX FOODS (LOW GI)

Low GI foods include many wholegrains, legumes and fruits such as berries, apples and pears. A high glycemic index diet has been shown to have a modest effect on the development of acne.



MINIMISE FOODS CONTAINING HIGH AMOUNTS OF FOOD ADDITIVES

Some people react to certain food additives by developing skin rashes.



EAT ANTIOXIDANT RICH FRUITS AND VEGETABLES REGULARLY

Examples include berries (raspberries, strawberries, blackberries, blueberries, cranberries), grapes, mango, papaya, bananas, watermelon, cucumber, pumpkin and mushrooms. Fruit and vegetables in general contain active ingredients and antioxidants that have skin protective properties against free radical-related cellular damage, helping keep skin radiant and reduce acne, blemishes and fine lines. Eating fruits and vegetables also helps in calming inflammation, brightening skin complexion, including dark spots.

NUTRIENTS IN EGGS AND THEIR LINK TO SKIN HEALTH

Eggs contain a variety of nutrients that collectively support various aspects of skin health, as outlined in the table below.

Nutrient	Amount in a serving of 2 eggs	Role in skin health
Vitamin A	98mcg (14% RDI)	Reduces the appearance of skin aging and discolouration. Reduces skin diseases and microbial infections of the skin.
Vitamin D	8.2mcg (82% RDI)	Reduces UV-mediated damage to skin cells. Reduces inflammation.
Vitamin E	1.9mg (20% RDI)	Protects against oxidative stress, collagen breakdown, and skin inflammation, and improves conditions like psoriasis and atopic dermatitis. Enhances the integrity of skin structure, helping delay skin aging.
Essential fatty acids	170mg	Crucial for maintaining the skin barrier, pH, and moisture levels, and relieving skin inflammation and dryness. Maintain the structure of skin cells. Provide anti-inflammatory properties which help prevent and treat various skin conditions.
Choline	315mg (59-77% AI)	Essential for maintaining skin health and integrity.
Selenium	28mcg (41% RDI)	Essential for the function of antioxidant enzymes that offer protection against UV radiation-induced damage. Reduces wrinkles and aging by promoting collagen and fibroblast production (connective tissue cells).
Lutein	0.26mg	Protects collagen against breakdown due to UV radiation. Promotes the synthesis of procollagen type 1.
Zeaxanthin	0.03mg	Protects cells against the effects of UV light. Reduces skin inflammation.
Biotin	5.4mcg (18% AI)	Helps with production of keratin, a key structural protein for skin. Helps with skin hydration, elasticity and improving skin texture.

References:

- 1. Michalak M et al. Bioactive Compounds for Skin Health: A Review. Nutrients 2021, 13,203.
- 2.Assaf S and Kelly O. Nutritional Dermatology: Optimizing Dietary Choices for Skin Health. Nutrients 2025, 17,60.