

Free Balanced Diet Plan for Glowing Skin

All of us, regardless of age and gender, crave for healthy and great looking skin. Many suffer problems such as acne, age spots and dry skin, but nature has a cure for all your woes. Though moisturizers and beauty products help, what you eat matters more than what you put on! Our diet plan for glowing skin includes antioxidants rich and low fat, low calorie foods.

Sample menu:

Time	Meal	Menu	Quantity
7.00	Early Morning	Warm water with 1/2 teaspoon honey and 5 ml lemon juice	1 glass
7.30	Morning Meal	Skimmed milk (cow's milk) + 4 almonds	1 glass
8.30	Breakfast	Egg white omelet/ Methi parata Steamed sprouts	1 1 bowl
11.00	Mid Meal	Mixed Fruit bowl	1
1.30	Lunch	Phulka Veggies Salad Buttermilk	2 Bowl 1 Bowl 1 Bowl 1 Glass
4.30	Snacks	Mixed vegetable juice	1 Bowl
7.30	Dinner	Rice Fish curry / Dal Salad	1 Bowl 1 Bowl 1 Bowl
9.30	Bedtime	Skimmed milk	1 glass

Tips:

- Avoid adding additional salt or sweeteners to your food
- Include whole fruits, vegetables, salads and fresh juices.
- Keep the portion small.
- Aim to drink between 3 to 4 liters of water a day.
- Exercise atleast 20 to 30 minutes a day. It helps reduce stress & glow your skin!

Foods to Include	Foods to Avoid
Fresh fruits, avocado, berries, whole grains, cereals, almonds, walnuts, flaxseeds, Fresh vegetables, potatoes, Salads, milk and milk products, Egg whites, fish and chicken.	All processed foods, carbonated beverages, bakery products, fried food, Junk foods, salty and spicy foods.