

Eat food you love and get the gorgeous skin you crave.



# Clear Skin from Within COOKBOOK

Eat food you love and get the gorgeous skin you crave.

**JESSICA GREMLEY** 



for michael, my
husband and business
partner, for believing
in me, inspiring me and
being my #1 fan.





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Did you know.

# FOOD IS JUST ONE OF THE FIVE CORE TRIGGERS WREAKING HAVOC ON ACNE PRONE SKIN.

Discover your primary acne triggers by scheduling a 1-on-1 Online Acne Consult today!

**LEARN MORE** 





# introduction

#### The Moment Everything Changed

I was starving!

It was seven o'clock on the evening of January 17, 2013. And I'd just grabbed a "Famous Brand" turkey breast sandwich out of the freezer.

"This is gonna be so good!" I thought.

My stomach was rumbling and I couldn't wait for my dinner to warm up. As the smell of roast turkey and warm yeasty bread filled the air, my mouth began to water.

I'd been on a strict vegetarian diet and cleansing for two weeks, and my taste buds were dying for some good old-fashioned comfort food. Pronto.

I could barely keep myself from bouncing around in excited anticipation. Crazy, I know, but I needed my fix!

"Ding! Ding!" At last! I grabbed my sandwich out of the toaster oven. Eyes closed in blissful anticipation, I took a bite.

"Huh. Not quite what I expected."

Another bite...

"Hmm. Something's different."

Chewing slowly, sorting through the tastes, I detected something new.

Something I'd never noticed before...

"Oh wait, Ewww, That's Awful!!"

And then it hit me. I was tasting chemicals. Every bite was full of bitter chemicals.

Disgusted, I spat out the remains and rinsed my mouth. Glaring at the sandwich, I recalled the wise words of my Healing Diets Instructor, Farida Sharan ND, MH, MDMA. "Experience the food on your tongue, taste the profiles!"



#### What did I experience?

Before starting my Healing Diets Certification program with Farida at the start of the new year, I'd never given food much thought. Sure, I tried to eat healthy and followed the recommended Food Pyramid guidelines I grew up with. And otherwise, just ate pretty much what everyone else did.

Now I realized that, before going vegetarian, my tongue must've been immune to the taste of processed food chemicals, which explains why I never noticed them before. But in two short weeks, my tongue and body had gone through enough of a detox to recognize — my frozen sandwich was NOT real food.

My eating habits were changed forever. Fake food was ejected from my life.

### The Second Revelation – My Calling Finds Me

Don't you love it when the stars line up? When the Universe hands you a gift of insight and you never saw it coming?

Before stepping into class with Farida in early 2013, I'd been working as a Licensed Esthetician for ten years in a medical office. But I was ready for a change. It was time to shake things up!

After moving to Denver, I seriously considered becoming a Naturopathic Doctor — except the thought of having to draw blood terrified me! Scouting around, I checked out acupuncture school. And then, god bless, I discovered Farida.

Farida Sharan, ND, MH, MDMA, is the founder, director and Evolutionary Educator of School of Natural Medicine, established in 1977 in the UK. She'd been offering certificate programs in the US since 1988 and just happened to be based 30 minutes from my home. A force of nature born in Canada – and the author of my personal bible, *Herbs of Grace* – Farida teaches in person and online, and offers retreats and workshops worldwide.

It was through Farida I discovered the gifts of natural eating, healing herbal regimens and tinctures, pulling herbs out of the woods, and creating fabulously rich and nutritional soups, smoothies, nut milks and raw food meals.

And her greatest gift that I treasure and practice to this day? Bringing loving presence and intentionality to all the food I prepare, share and eat.

It was also thanks to Farida that, early in my vegetarian journey (a requirement for enrolling in her program), I gave in to that wild craving for comfort food. "This is not about deprivation," she said. "Try it! See what the experience is."

And that's why OPENNESS is so critical.

I'm sure Farida knew perfectly well what the outcome of my indulgence would be. But she didn't let on nor did she frown on my backslide. Instead, she encouraged my own path of discovery. And in so doing, I had that momentous – and literal – change of taste and awakened appreciation for clean, healthy food.

Which is a big reason why you're here now, reading this!

At the same time, I enrolled at the School of Natural Medicine. I also enrolled in a training program to become a certified Acne Specialist. This transformative program was based on the work of Dr. James Fulton, MD. In the 1970's, Dr. Fulton changed skin care with the launch of a chain of 12 acne clinics and the establishment of the Acne Research Institute. Then, in the 1980s, Dr. Fulton patented Vitamin A Propionate, still the most effective non-prescription retinoid for acne-prone skin. Most notably of all, Dr. Fulton created an "at-home" system and a step-by-step process for getting clear that was only taught to those that took his program. He's also the author of Acne Rx: What Acne Really Is and How to Eliminate Its Devastating Effects and Dr. Fulton's Step-by-Step Program for Clearing Acne.

And then, a bit later on in 2013, my Healing Diets and Acne Specialist pathways crossed in a pure gold "Eureka!" moment.

In my Acne Specialist training program, we were studying how the naturally occurring iodine in sea plants such as spirulina, chlorella and kelp triggers acne. In fact, iodine is one of the TOP acne triggers! When you consume a lot of seafood or sea plants, once the iodine enters the bloodstream, any excess is excreted through the oil glands, which in turn irritates the pores and causes acne breakouts.

It just so happened we were learning in Healing Diets class how to use these exact same seaweeds in smoothies and tonics, because they're highly nutritious, are detoxifying and have antibacterial properties.

And then a really cool thing happened.

My teacher innocently advised another student in my class to incorporate these seaweed superfoods into her diet – to help her clear her acne.

#### BAM!

Flash of insight!

Natural health practitioners have a wealth of beneficial knowledge and can help you be your healthy best in many regards. When it comes to healing acne, they may even get you moving in the right direction. However, because they don't learn about acne specifically, they could be steering you in the wrong direction.

For example, you could be following the most seemingly logical and wellintentioned diet advice out there about your skin and how to heal your acne.



Unless you're aware of the SPECIFIC foods that can potentially trigger your acne, you might be fighting a losing battle.





Forever aggravating and perpetuating your acne while you're busy eating "good for you" foods, thinking you're doing the right thing.

It was that very instant my teacher unknowingly instructed my classmate to consume seaweed smoothies for her acne that I had my "Eureka!" moment. My dual training put me at the perfect – and unusual – intersection of understanding the best healing foods for your body and skin that ALSO protected and helped heal your acne.

I was so empowered! I knew how to help people clear their acne through diet!

#### The Food Struggle is Real

Ever eat an ice cream cone then, yikes! A day or two later, a big zit appears? Maybe you adore your daily green smoothies with spirulina, so energizing! But can't shake the acne?

In case you weren't sure – or in denial...

YES. Certain foods in your diet are likely triggering your acne.

Here's the tricky part.



You might be in love with a variety of foods that are super nutritious. But if you have acne, you may be sabotaging your skin.



It's not your fault, though. Unless you're an acne expert, how would you know?

Besides, a lot of our food "programming" in the United States results from the USDA Food Pyramid, which debuted in 1992.

#### Remember the Food Pyramid?

It was big on refined carbohydrates – 6 to 11 servings a day! Sure, it advised you to eat several servings of fruits and veggies daily, too. But it also heavily pushed dairy, meats, eggs, soy and other proteins, with a smidge of fats and sweets. Even though MyPlate replaced the pyramid in 2011, and recommended filling half your plate with fruits and vegetables, dairy, protein and refined carbs were still prominent.

Why is this a problem?

Where do I begin! I could write a book, but let's touch on three top issues that impact your acne.

First, you might not be eating as healthfully for your skin as you think.

Despite what the Food Pyramid and most doctors and nutritionists recommend, certain foods are highly acne triggering, including cow's milk, egg yolks, soy and seafood. You may be sabotaging your skin with every egg sandwich, bite of yogurt or glass of milk!

Second, in the past thirty to fifty years, much of our food supply has changed drastically.

Our grandparents or great grandparents grew up eating mostly organic food

raised or grown locally, simply because that's how food was produced. In today's world, however, growth hormones, antibiotics and genetically modified food (GMO) ingredients are regularly given to farm factory livestock. Conventional fruit and vegetables are laden with pesticides. Processed food typically contains significant amounts of soy as well as artificial colors, sweeteners and stabilizers, and GMO ingredients.

#### Why does it matter?

Because food intolerances are on the rise. It's estimated that more than 20% of the population in industrialized countries suffer from food intolerance or food allergy. And studies indicate that the increasingly processed nature of the Western diet, in combination with influences on the gut microbiome, are contributing factors.

Oftentimes, people with food intolerances are unaware, and continue to consume their favorite foods — to the detriment of their gut health. But if you've ever experienced bloating, gassiness, constipation, diarrhea, skipping bowel movements, stomach aches, cramping, migraines, headaches, stuffy nose, think carefully about what you're eating.

These are telltale signs of gut imbalance. What else causes gut imbalance? Antibiotics, which can wipe out your entire gut microbiome, along with Crohn's and Celiac Disease, leaky gut and Accutane. Research shows that the resulting systemic inflammation

caused by gut imbalance in turn causes inflammation in your skin, resulting in those eruptions you so detest.

Third, there's another food-related problem not often talked about – eating the same foods over and over.

We can be such robots in the grocery store!

Grabbing the same foods week after week after week. Conditioning our taste buds to crave the same taste over and over. Despite the fact that we have five taste sensations – salty, sweet, bitter, sour and umami – all of which deserve attention.

So we ignore that pointy, exotic looking fruit in the produce section. "Too weird!" we say, when it's probably fantastically succulent and would do our body and spirits a world of good. Instead, by relying on our standbys, we deprive our bodies of a rich variety of delicious alternatives and nutrients critical for good health and clear skin.

Hey, for years I was the poster child for narrow eating. I hated the way my mom prepared vegetables, so never really liked them until I met Farida. Mom also covered everything with Velveeta, which I detested. And she was so strict, she'd never let me have dessert until I finished all my veggies, no matter how gross and mushy.

And the frozen peas? Those were the worst! So many nights, my uneaten peas got put into the fridge, waiting for me to finish so I could have a cookie. Until, of

course, I learned to sneak the peas to the dog. Mom couldn't see from where she sat, but dad could. He just gave me a wink and looked away. Phew!

Please know, if you're thinking "Oh my gosh, that's me!" with regard to anything I just shared, you're not alone. Many, many people with acne are facing the same challenges.

The good news is, there's an answer to all of this. And it's much simpler and more scrumptious than you ever imagined!

#### To This Day, I Live and Breathe Acne

Inspired by my training to become an Acne Specialist and certified in Healing Diets and Herbal Medicine and excited to help as many people as possible clear their acne, I opened my own practice in 2013. I was energized beyond belief the day I opened Natural Acne Clinic here in Golden, Colorado.

Slowly and surely, step by step, I drew from School of Natural Medicine and Dr. Fulton. Adding and mixing the secrets I discovered over that three-year training period with the experience I gained as I treated each new client and with what I knew from my 10 years of being an Esthetician.

Just like making bread, I kneaded all this goodness – and many extra helpings of empathy – together. The happy result? My own signature program to help clients clear their skin for good AND feel much healthier, lighter and more energized along the way.

I've honed my Online Acne Program over and over, and have healed THOUSANDS of clients around the world.

Young women despairing at the flush of pimples across their chin and jawline. Men plagued with terrible back acne. Teens horrified by the painful cysts that seemed to have sprung up overnight, ravishing their once baby-soft complexions. Anguished perimenopausal women still battling breakouts after decades and decades of struggle.

I have a 95% success rate getting clients clear.

(The other 5%? Sadly, those are the folks who just can't commit, miss their appointments, second guess. It happens. It breaks my heart. I hope they come back. But it happens.)



One pillar of my success is – you guessed it – providing my clients with super clear direction regarding their diet.



That way, they can avoid acne triggering foods, reduce inflammation in their bodies and promote healing of their skin. Yes, there are several other pillars to my strategy, but cleaning up your diet is the critical first step for conquering this acne trigger.

Every client enrolled in my Online Acne Program is closely counseled to ensure they have the right diet knowledge at their fingertips. Education is critical. So is a shift in mindset. It's not uncommon for new clients to lament, "Oh no, I don't want to eliminate that! What will I eat?!!". That was my inspiration for writing and creating this cookbook.

Alas, however, what you crave on your tongue for the moment, can wreak havoc on your skin for days.

Here's the thing. The list of acnetriggering foods is NOT extensive. And there are SO many wonderful, delicious foods available you can sub in for your standbys. And—surprise! Chocolate and candy are NOT on the list of no-nos. No matter what you may have heard, they don't trigger acne.

Once clients embrace the dietary suggestions I make—and the recipes—they're so excited by their progress in healing their skin and feeling better to boot, they never want to risk the consequence of breakouts by going back to their old way of eating.

And now I'm thrilled beyond measure to share my clear skin diet secrets with you! To help you get on the path to beautiful skin you love and deserve.

#### Your Clear Skin from Within Cookbook

Inside your *Clear Skin from Within Cookbook* is everything you need for skinsafe eating.

Read the recipes from start to finish. Savor the meal plans. Discover new and creative ways to prepare and combine ingredients and wake up your taste buds.

What will you try first? There's so much to choose! Like luscious Blueberry
Oatmeal Bake or Strawberry Coconut
Avocado Toast for breakfast. Cashew
Butter Cacao No Bake Bites are perfect
when your tummy rumbles. Omygosh,
the Sweetheart Smoothie Bowl with
raspberries? Heaven! And the Asian
Chicken Salad-in-a-Jar with sesame
ginger dressing and mandarin orange? My
personal favorite.

There's much, much more! It's time to drink up all the fun possibilities so you can:

- Start clearing your acne for good.
- Feel healthier, lighter and more energized.
- Eat your way to glowing skin.

With so many simple, delicious, innovative ways to replace acnetriggering foods, you'll feel happy and satisfied with every bite and every meal.

Now, put your new knowledge into action.

Have some of the ingredients on hand? Awesome! Whip up a recipe right now. Then grab the handy shopping list and head off to the store. Be sure to stock your pantry and fridge so you have everything on hand to swiftly and easily prepare exciting new dishes and meals.

#### And remember...

Always keep your *Clear Skin from Within Cookbook* nearby for a quick consult when you need a snack, dessert or to feed your family.

Within these pages are the recipes and strategies my clients and I use every day to protect and heal our skin. Now you, too, are in on the secret.

Enjoy! And watch your skin begin glowing up from the inside out.



# what is acre, really?

Have you tried a gazillion products, meds or treatments over the years to clear your acne – one after another – hoping, hoping, hoping "This will be the one!!"?

But nothing works?

Super frustrating, I know.

But please know, it's not your fault.

If a one-product or one-med at a time approach actually worked, you wouldn't be here now. You'd be too busy enjoying the heck out of life, not giving a thought to your skin!

So what gives?

The fact is, skincare companies, dermatologists and Big Pharma often ignore one simple yet critical fact when they're enticing you with their faulty promises.

The true root cause of your acne.

And it's this...

Acne is a genetic condition called retention hyperkeratosis.

Let me explain.

Every day a layer of dead skin cells is shed inside the pore. Ordinarily, these dead skin cells are pushed from behind by newer cells rising to the skin's surface, then flake off in a normal, healthy pore.

However, this continuous shedding process goes haywire in people with acne.



Acne-prone skin produces up to 5x more dead cells than normal, and the excess dead cells stay stuck on the skin's surface and clog your pores.



The resulting plug (known as a microcomedone), when mixed with oil, forms a blackhead. When infected with bacteria, forms a blemish.

Essentially, your acne-prone skin is perpetually clogging itself.

What's more, there are certain things that TRIGGER your acne, like diet, which can aggravate and perpetuate this already faulty situation.

However, these same "experts" noted above usually get it wrong when it comes to the actual foods that trigger acne.

They'll tell you it's sugar, chocolate and French fries.

But that's all a myth.

So, what food does trigger acne? Here's where you might be surprised.



Breakouts are most often related to foods high in iodine and androgens.



Many common "good-for-you" foods trigger your breakouts because they contain these two culprits—iodine or androgens.

Iodine is commonly added as a supplement in table salt and cow's milk dairy products, including milk and cheese. Seafood is also naturally high in iodine. Once iodine enters the bloodstream, any excess is excreted through the oil glands, which in turn irritates the pores and triggers acne breakouts.

If you're a PB&J fanatic like me, giving up peanut butter was so hard! It's so yummy! Plus, it's an easy protein fix with long-lasting energy to power you up all afternoon. However, peanuts—as well as peanut oil and even shrimp—contain androgen-like hormones, and androgens are shown to increase not only oil production but also the inflammation that promotes acne formation and progression.

Here's why. The increased androgen binds to oil glands in the skin, and tells the oil gland to produce more sebum. This excess oil combines with dead skin cells, debris and bacteria, and triggers formation of pimples. Which means, unfortunately, you risk breakouts with every mouthful of these foods.

For some people, food intolerance (also known as non-allergic food hypersensitivity) also contributes to the problem. Food intolerance refers to difficulty in digesting certain foods. These foods often include dairy (lactose intolerance is well known!), gluten and those that cause gas buildup such as beans and cabbage. Symptoms of food intolerance include bloating, migraines, acne, stomach ache and irritable bowel.

In turn, these digestive issues—due to food—can increase inflammation in the body and, in turn, trigger acne.

Here's the good news.



Eliminating acne-triggering foods from your diet is a huge step in clearing your skin.



Here's a list of acne triggering foods to minimize or eliminate:

ACNE TRIGGERING FOODS TO MINIMIZE OF ELIMINATE					
FOOD HIGH IN IODINE & ANDROGENS	ACCEPTABLE SUBSTITUTE				
lodized Salt	Sea Salt, Celtic Salt				
Cow's Milk, Yogurt, Cheese, Creamer, Half-n-Half, Cream Cheese, Sour Cream, Ice Cream	Goat and Nut based "dairy" products: Goat cheese, coconut yogur goat yogurt, cashew ice cream, coconut creamer				
Whey or Soy Protein shakes, bars, cookies, pancake mixes	Pea protein, egg white protein, "plant-based" protein				
Peanut butter	Almond, cashew or other nut butters				
Canola, vegetable, corn oil	Olive or coconut oil, Butter				
Salty, prepared foods	Fresh salads, vegetables, home cooked meals, Veggie burgers, Kombucha, Green Smoothies (no seaweeds)				
Seafood and Shrimp	Fresh water fish, lean white meat				
Green Drinks Powders, Chlorella, Spirulina	Amazing Greens Trio, Smoothies made with fresh leafy greens, wheatgrass				

Through the years, one of the most rewarding steps clients in our Online Acne Program have taken is to eliminate acnetriggering food in their diet. The results are almost immediate. Stop the acnetriggering foods, start clearing your skin.

They just needed to identify the specific foods causing them grief so they could avoid them. And, because there are many, great-tasting, healthy alternatives and ways to prepare their meals, they never feel deprived!

And this is EXACTLY what you're about to discover inside the *Clear Skin Cookbook*.

check out our instagram page for a virtual grocery store visit or acre safe alternatives instagram.com/naturalacneclinic/



# taking stock

Bet you anything, you've been trying to get rid of your acne for a good while now, right?

And now you have a precious gift in your hands, this cookbook. And a choice...

A choice to look at healing your acne from a fresh perspective, using a proven pillar that's helped thousands of other people just like you start getting clear.

So think of your acne this way. Beyond what you see in the mirror, your acne is an opportunity to consider "Hey, maybe my diet IS off.

Maybe I am eating foods that are sabotaging my skin."

Wouldn't you want to know?

And wouldn't you want to know what to do instead?

Equipped with the *Clear Skin from Within Cookbook*, there's no more guessing. No more wasting time, money or energy experimenting and trying to figure this out on your own. I've done all the heavy lifting for you. Based on years of experience with my clients, science-backed research and the amazing teachings of my mentors.

The Clear Skin from Within Cookbook works.

My clients and I are living proof.

Now it's your turn.

Bon Appétit!

#### Let's Get Started

Before any epic journey, you'd map out where you want to go, how you'll get there and what you want to see to ensure an enjoyable, relaxing vacation.

Likewise, by exploring a few key concepts and making a few essential food choices up front, you'll smooth your way to a fun and rewarding experience using your new *Clear Skin from Within Cookbook*.

In Taking Stock, let's get you prepped with:

- Cow's Milk Dairy Alternatives
- Salt Dos and Don'ts
- Your Pantry
- Label Reading Tips
- Keeping Your Paleo, Keto,
   Vegetarian or Vegan Diet Skin-Safe

#### Cow's Milk Dairy Alternatives

If you truly want clear skin, please remember this ONE thing about creating a skin-safe diet.

Iodine is one of the TOP acne triggers. When you eat foods high in iodine—like seafood, sea plants and cow's dairy—the iodine enters your bloodstream, and any excess is excreted through the oil glands. In turn, that excess iodine irritates your pores and causes acne breakouts.

I'll be sharing more about iodine in "Salt Dos and Don'ts" immediately below. But, for now...

You may be wondering, how can dairy from cow's be high in iodine?

When sanitizing before milking, dairy farmers clean cows' udders with an iodine wash to kill harmful bacteria. Dairy cows are also commonly given a mineral salt block to lick, which contains iodine and vitamins to boost their nutrition and health. In both instances, iodine gets into the milk supply. Though these practices are harmless and meet FDA regulations, the excess iodine triggers acne as it is excreted through the pores, via the mechanism described above.

For most people, however, eliminating cow's milk dairy products isn't easy.
Especially if you love cheese, ice cream, yogurt or milk in your cereal.

Luckily, there are many cow's milk dairy alternatives available, making the switch more tolerable and easier than you might think.

Walk into any grocery store today and you'll likely find almond milk and coconut milk. Oat, hemp, rice, flax, pea, cashew and goat milks are gaining popularity too. While soy milk is a favorite, it's also acne-triggering, so best to stick to the other options.

Which to choose?

Check out the Acne-Safe Dairy and Non-Dairy Alternatives chart for nutrition and taste info!

ACNE-SAFE DAIRY AND NON-DAIRY ALTERNATIVES								
Type of Milk (per cup, unsweetened)	Calories	Protein (g)	Fat (g)	Calcium (mg)	Vitamin D (IU)	Texture	Taste	
Almond	60	1	2.5	480	96	Thick	Mild, nutty	
Oat	130	4	2.5	350	100	Thick & grainy	Slightly sweet	
Coconut	76	0.5	5.1	459	96	Thick, creamy	Mild coconut flavor	
Hemp	80	2	8	300	100	Thick, creamy	Earthy, nutty	
Rice	115	0.7	2.4	288	96	Watery	Plain, sweet	
Flax	25	0	2.5	300	100	Creamy	Neutral	
Pea	100	8	4.5	450	120	Creamy	Bitter, chalky	
Cashew	25	1	2	450	100	Thick, creamy	Mild, nutty	
Goat	140	8	7	276	100	Creamy	Varies from mild to pungent	

#### Grab your PDF download www.clearskincentral.com/acnesafedairy

Curious about goat's milk? It's delicious! Within minutes of being freshly milked, goat's milk is inherently sweet and clean tasting, with no strong aftertaste. It stays that way when kept at low temperatures.

Thankfully, goat's milk is not high in iodine. Conventional grocery stores and health food stores usually carry it in shelf-stable containers. Prefer fresh goat milk? Visit your local farmer's market. Or check out your local community supported agriculture (CSA) groups for a farm that carries it.

Want to make your own almond or cashew milk? It's fun and quite simple.

Besides, many store-bought nut milks contain additives, which you can skip if you make your own. Here's how:

- Place one cup of raw almonds or cashews in a bowl; add enough water to cover the nuts.
- Cover the bowl and rest for 6 hours or overnight. Drain the water.
- Rinse nuts 3-4 times.
- For almonds, the "skin" needs to be removed. Remove by pinching one end and peeling away the layer.
- Add nuts and three cups of water to a high-powered blender and blend until completely pureed.

- Optional: add a few dates or teaspoon of vanilla to the blender for natural sweetness and flavor.
- Drain the liquid into a container using a cheesecloth, as some pulp will be present.
- Keep nut milk refrigerated and use within two to three days.

Missing cheese already? I got you covered.

Goat cheese is a great-tasting alternative. You can buy hard goat cheese in a block to slice or shred. You can also buy soft goat cheese in a log or crumbled, plain or with herbs or crushed peppercorns. And goat cheese is marvelous on everything! Including egg white omelets, toast, salads, veggies and sandwiches.

Feta is another alternative. A brined curd white cheese originally from Greece, it's made with sheep's milk or a blend of sheep and goat's milk. Usually available in blocks or crumbles, it's delicious in Mediterranean-style dishes, egg-white dishes, salads and for snacking.

Feeling a little adventurous? Try these skin-safe cheeses too:

• Manchego. This hard to semisoft sheep's milk cheese has a buttery texture. Two fun facts: It's originally from the La Mancha region of Spain. And its distinctive zig-zag rind pattern is based on

- the original woven grass forms once traditionally used in Spain. Anywhere you'd use cheddar, use Manchego instead!
- Humboldt Fog. From California, this creamy, light and mildly acidic cheese is scrumptious on sandwiches and melted onto grilled turkey burgers.
- Roquefort. Blue cheese fans, this sharp, tangy French variety is for you! Soft and crumbly, it's made from the milk of the Lacaune breed of sheep. Served on crackers (sea salt only!), along with fruit and figs... C'est magnifique!
- Pecorino Romano. Yum! Made from sheep's milk, this sharp, hard cheese is perfect for grating on Italian food and almost any other dish or salad you can imagine.
- Prefer a cheddar or mozzarella flavor? Check your local grocer for goat cheddar or dairy-free cheese substitution brands like Daiya or Go Veggie. NOTE: be sure to avoid soy alternative.

#### Can't live without yogurt or ice cream?

Thank goodness, there are skin-safe yogurt and ice cream options to indulge in, made with goat, cashew, coconut or almond milk. Health food stores and your grocer's organic section are the best places to find a variety of your new favorites.

#### Salt - Dos and Don'ts

When it comes to acne, you can do your skin (and taste buds!) a world of good by selecting the right salt for your diet.

And, unfortunately, a world of hurt when you choose a salt with iodine.

Iodine is a micronutrient that's essential for the production of thyroid hormones, which are critical for energy metabolism and growth, and as transmitters of nervous stimuli. Because our bodies can't synthesize it, our primary source of iodine is through diet via consumption of foods that have been fortified with iodine, like table salt, cow's milk and cheese, and foods naturally abundant in the micronutrient, such as seafood.

Iodine was first added to salt (in the form of potassium iodide) in 1924, to reduce the incidence of goiter, an enlargement of the thyroid gland, which was prevalent at the time. It has also long since been recognized as a critical factor for brain development, especially during gestation, which explains why table salt continues to be supplemented with iodine to this day.

However, when you regularly consume food high in iodine, the excess gets excreted through the oil glands, irritating your pores and aggravating your skin.

To protect your skin, limit your seafood intake to once or twice a week max.

Also, avoid table salt found in grocery stores, on restaurant tables and used in

processed food, because it's typically highly-refined, bleached, stripped of most nutrients, then fortified with iodine and additives.

Unrefined sea salt, on the other hand, has gone through very little processing. It also contains a bounty of naturally-occurring trace minerals found in the seas and oceans, such as potassium, bromine, boron, iron, zinc, magnesium, copper, silicon, calcium and many, many more.

Here are a few wonderfully-flavored sea salts to keep your mouth happy and your skin safe:

- Himalayan salt is mined from the leftover deposits of a pre-Cambrian age (around four billion years ago) ocean, in the Punjab region in Pakistan. It contains more than 80 minerals and trace elements, some of which give the salt its characteristic pink color.
- Celtic salt is harvested off the northwest coast of France, from clay ponds built near the shore. It's light gray in color and a bit less saltytasting than table salt or other sea salts.
- Hawaiian black salt is harvested from the pristine deep ocean waters off the island of Molokai. It contains purified black lava, is loaded with minerals and is mixed with activated charcoal for color.

ACNE-SAFE SALTS							
Type of Salt	Color	Texture	Uses	Health Benefits			
Himalayan sea salt (unrefined)	Pink	Coarse, dry, crunchy	Great sprinkled over roasted veggies and meats. Does not dissolve well.	Contains more than 80 minerals			
Celtic sea salt (unrefined)	Grey- blue	Crumbly, moist	Melts easily onto food. Great in bold dishes due to its slight marine flavor.	Contains more than 80 minerals			
Fine sea salt (unrefined)	Usually white	Fine	Baking, adding to liquids as it dissolves quickly. Great replacement for table salt.	Rich in minerals			
Kosher salt (iodine-free)	White	Coarse	Dissolves quickly, great for curing meat	More processed than unrefined sea salts.			

Grab your PDF download www.clearskincentral.com/acnesafesalt

#### Acne-Safe Salts

Unrefined sea salt is recommended for recipes in this cookbook, but any salt not fortified with iodine may be used.

Another option is coarse, flakey Kosher salt. Though processed and it doesn't contain the minerals sea salt has, it's usually free of iodine; but be sure to read the label.

When shopping, review all ingredient labels to avoid iodine and additives. Look for the word "unrefined" when purchasing sea salt. You can buy sea salt in large crystals or a block you grind yourself. And you can buy fine sea salt, which is perfect for soups and baking as it dissolves quickly.

Remember! If you buy jarred, canned or packaged food products, "sea salt" on the ingredient list is okay. Find another brand if the item has "salt" to avoid iodine. Note that organic products are the most likely to use sea salt instead of iodized table salt.

#### **Your Pantry**

Excited to do a little shopping to support your wonderful new habit?

#### Bravo!

Keeping these common food items on hand will make each foray into the *Clear Skin from Within Cookbook* much easier. Then be sure to check out the label reading tips below.

#### Clear Skin from Within Cookbook Pantry List

- Unrefined sea salt (fine salt for liquids and baked goods, coarse for other recipes)
- Coconut aminos, a soy sauce alternative. Note that soy sauce is an acne-triggering condiment since it contains both soy and iodized salt. Coconut aminos sauce is made from coconuts, works wonderfully as a substitution, contains less sodium and is more nutritious than soy sauce.
- Bone broth. Pick a brand that uses sea salt, not table salt. Organic brands typically use sea salt
- Garlic and onion. Either fresh and/ or powder
- Essential spices including Italian seasoning, ginger, turmeric, black pepper and your other favorites
- Extra-virgin olive oil
- Avocado oil, which is great for high temperature cooking since it has a higher smoke point than olive oil
- Toasted sesame oil
- Almond butter; be sure to look for a brand that contains almonds only
- Chia seeds
- Quick oats
- Goat cheese

- Liquid egg whites
- Acne-safe milk
- Honey
- Unsweetened cacao powder. Cacao is recommended as it's more nutritious; however, unsweetened cocoa powder works as well

#### **Label Reading Tips**

At first, checking out labels to ensure your food is skin-safe might seem a bit daunting. Don't worry! You'll quickly get the hang of it. With a little practice, you'll know the best foods and brands for your skin and which ones to avoid.

To make it easy for you, AVOID or LIMIT these foods and ingredients when shopping:

- Cow's milk and ice cream- eliminate
- Other cow's milk dairy products (1 to 2 servings per week is okay)
- Soy (avoid as a primary ingredient)
- Seafood (1 to 2 servings per week, or buy freshwater fish)
- Seaweed products- eliminate
- Egg yolks (1 to 2 servings per week is okay; egg whites are always fine)
- Iodized salt or iodine in anything
- Peanut butter
- Peanut oil
- Canola oil
- Corn oil



Organic and natural foods are less likely to contain these ingredients. They also typically have a much shorter ingredient list than additive-laden, highly processed food.

Health food stores usually carry specialty items if you can't find what you want at a conventional grocery store. Amazon is another great resource for organic and specialty food items.

### Keeping Your Paleo, Keto, Vegetarian or Vegan Diet Skin-Safe

Great news!

You can easily tweak your Paleo, keto, vegan or vegetarian diet to align with the Clear Skin from Within Cookbook!

Paleo Diet Substitutions. Many of the Clear Skin from Within Cookbook recipes are already Paleo-friendly, since they're dairy-free. However, if you're doing the Paleo diet, instead of pasta (which uses eggs), use spiralized veggies or black bean pasta. Instead of bread or a tortilla, use a lettuce wrap. Replace cornstarch with arrowroot. The Paleo diet tends to rely heavily on eggs for breakfast, so be sure to use egg whites, as the biotin in egg yolks is acne-triggering.

Keto Diet Substitutions. A ketogenic diet is a very low-carb, high-fat diet that typically relies on full-fat dairy. If you're on a keto diet, use acne-friendly fats like nuts and nut butters (but NOT peanuts), olive oil, avocado oil, avocados,

full-fat coconut milk and oil, and goat cheese. Some recipes in this cookbook are keto compliant. Many others can be tweaked to reduce carbs. For example, use cauliflower rice instead of regular rice and zucchini noodles instead of pasta.

Vegan and Vegetarian Diet

Substitutions. If you're following a vegan or vegetarian diet, your biggest hurdle might be eliminating acne-triggering soy, because many meat-free foods and recipes depend on soy's many variations—including tempeh, tofu, soy milk and soy yogurt—to provide adequate protein.

To keep your skin safe, look to beans, quinoa, kale and nuts for your protein sources. You can also add a plant-based protein powder to boost your protein intake and energy; they're perfect in smoothies!

Vegetarians, egg whites and the dairy alternative cheeses listed above are safe for your skin. There are many recipes in the *Clear Skin from Within Cookbook* that are vegetarian. Plus, you can substitute your favorite plant-based proteins for meat, to enjoy the full complement of recipes in the *Clear Skin from Within Cookbook*!



Taylar B., Shreveport, LA Natural Acne Clinic Client Clear Since 2020

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# breakfast

Wanna power up your day on your way to clear skin? Kick it off with a mouthwatering breakfast!

For busy grab and go mornings, and any time you want a healthy snack, check out the Cashew Butter Cacao No Bake Bites and Rainbow Carrot Cake Muffins. Have a bit more time to chill? You'll adore the fluffy Egg White Frittata or supremely crunchy Homemade Cereal with cacao nibs, almond slivers and cranberries.

You have ten breakfast recipes inside, each a mini feast for the senses—and your skin. Enjoy!





### blueberry oatmeal bake

Prep time: 15 minutes
Cook time: 35 minutes

#### Ingredients:

- 2 cups blueberries, fresh or frozen
- 1 cup rolled or steel cut oats
- 1 cup plus 3 tbsp non-dairy milk or goat milk
- 1/3 cup honey
- 3.5 tbsp coconut oil, melted
- 3 tbsp ground flax
- 2 tsp pure vanilla extract
- ½ tsp sea salt
- ½ tsp cinnamon
- 1 scoop vanilla plant-based protein
- ½ cup unsweetened shredded coconut

#### **Instructions:**

- 1. Preheat the oven to 375°F. Grease an 8-inch square baking pan or small casserole dish with coconut oil and set aside.
- 2. Mix blueberries and oatmeal and add to the pan.
- 3. In a separate bowl, mix together the milk, honey, coconut oil, flax, vanilla, sea salt, cinnamon and protein powder.
- 4. Pour over the blueberry-oatmeal mixture. Stir to combine.
- 5. Place in oven and bake for 35 minutes. Remove from oven and top with coconut flakes. Let sit for 5 minutes until serving.



Calories: 428
Carbs: 51 g
Fat: 22 g
Protein: 9 g
Sodium: 329 mg





### cashew butter cacao no bake bites

Prep time: 30 minutes

These bites are great for breakfast on-the-go or a snack in between meals!

#### Ingredients:

- 1<sup>1</sup>/<sub>4</sub> cup quick oats
- 3 tbsp unsweetened shredded coconut
- ½ cup chopped pecans
- 1 scoop plant-based vanilla protein powder
- ½ cup honey
- ½ cup cacao nibs (can also use dark chocolate chips which would add more sugar)
- ½ cup cashew butter

#### **Instructions:**

- In a large bowl, mix contents with hands until well combined. Tip: wear gloves since the ingredients are very sticky.
- 2. Form into 1-inch balls and store in an air-tight container in the refrigerator.



Calories: 270 Carbs: 18 g Fat: 18 g Protein: 10 g Sodium: 0 mg





### fluffy pumpkin pancakes

Prep time: 15 minutes

Cook time: 10 minutes/batch

These pancakes are extra fluffy due to the frothed egg whites. If you need to eat gluten-free, just sub 1 1/3 cup gluten free baking flour for the all-purpose and wheat flours.

#### Ingredients:

- <sup>2</sup>/<sub>3</sub> cup all-purpose flour
- <sup>2</sup>/<sub>3</sub> cup whole wheat flour
- 1 tsp baking soda
- ½ tsp pumpkin pie spice
- ½ tsp ground cinnamon
- Dash sea salt
- 4 egg whites

#### Instructions:

- 1. In a large bowl, combine the first 6 ingredients.
- 2. In a stand-up kitchen mixer or with a hand mixer, whip the egg whites until they expand and become frothy. Add the remaining liquid ingredients and mix. Slowly stir in the dry ingredients.
- 3. Using a ½ measuring cup, pour pancake batter onto a greased hot griddle; turn when bubbles form on top and cook until both sides are browned. Serve with pure maple syrup and nut butter (optional).





Calories: 350 Carbs: 58 g Fat: 11 g Protein: 9 g Sodium: 530 mg





## raspberry chia overnight oats

Prep time: 10 minutes

Chia seeds are high in fiber and healthy fats and help to bulk up the oats and keep you full.



Calories: 367 Carbs: 43 q **Fat:** 15 q Protein: 15 g Sodium: 91 mg

#### Ingredients:

- ½ cup old fashioned or steel cut oats
- ¼ cup chia seeds
- 1 tsp honey
- ¼ tsp cinnamon
- ¾ cup unsweetened almond milk
- ¼ cup raspberries

#### **Instructions:**

- 1. Add all the ingredients except raspberries to a small jar.
- 2. Give it a good stir, top with raspberries and place in the fridge overnight.
- 3. In the morning, eat chilled or heat in the microwave.







### rainbow carrot cake muffins

#### Ingredients:

- 6 rainbow carrots, finely shredded (can also use regular carrots)
- <sup>2</sup>/<sub>3</sub> cup natural almond butter
- 2 egg whites
- ¼ cup unsweetened non-dairy yogurt or goat yogurt
- 3 tbsp honey
- 1 tbsp ground cinnamon
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ cup chopped, pitted dates

#### **Instructions:**

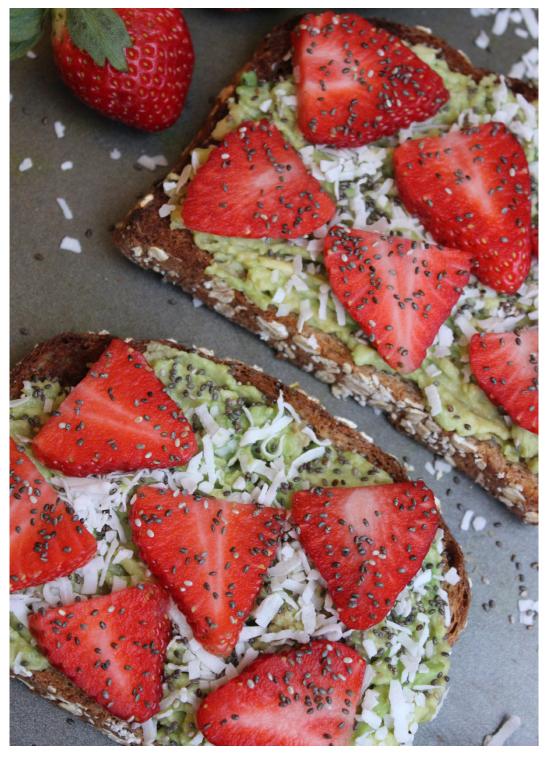
- 1. Preheat the oven to 375°F. Line a 12-cup muffin tin with 12 muffin liners.
- 2. In a large bowl, combine the carrots, almond butter, eggs, yogurt and honey and mix well.
- 3. Stir in the cinnamon, baking powder, and salt and mix until just combined.
- 4. Fold in the dates.
- 5. Spoon the batter into prepared muffin tin, filling each cup halfway. Bake for 25-30 minutes, or until a toothpick inserted into the center of a muffin comes out clean.





Calories: 275
Carbs: 27 g
Fat: 16 g
Protein: 8 g
Sodium: 100 mg







# strawberry cocount avocado toast

Prep time: 10 minutes

#### Ingredients:

- 2 slices bread (with sea salt like Food for Life found in the frozen section)
- ½ ripe avocado
- 2 large strawberries, sliced
- 2 tbsp unsweetened coconut flakes
- 1 tbsp chia seeds

#### **Instructions:**

- 1. Toast bread.
- 2. Spread with avocado; top with remaining ingredients.





Calories: 415 Carbs: 46 g Fat: 21 g Protein: 13 g Sodium: 155 mg





# serves egg white frittata

Prep time: 5 minutes Cook time: 10 minutes

#### Ingredients:

- 2 tsp olive oil
- ¾ cup liquid egg whites
- 1 large mushroom, sliced
- 5 grape tomatoes, halved
- 2 tbsp crumbled goat cheese
- sea salt and pepper, to taste

#### Instructions:

- 1. Heat a small 6-inch skillet on medium heat. Spread oil in the pan and then add egg whites. When eggs begin to set, add the remaining ingredients on top.
- 2. Place in the oven on broil until eggs are fully cooked, one or two minutes.
- 3. Serve.



Calories: 186 Carbs: 2 g Fat: 6 g Protein: 25 g Sodium: 605 mg



# sweet potato hash browns with sausage and sauerkraut

Prep time: 5 minutes
Cook time: 30 minutes

#### Ingredients:

- 2 tbsp avocado oil
- 1 large sweet potato
- sea salt and pepper to taste
- 8 organic uncured sausage links (made with sea salt)
- ¼ cup sauerkraut (made with sea salt like Ozuke brand)

#### Instructions:

- 1. Peel the sweet potato, cut into chunks, and add to a food processor; pulse until finely chopped.
- 2. Heat 1 tbsp oil over a skillet over medium heat. Add sweet potatoes. Cook until sweet potatoes start to get soft, about 5 minutes. Sprinkle with salt and pepper.
- 3. Turn oven on to broil on high. Add skillet with sweet potatoes to the oven; cook for 5-7 minutes, or until sweet potatoes start to brown.
- 4. Remove sweet potatoes and cover to keep warm. Add remaining oil to the pan and add sausage. Cook until cooked through. Serve with sweet potato hash browns and sauerkraut.



Calories: 373 Carbs: 27 g Fat: 22 g Protein: 19 g Sodium: 632 mg





# egg white veggie protein cups

Prep time: 20 minutes Cook time: 30 minutes

A great recipe to double and place half in the freezer for quick breakfasts on the go! If you have a sous vide cooker, cooking these muffins sous vide makes them more fluffy, moist, and evenly cooked than the oven.

#### Ingredients:

- 20 oz liquid egg whites
- 1 red bell pepper, chopped
- 10 oz package frozen chopped spinach
- 4 slices uncured turkey bacon made with sea salt (like Applegate Farms), cooked and chopped
- 4 oz goat cheese, crumbled
- 1 tsp Italian seasoning
- ½ tsp sea salt

# nutrition information Calories: 140

Carbs: 4 g Fat: 6 g Protein: 20 g Sodium: 687 mg

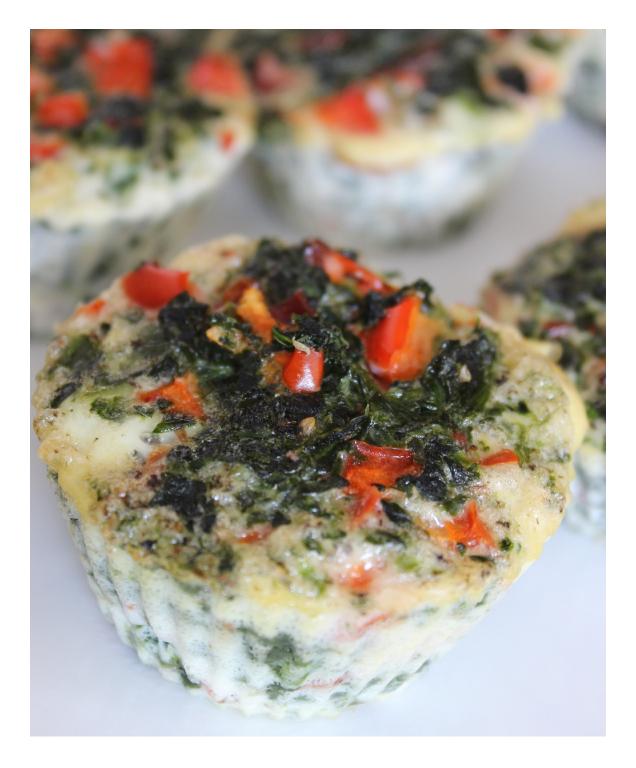
#### **Instructions:**

#### Oven Method

- 1. Preheat oven to 350. Spray a 12-cup muffin tin with cooking spray, or fill tray with muffin liners.
- 2. Microwave spinach on high in a bowl for 4 minutes. Let rest and then squeeze water out.
- 3. Mix all ingredients in a large bowl. Evenly distribute mixture to muffin cups.
- 4. Place in oven and bake for 25-30 minutes, or until the tops of the muffins are golden and eggs are set. Let cool for 5 minutes. Serve.

#### Sous Vide Method

- 1. Attach sous vide cooker to a large stock pot of water and set to  $172^{0}$ F. Spray 12 small canning jars with cooking spray.
- 2. Microwave spinach on high in a bowl for 4 minutes. Let rest and then squeeze water out.
- 3. Mix all ingredients in a large bowl. Evenly distribute mixture to 12 small canning jars. Secure lids, but not too tight so pressure doesn't build up.
- 4. Cook for one hour. Remove from stock pot and unscrew lids, using a pot holder. Let cool for 5-10 minutes before serving.







### homemade cereal

#### Ingredients:

- 1 cup unsweetened cacao nibs
- 1 cup raw pepitas
- 1 cup raw almonds, slivered
- ½ cup raw walnuts, chopped
- ½ cup hemp seeds
- ½ cup unsweetened coconut flakes
- ½ cup unsweetened dried cranberries
- ¼ cup pure maple syrup

#### **Instructions:**

- 1. Preheat oven to 350°F.
- 2. Mix all ingredients together in a bowl.
- 3. Spread ingredients onto a baking sheet coated with cooking spray.
- 4. Bake for 8 minutes.
  Cool. Store in an airtight container. Can serve with milk of choice or use as a topping for yogurt.



Calories: 276 Carbs: 23 g Fat: 17 g Protein: 9 g Sodium: 4 mg



Jessica T., Denver, CO
Natural Acne Clinic Client
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# smoothies

Amazing, versatile smoothies. Gather generous helpings of your favorite ingredients, mix 'em up in a blender and—ta da! Heaven in a glass.

And now it's super easy to whip up a bounty of skin-safe favorites. The Avocado Mango Green Smoothie will melt right into your soul. And ohmygosh, the Almond Butter Chocolate Banana Smoothie and Matcha Smoothie Bowl...you'll be making seconds. because. you. simply. can't. stop. eating. them.

Five smoothie recipes, five ways to brighten your day—and your complexion. Yum!





### sweetheart smoothie bowl

Prep time: 15 minutes

#### Ingredients:

- ½ cup beets, chopped
- 1 cup frozen raspberries
- 1 cup non-dairy milk or goat milk
- 1 scoop vanilla plant-based protein powder
- Toppings: handful of fresh raspberries and unsweetened shredded coconut

#### Instructions:

- 1. Place beets and 1 tbsp water in a microwave-safe bowl. Microwave on high for 2 minutes to soften beets.
- 2. Dump the beets and water plus remaining ingredients into a blender. Blend until smooth.
- 3. Pour smoothie into a bowl. Top with raspberries and unsweetened coconut flakes.



Calories: 353 Carbs: 28 g Fat: 14 g Protein: 29 g Sodium: 293 mg







# avocado mango green smoothie

Prep time: 5 minutes

#### Ingredients:

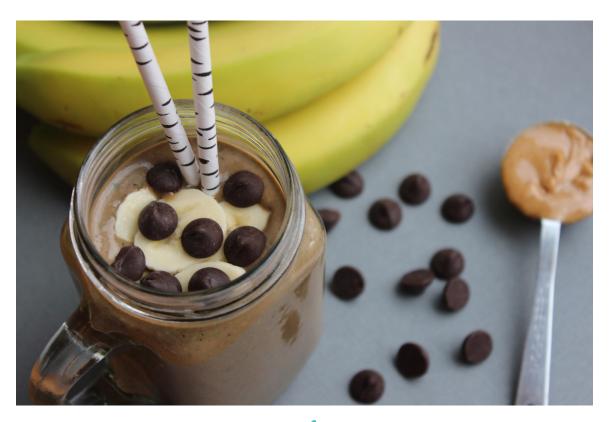
- 1 cup kale
- ½ avocado
- ½ cup frozen chopped mango
- 1 scoop plant-based vanilla protein powder
- 1 tbsp soaked chia seeds (mix cup chia seeds with 2 cups water and let soak overnight in the fridge)
- 1½ cup coconut milk

#### **Instructions:**

Add all of the ingredients to a blender and process until smooth.



Calories: 391 Carbs: 35 g Fat: 23 g Protein: 17 g Sodium: 160 mg





# almond butter chocolate banana smoothie

Prep time: 5 minutes

#### Ingredients:

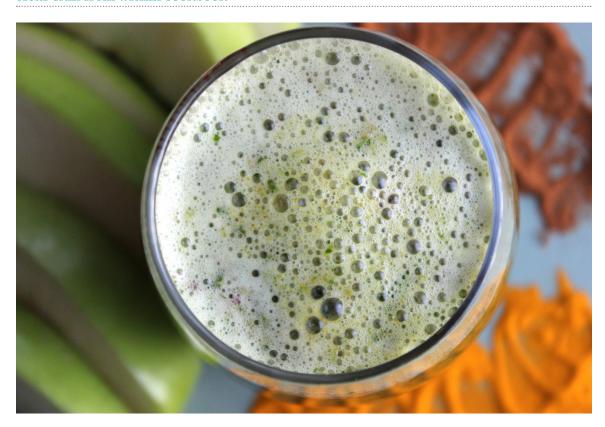
- 1 cup spinach
- ½ banana.
- 1 tbsp almond butter
- 1 tbsp ground flax seed
- 1 tbsp unsweetened cocoa powder
- 1 cup unsweetened almond milk
- 1 scoop plant-based vanilla protein powder

#### **Instructions:**

Add all of the ingredients to a blender and process until smooth.



Calories: 336
Carbs: 33 g
Fat: 18 g
Protein: 20 g
Sodium: 278 mg





# perfect green smoothie

Prep time: 10 minutes

#### Ingredients:

- ½ cup unflavored coconut water
- ½ tsp turmeric
- 1 tsp cinnamon
- contents of 2 probiotic capsules, or 1 tsp probiotic powder
- 2 spoonfuls chia seeds soaked overnight in 2 tbsp water
- 2-3 leaves dinosaur kale
- 2-3 leaves of dandelion greens
- ½ cup frozen grapes
- ½ green apple
- sprinkle of sea salt

#### Instructions:

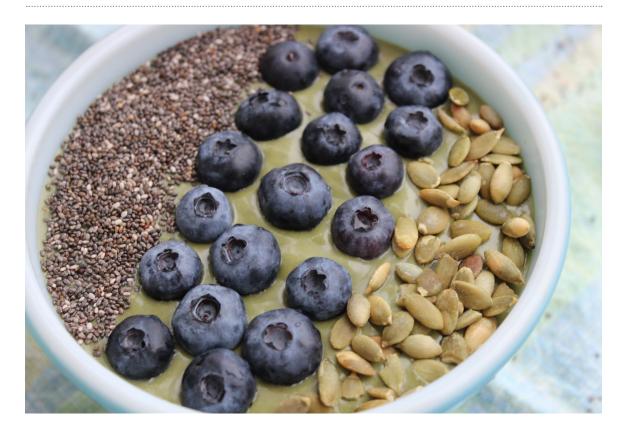
Place all ingredients in a high-powered blender and blend until liquefied. Serve.



Calories: 268
Carbs: 54 g
Fat: 3 g
Protein: 9 g
Sodium: 557 mg

This recipe works best in a powerful blender or juicer, as it creates a lot of pulp. If using a juicer and removing the pulp, add the chia seeds after removing the pulp.







### matcha smoothie bowl

Prep time: 10 minutes

#### Ingredients:

- 2 large Swiss chard leaves
- ½ frozen banana
- ½ avocado
- 1 tbsp matcha green tea powder
- 1 cup non-dairy milk or goat milk
- ½ scoop plant-based protein powder

**Toppings:** blueberries, pepitas, chia seeds

#### **Instructions:**

Add all of the ingredients to a blender and process until smooth. Pour in a bowl and add toppings.



Calories: 494 Carbs: 64 g Fat: 21 g Protein: 23 g Sodium: 350 mg

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Let's mix it up! Let's wake up those sleepy taste buds with a host of luscious lunch recipes.

And this foodie adventure is the way to go. Whether you choose the Chicken Blueberry Quinoa Salad, Strawberry Arugula Salad in-a-Jar, the Ultimate Veggie & Turkey Sandwich or a Napa Chicken Salad Wrap, you'll feel like you're dining at the toniest all-natural bistro.

There are nine uplifting lunch recipes to choose from, each made to order for clear, glowing skin.

Excited? Awesome!









### chicken blueberry guinoa salad

Prep time: 20 minutes
Cook time: 15 minutes

#### Ingredients:

- 1¾ cups water
- ¾ cup quinoa, uncooked
- ¾ tsp sea salt, divided
- 1 apple, cored and finely chopped
   (place in orange juice for 10 minutes to keep fresh)
- ½ cup blueberries
- 1/3 cup fresh cilantro, finely chopped
- 1/3 cup fresh mint, finely chopped
- ½ cup fresh parsley, finely chopped
- ½ cup fresh scallions, green and white parts, finely chopped
- ¼ cup slivered almonds
- 8 oz frozen organic grilled chicken breast strips (like Nature Raised), warmed in the microwave
- 2 cups baby spinach
- ½ cup orange juice
- ¼ tsp black pepper
- 2 tbsp extra-virgin olive oil

#### **Instructions:**

- 1. Add water to medium saucepan and bring to a boil. Rinse quinoa in a strainer, drain well, and place grain in saucepan. Add ¼ tsp salt, reduce heat, cover and simmer for 15 minutes, or until quinoa is almost tender. Remove from heat and let sit covered, for about 10 minutes. Using a fork, fluff quinoa, and transfer it to a medium to large mixing bowl.
- 2. After quinoa is at room temperature, add apple, blueberries, cilantro, mint, parsley, scallions, almonds, and chicken. Mix.
- 3. In a small bowl, whisk together orange juice with remaining  $\frac{1}{2}$  tsp salt until it dissolves. Add pepper, then whisk in oil.
- 4. Add spinach to quinoa mixture. Drizzle with dressing immediately before serving.





Calories: 414 Carbs: 48 g Fat: 20 g Protein: 13 g Sodium: 240 mg





# asian chicken salad-in-a-jar



# serves strauberry arugula salad-u-a-jar

#### Prep time: 10 minutes

Salad-in-a-jar is a perfect lunch to make ahead of time for on-the-go meals.

#### Ingredients:

- 2 tbsp sesame ginger salad dressing (with sea salt like Primal Kitchens)
- ½ cup shredded or coined carrots
- ½ cup shredded red cabbage
- 3 oz grilled organic chicken strips (can buy frozen to save time like Nature Raised Organic Grilled Chicken Strips)
- 1 cup spinach
- 1 Mandarin orange, peeled and sectioned

#### **Instructions:**

- 1. Starting from the top of the ingredient list, place all ingredients in a large canning jar. Make as many jars as desired.
- 2. Screw on lid. Place in fridge. Will stay fresh for 4 days.
- 3. When ready to eat, shake jar and then pour contents onto a plate.

#### Prep time: 10 minutes

#### Ingredients:

- 1 tbsp balsamic vinegar
- 1 tbsp extra-virgin olive oil
- 1 tsp maple syrup
- ¼ cup red onion
- 3 oz grilled organic chicken strips (can buy frozen to save time like Nature Raised Organic Grilled Chicken Strips)
- ½ cup strawberries, sliced
- 1 tbsp chia seeds
- 1 cup arugula
- 1 cup spring mix

#### Instructions:

- 1. Starting from the top of the ingredient list, place all ingredients in a large canning jar. Make as many jars as desired.
- 2. Screw on lid. Place in fridge. Will stay fresh for 3-4 days.
- 3. When ready to eat, shake jar and then pour contents onto a plate.



Carbs: 22 q Fat: 12 q Protein: 29 q Sodium: 260 mg

Calories: 297

#### nutrition information

Calories: 339 Carbs: 20 q **Fat:** 29 q Protein: 20 g Sodium: 372 mg







# watermelon salad with mojito vinaigrette & marinated walnuts

Prep time: 20 minutes (plus 2 hours for marinating)

#### Ingredients:

- 1 cup whole walnuts
- 2 tbsp extra-virgin olive oil
- 2 tbsp coconut aminos

#### Salad:

- 1 package (5 oz) spring mix salad greens
- 2 cups fresh watermelon, cubed
- ½ cucumber, chopped
- 4 oz fresh goat cheese, crumbled

#### Vinaigrette:

- ¼ cup white wine vinegar
- 2 tbsp water
- 2 tbsp lime juice
- 2 tbsp coarsely chopped fresh mint
- 2 tbsp honey
- ¼ tsp sea salt
- Dash pepper
- 2 tbsp extra-virgin olive oil

#### Instructions:

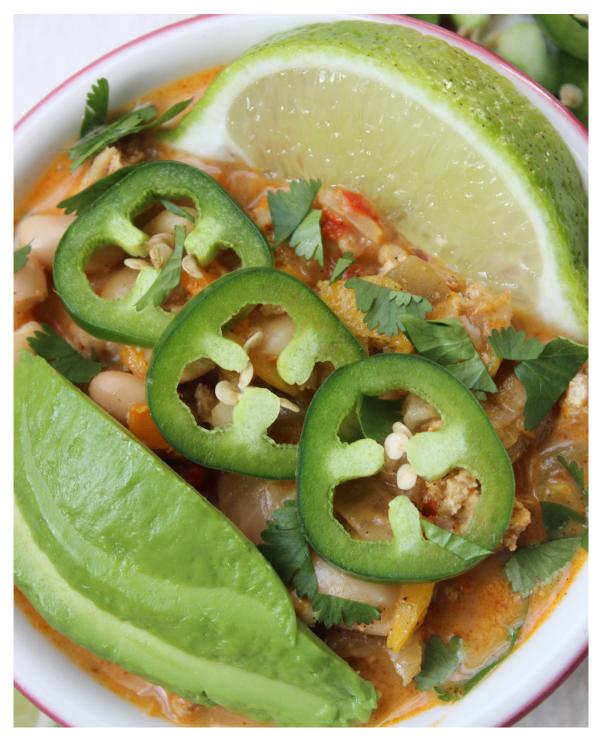
- 1. In a bowl, combine walnuts, olive oil and coconut aminos. Let marinate for 1-2 hours.
- 2. In a blender, combine dressing ingredients. Set aside.

3. Top salad greens with watermelon, cucumber, cheese and marinated walnuts. Drizzle with vinaigrette.



Calories: 289 Carbs: 44 g Fat: 9 g Protein: 12 g Sodium: 143 mg







### white chicken chili

Prep time: 20 minutes Cook time: 30 minutes

#### Ingredients:

- ½ tbsp extra-virgin olive oil
- 1 lb organic ground chicken
- 3 bell peppers, diced
- 2 small sweet onions, diced
- 1 jalapeño, seeded and diced (optional if you want more heat)
- 2 tbsp garlic, minced
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp dried oregano
- ¼-1 tsp cayenne pepper
- ½ tsp sea salt
- 1½ cups bone broth (with sea salt)
- 1 can diced green chilies (4 oz.)
- ¾ cup coconut milk
- 1 can cannellini beans, no salt added, drained
- Juice of 2 large limes

#### Topping:

- ½ cup cilantro, chopped
- 2 tbsp jalapeño, sliced or diced
- 1 avocado, diced

#### **Instructions:**

- Heat the oil in a large pot over medium-high heat. Add the ground chicken, bell peppers, onions, jalapeño, garlic, chili powder, cumin, oregano, cayenne, and salt and cook until chicken is browned and cooked through.
- 2. Add the chicken broth and green chilies. Bring to a boil, then reduce the heat to medium and simmer for 15 minutes, or until thickened.
- 3. Once the chili has finished cooking, remove from heat and add the beans and lime juice.
- 4. To serve, ladle into bowls and serve with the toppings.





Calories: 443 Carbs: 19 g Fat: 29 g Protein: 24 g Sodium: 498 mg







## ultimate veggie & turkey sandwich

Prep time: 10 minutes

#### Ingredients:

- 2 slices bread with sea salt (like Food for Life)
- ½ ripe avocado
- Large lettuce leaf
- 3 slices uncured deli turkey with sea salt (like Applegate Farms)
- 2 large slices tomato
- 4 cucumber slices
- ½ cup sprouts (or greens)

### nutrition information

Calories: 374 Carbs: 42 g Fat: 12 g Protein: 27 g Sodium: 534 mg

#### **Instructions:**

Spread avocado on bottom slice of bread. Layer with lettuce, turkey, tomato, cucumber and sprouts. Top with the remaining slice of bread.



### creamy orange autumn soup

Prep time: 15 minutes
Cook time: 20 minutes

This soup is packed with vitamin A – one of the important nutrients for your skin – providing almost 500% of your daily needs! Eat alone for a light meal, or with some grilled chicken breast for a more protein-packed meal.

#### Ingredients:

- 2½ cups cubed butternut squash (can buy frozen to save time)
- 1 large sweet potato, peeled and cubed
- 3 medium carrots, sliced
- 3 cups pea milk
- ½ cup orange juice
- ½ tsp sea salt
- ¼ tsp pepper

Optional toppings: pine nuts, cilantro, parsley, chives

# nutrition information

Calories: 190 Carbs: 33 g Fat: 4 g Protein: 10 g Sodium: 382 mg

#### Instructions:

1. Place butternut squash, sweet potato and carrots in a steamer basket and steam until soft; or, place in a microwave-safe bowl with ½ cup water and microwave on high for 5 minutes.

2. Place steamed vegetables in a food processor or blender with a portion of the milk. Blend until pureed. Add puree to a large saucepan over medium heat. Add orange juice, remaining milk, salt and pepper. Simmer for 10 minutes. Serve with toppings.





### basil pesto pasta salad

Prep time: 20 minutes Cook time: 10 minutes

A perfect summertime meal using ingredients straight from the garden or farmer's market. Want more protein and fiber? Use a bean or lentil pasta instead of wheat. Have some greens or fresh herbs you need to use up? Sub them in for part of the basil in the pesto.

#### Ingredients:

- 8 oz dry rotini pasta
- 3 cups fresh basil
- 2 cloves garlic
- ¾ tsp sea salt
- 1 cup extra-virgin olive oil
- 1/3 cup pine nuts
- 1 pint grape tomatoes, halved
- 1 bell pepper, diced

# nutrition information

Calories: 305 Carbs: 33 g Fat: 17 g Protein: 7 g Sodium: 222 mg

#### Instructions:

- 1. Prepare pasta according to package instructions.
- 2. Place basil, garlic, salt, oil and pine nuts in a food processor. Pulse until pureed.
- 3. Place pasta, pesto, tomatoes and pepper in a medium bowl and stir until combined.









## napa chicken salad wrap

Prep time: 20 minutes

A perfect make-ahead meal to prep for work week lunches. Can also be eaten on a sandwich or with crackers instead of a wrap.

#### Ingredients:

- ¼ cup avocado oil mayo
- 2 tbsp plain goat's milk yogurt
- 2 tsp apple cider vinegar
- 1 tsp honey
- 1 tsp lemon zest
- ½ tsp dried rosemary
- ½ tsp sea salt
- ¼ tsp black pepper
- 2 cups organic chicken, cooked and cubed
- ½ cup grapes, sliced
- 2 green onions, sliced
- 1 celery stalk, chopped
- 2 tbsp fresh tarragon, chopped
- ¼ cup sliced almonds
- 4 tortillas or wraps

#### **Instructions:**

- 1. In a large bowl, whisk together mayo, yogurt, vinegar, honey, lemon zest, rosemary, salt and pepper. Stir in chicken, grapes, onions, celery, tarragon and almonds.
- 2. Divide mixture onto 4 tortillas and fold sides over to form a wrap.



Calories: 438
Carbs: 36 g
Fat: 21 g
Protein: 25 g
Sodium: 704 mg





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# dinner

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Fourteen dinner recipes in all. Each pure gold for palate and complexion. Dig in!







# hamburger stir-fry

Prep time: 20 minutes Cook time: 30 minutes



#### Ingredients:

- 1 tbsp plus 1 tsp olive oil
- 1 lb lean organic ground beef
- 1 lb frozen green beans
- 1 lb frozen riced cauliflower
- 2 tbsp sesame seeds

#### Sauce

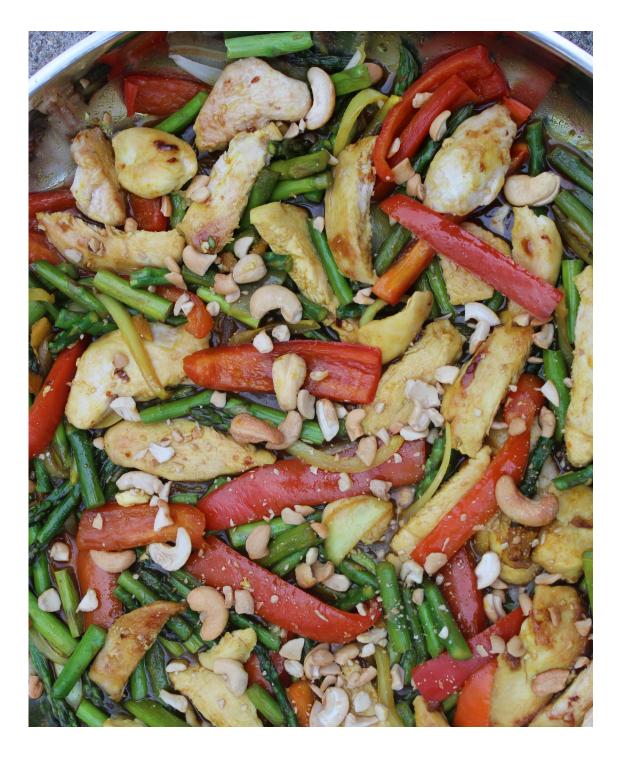
- 2 tbsp cornstarch + ¼ cup water
- <sup>2</sup>/<sub>3</sub> cup water
- 3 tbsp coconut aminos
- 3 tbsp honey
- 1 tbsp ground mustard
- 1 garlic clove, minced
- ½ tsp fresh grated ginger

#### nutrition information

Calories: 436 Carbs: 30 g Fat: 21 g Protein: 27 g Sodium: 378 mg

#### Instructions:

- 1. In a skillet, cook beef in 1 tsp oil until no longer pink; drain and set aside. In the same pan, stir-fry the green beans in remaining oil until crisp-tender.
- 2. Meanwhile, prepare the sauce. Combine cornstarch and ¼ cup water; set aside. Heat a pot over medium-heat. Add in water, coconut aminos, honey, mustard, garlic and ginger. Stir.
  - Just as it begins to bubble, add in cornstarch mixture and stir continuously for 7-10 minutes. Take off heat and set aside 5-10 minutes to let it congeal.
- 3. Sauté cauliflower rice in 1 tsp oil.
- 4. Combine beef, green beans and sauce. Serve over cauliflower rice and top with sesame seeds per serving.





# ginger-turmeric chicken & asparagus stir fry

Prep time: 20 minutes Cook time: 20 minutes

The turmeric, ginger and garlic along with all the veggies make this recipe very anti-inflammatory and great for the immune system.

# stem. Instructions:

- 1. Whisk all sauce ingredients together in a bowl.
- 2. Whisk 2 tbsp sesame oil, coconut aminos and starch in a bowl until smooth. Add in chicken and set aside to marinate for a few minutes.
- 3. In a separate bowl, combine ginger, turmeric, garlic, pepper flakes and 1 tsp sesame oil.
- 4. Heat 2 skillets and 1 tbsp avocado oil each over medium heat. Add chicken to one skillet and asparagus, bell pepper and onion to the other. Cook chicken until cooked through and vegetables until tender.
- 5. Push vegetables to the sides of the skillet. Add ginger mixture to the center and cook until fragrant. Stir mixture into vegetables.
- chicken and any accumulated juices into vegetables.
  Add sauce to skillet.
  Cook, stirring constantly, until sauce is thickened, about 30 seconds.
  Top with cashews.

6. Stir cooked



Carbs: 21 g Fat: 22 g Protein: 32 g Sodium: 517 mg

#### Ingredients:

#### Sauce

- ½ cup bone broth (with sea salt)
- ¼ cup coconut aminos
- 1 ½ tsp cornstarch
- 1 tsp rice vinegar

#### Stir-Fry

- 2 tbsp plus 1 tsp toasted sesame oil
- 2 tsp coconut aminos
- 1½ tsp cornstarch
- 1 lb boneless, skinless chicken breasts, trimmed and sliced into bite-sized pieces
- 2 tbsp grated fresh ginger
- 2 tsp turmeric
- 1 garlic clove, minced
- ¼ tsp red pepper flakes
- 2 tbsp avocado oil
- 1 lb asparagus, trimmed and cut into bite-sized pieces
- 1 red bell pepper, cut into strips
- ½ white onion, cut into strips
- ½ cup raw cashews, chopped





# coconut curry chicken

Prep time: 15 minutes
Cook time: 50 minutes

#### Ingredients:

- 3 tbsp olive oil
- 3 tbsp curry powder
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- ½ lbs organic chicken breasts, boneless, skinless, cut into ½-inch chunks
- 1 can (14 oz) full fat coconut milk
- 1 can (14.5 oz) diced tomatoes, no salt added
- 1 can (8 oz) tomato sauce, no salt added
- ½ cup sugar
- 1 tsp sea salt
- ½ tsp black ground pepper
- 4 cups steamed rice

# nutrition information

Calories: 516 Carbs: 52 g Fat: 16 g Protein: 39 g Sodium: 778 mg

- 1. Mix oil and curry powder. Heat a large skillet over medium-high heat and add the curry oil mixture. Heat curry oil for 1 minute.
- 2. Add garlic and onions and cook for 1 minute.
- 3. Add chicken chunks and toss lightly to coat with the curry oil mixture.
- 4. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink.
- 5. Pour coconut milk, diced tomatoes, tomato sauce, sugar, salt and pepper into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes.
- 6. Serve chicken mixture over rice.



### sweet & sour chicken with black rice

Prep time: 20 minutes
Cook time: 30 minutes

A healthy version of Chinese takeout. Black rice gets its color from the antioxidant anthocyanin – the same antioxidant that gives blueberries its color. Black rice is also a great source of vitamin E.

#### Ingredients:

- 1 tablespoon plus 2 teaspoons coconut aminos
- 1 tablespoon bone broth (with sea salt)
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- 1 pound organic boneless skinless chicken breasts, cut into 1-inch cubes
- 2 cups chopped broccoli
- 2 tablespoon olive oil
- 1 can (20 oz) unsweetened pineapple chunks
- 2 tablespoons cornstarch
- 1 tablespoon honey
- ¼ cup cider vinegar
- ¼ cup ketchup (with sea salt-like Annie's)
- 2 cups steamed black rice



Calories: 395 Carbs: 48 g Fat: 9 g Protein: 31 g Sodium: 427 mg





- 1. In a large bowl, combine 1 tablespoon coconut aminos, broth, salt, garlic powder and ginger; add chicken. Mix to coat; refrigerate 30 minutes.
- 2. Sauté broccoli in 1 tablespoon olive oil until tender. Remove from pan and set aside.
- 3. Drain pineapple, reserving juice; set pineapple aside. Add enough water to juice to measure 1 cup. In a small bowl, combine 2 tablespoons cornstarch, honey and pineapple juice mixture until smooth; stir in vinegar, ketchup and remaining coconut aminos. Set aside.
- 4. Drain chicken and discard marinade. In a large skillet, stir-fry chicken in remaining oil until no longer pink. Remove and keep warm.
- 5. Stir pineapple juice mixture and add to pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add chicken, broccoli and reserved pineapple; heat through. Serve with black rice.







### storetop southwest sweet potato & ground turkey

Prep time: 15 minutes
Cook time: 15 minutes

#### Ingredients:

- 3 tbsp avocado oil
- 1 tbsp garlic, minced
- 1 lb organic ground turkey
- 2 large sweet potatoes peeled and diced (about 3 cups)
- 1 red bell pepper, diced
- 1 medium onion, diced
- 1½ tbsp ground cumin
- 1 tsp chili powder
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1 can black beans, drained, no salt added
- ¼ cup cilantro, chopped
- 1½ cups shredded goat cheese or Daiya mozzarella shreds

#### **Instructions:**

- 1. Heat two skillets over medium heat. Add 1½ tbsp avocado oil to each skillet. Add garlic to one skillet and sauté for one minute and then add turkey.
- 2. Add vegetables to the other skillet. Cook for 8 minutes and then add  $\!\!\!\!/_{\!\!2}$  cup water and continue cooking.
- 3. Cook turkey until browned and vegetables until soft. Combine the skillets. Add the seasonings and beans. Mix. Top with cilantro and cheese.



Calories: 397 Carbs: 34 g Fat: 19 g Protein: 21 g Sodium: 807 mg



### sesame pork & eggplant stir-fry

Prep time: 20 minutes Cook time: 30 minutes

#### Ingredients:

#### Sauce

- ½ cup chicken bone broth (with sea salt)
- 6 tbsp coconut aminos
- 3 tbsp toasted sesame oil
- 1½ tsp cornstarch

#### Stir-Fry

- 2 tbsp plus 1 tsp toasted sesame oil
- 2 tsp coconut aminos
- 1½ tsp cornstarch
- 1 tbsp ground ginger
- 1 tbsp dried basil
- 5 garlic cloves, minced
- 2 tbsp avocado oil
- 1 (1-pound) organic pork tenderloin, trimmed and sliced into bite-sized pieces
- 1 small red onion, sliced
- 1 lb eggplant, peeled and cut into bite-sized pieces
- 2 tsp sesame seeds, toasted
- Fresh basil leaves for topping, optional

#### Instructions:

- 1. Whisk all sauce ingredients together in a bowl.
- 2. Whisk 2 the sesame oil, coconut aminos and cornstarch together in a bowl until smooth, then stir in pork. In a separate bowl, combine ginger, basil, garlic, and remaining 1 tep sesame oil.
- 3. Heat 1 tsp avocado oil in a large skillet over high heat. Add pork and cook, stirring occasionally, until browned and cooked through.
- 4. Meanwhile, in another large skillet, heat remaining avocado oil over mediumhigh heat. Add onion and eggplant. Cook until vegetables are tender.
- 5. Push vegetables to sides of skillet. Add seasoning mixture and cook until fragrant, about one minute. Stir mixture into vegetables.
- 6. Whisk sauce to recombine, add to skillet and stir until thickened. Stir in cooked pork. Remove skillet from heat. Top with sesame seeds and basil leaves if desired. Serve.



Calories: 565 Carbs: 19 g Fat: 37 g Protein: 37 g Sodium: 581 mg



# toasted walnut and cauliflower "meat" tacos

Prep time: 15 minutes
Cook time: 15 minutes

A great meatless but hearty meal that fits in lots of veggies and healthy fats.

#### Ingredients:

- 1 cup walnuts, finely chopped
- 2 tbsp extra-virgin olive oil, divided
- 1 lb riced cauliflower
- ¾ cup onion, minced
- 2 tsp garlic, minced
- 1 medium jalapeño, seeded, minced
- ½ cup water
- ¼ cup tomato paste, no salt added
- 2 tsp chili powder
- 1 tsp cumin, ground
- 1 tsp oregano, dried
- ½ tsp sea salt
- 8 corn tortillas (with sea salt)

Optional toppings: lime slices, avocado and cilantro

#### **Instructions:**

- 1. Add walnuts to a large skillet over medium heat. Toast for about 5 minutes, stirring 2-3 times to prevent burning. Remove from skillet.
- 2. Add oil, cauliflower, onion, garlic and jalapeno to the skillet. Sauté for about 5 minutes or until softened.
- 3. Stir in water, tomato paste, chili powder, cumin, oregano and salt; cook until mixture is thick and excess water has cooked off. Serve in tortillas and optional toppings.



Calories: 400 Carbs: 33 g Fat: 28 g Protein: 11 g Sodium: 371 mg



### one pan lemon pepper freshwater fish & asparagus

Prep time: Missing Cook time: Missing

#### Ingredients:

- 1 lemon, zest and juice; plus 2 lemons, sliced
- 2 tbsp extra-virgin olive oil
- 1 tsp black pepper
- 1 tsp lemon pepper seasoning
- 1 tsp kosher salt
- 2 lbs white bass (or other freshwater fish)
- 1 lb asparagus, trimmed
- 2 tsp dried dill

# nutrition information

Calories: 376
Carbs: 4 g
Fat: 24 g
Protein: 35 g
Sodium: 375 mg

- 1. Preheat oven to 400 °F. Line a large baking sheet with thick parchment paper.
- 2. In a small bowl, mix lemon juice and zest, oil, pepper, lemon pepper and salt. Mix.
- 3. Place fish in the middle of the baking sheet. Add asparagus to the baking sheet, around the fish.
- 4. Brush oil mixture on asparagus and fish. Sprinkle dill on fish. Place lemon slices on fish and asparagus.
- 5. Bake for 10-15 minutes, or until fish flakes. Serve.





### asian pork (spaghetti squash) linguine

Prep time: 20 minutes Cook time: 45 minutes

#### Ingredients:

- 1 large spaghetti squash
- 2 tsp cornstarch
- ½ cup water
- ¼ cup natural almond butter
- 2 tbsp coconut aminos
- 1 tbsp honey

- ½ tsp garlic powder
- ½ tsp ground ginger
- 1 lb boneless organic pork loin, cubed
- 3 tsp sesame oil, divided
- 2 medium carrots, sliced
- 1 medium onion, halved and sliced

#### **Instructions:**

 Preheat oven to 425°F. Cut spaghetti squash in half, lengthwise. Remove seeds. Drizzle the flesh side of the squash with avocado oil and place squash flat side down on a greased pan. Bake for 45 minutes or until squash is tender.
 Tip: before cutting, poke squash with a fork and microwave for 5 minutes to make the squash easier to cut. Can also fully cook the squash in the microwave on high for 10-15 minutes.

# nutrition information

Calories: 305 Carbs: 30 g Fat: 13 g Protein: 16 g Sodium: 390 mg

- 2. Remove from oven and let cool slightly.
- 3. In a small bowl, combine cornstarch and water until smooth. Whisk in the almond butter, coconut aminos, honey, garlic powder and ginger until blended; set aside.
- 4. In a large skillet or wok, stir-fry pork in 2 tsp oil until no longer pink. Remove and keep warm. Stir-fry carrots and onion in remaining oil until crisp-tender. Stir the sauce and add to the pan. Bring to a boil: cook and stir for 2 minutes or until thickened.

5. Return pork to the pan. Remove spaghetti squash strands with a fork; add to the pan and stir to coat. Serve.





### lertil sweet potato curry

Prep time: 20 minutes
Cook time: 35 minutes

#### Ingredients:

- 1 cup dried lentils, rinsed
- 3 cups bone broth (with sea salt), divided
- 2 tbsp olive oil
- 1 large onion, chopped
- 2 medium carrots, chopped
- 3 garlic cloves, minced
- 2 medium sweet potatoes, peeled and chopped

- 3 tsp curry powder
- ¾ tsp kosher salt
- ½ tsp pepper
- 2 medium tomatoes, chopped
- 1 medium apple, peeled and chopped
- 1 tbsp coconut sugar or brown sugar
- ½ cup coconut milk

#### **Instructions:**

- In a small saucepan, bring 2 cups bone broth to a boil; add lentils and reduce to simmer. Cook until broth is absorbed and lentils are soft; about 20-25 minutes.
- 2. In a large skillet over medium heat, add oil and onion. Cook for 5 minutes; add carrots, garlic, sweet potatoes, curry, salt, pepper and one cup broth. Bring to a boil; reduce heat, cover and simmer. Cook until vegetables are tender.
- 3. Add the tomatoes, apple, sugar and coconut milk and simmer for 10 more minutes. Add lentils to the pan and mix.



Calories: 318 Carbs: 47 g Fat: 8 g Protein: 15 g Sodium: 258 mg





# asian chicken lettuce wrap

Prep time: 15 minutes Cook time: 15 minutes

#### Ingredients:

- 2 tbsp toasted sesame oil, divided
- 1 lb organic ground chicken
- 4 tbsp coconut aminos
- 4 tbsp natural almond butter
- 2 tbsp honey
- 2 tbsp orange juice
- 1 tbsp rice wine vinegar
- 1 tsp cornstarch
- pinch of red pepper flakes
- 1 package (16 oz) frozen stir-fry vegetables, thawed
- 4 tbsp fresh ginger root, sliced
- 3 garlic cloves
- 2 heads Boston lettuce, leaves removed

# nutrition information

Calories: 429
Carbs: 25 g
Fat: 25 g
Protein: 25 g
Sodium: 366 mg

- 1. In a large skillet over medium heat, add 1 tbsp sesame oil and cook ground chicken until no longer pink.
- 2. Meanwhile, in a small bowl, mix together coconut aminos, almond butter, honey, orange juice, vinegar, 1 tbsp sesame oil, cornstarch and red pepper flakes.
- 3. Chop vegetables, ginger and garlic in a food processor until minced. Add to the pan with the chicken. Stir in sauce. Simmer for about 5 minutes, until sauce begins to thicken.
- 4. Remove from heat. Place ½ cup chicken mixture on each lettuce leaf; fold sides of lettuce over filling to use as a wrap.





### carre asada

Prep time: 15 minutes plus 2 hours to marinate

Cook time: 10 minutes

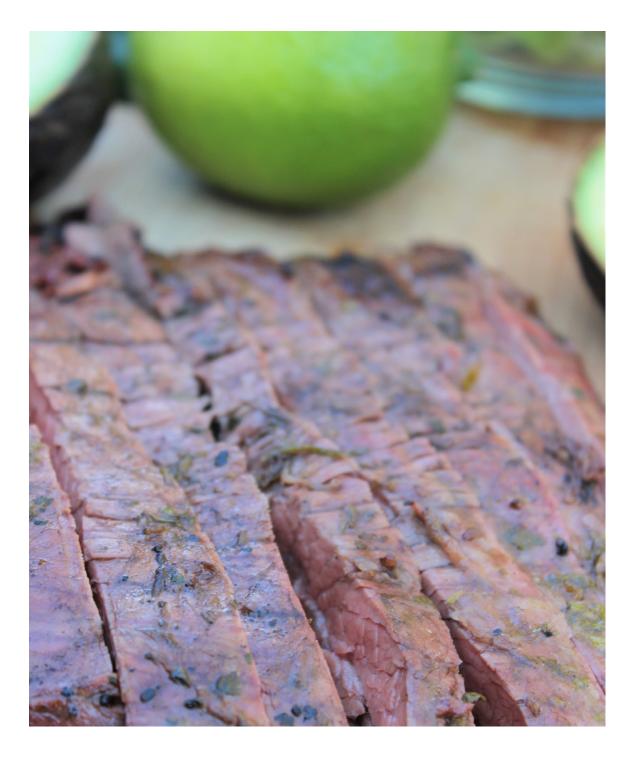
#### Ingredients:

- 1 cup cilantro
- ½ cup orange juice
- ½ cup extra-virgin olive oil
- juice of two limes
- outer peel of two limes (use a vegetable peeler)
- 2 cloves garlic
- 1 jalapeno, seeded
- 2 tbsp apple cider vinegar
- ½ tsp kosher salt
- ¼ tsp pepper
- 2 lbs organic flank steak



Calories: 264 Carbs: 1 g Fat: 14 g Protein: 32 g Sodium: 130 mg

- 1. Place cilantro, orange juice, olive oil, lime juice and peel, garlic, jalapeño, vinegar, salt and pepper in a blender and puree.
- 2. Place steak in a flat container or gallon-size resealable bag. Pour marinade on top. Cover or seal and marinate for 3-8 hours.
- 3. Heat a grill to high heat. Remove steak from marinade and place on the grill; discard marinade. Grill until medium-rare, or steak doneness of choice. Let sit for 5 minutes; cut against the grain into strips. Serve by itself with some veggie sides, on a salad, or in a taco.







### turkey mentloof & ronsted potatoes

Prep time: 30 minutes Cook time: 70 minutes

This is a great comfort meal that sneaks in lots of veggies! The mushrooms give it a savory flavor while also adding fiber and antioxidants. Using turkey keeps this meatloaf very lean compared to traditional meatloaf.

### nutrition information

Calories: 375 Carbs: 52 g Fat: 10 g Protein: 23 g Sodium: 700 mg

#### Ingredients:

#### Meatloaf:

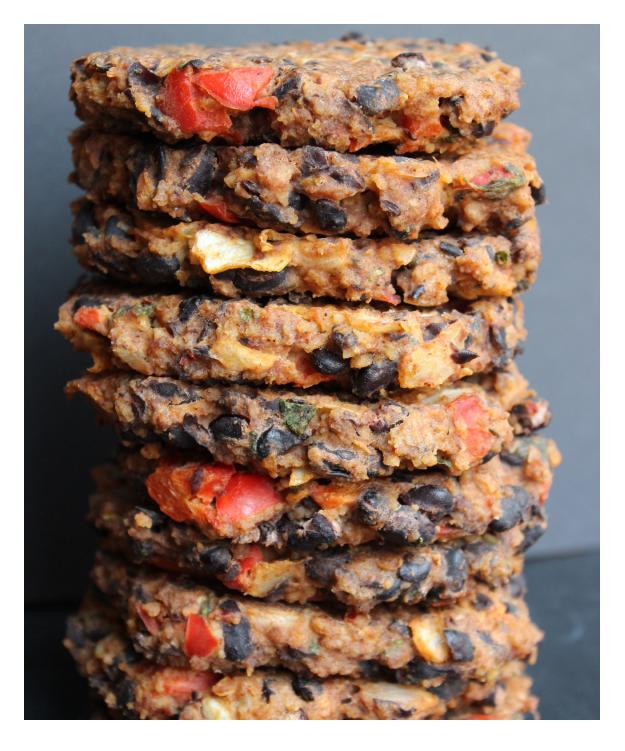
- 1 tbsp extra-virgin olive oil
- 10 oz mushrooms, finely chopped
- 1 bell pepper, finely chopped
- 2 garlic cloves, minced
- ¾ tsp sea salt
- ½ tsp ground black pepper
- 1 tbsp Worcestershire sauce
- 3 tbsp ketchup plus more to drizzle on top (with sea salt like Annie's brand)
- 1 cup panko breadcrumbs

- ½ cup goat milk
- ½ cup egg whites
- 1 lb organic ground turkey

#### Potatoes:

- 2 lb red potatoes, cubed
- 1 tbsp extra-virgin olive oil
- 1 tbsp Italian seasoning
- 1 tbsp garlic powder
- ½ tsp sea salt

- 1. Preheat oven to 400°.
- 2. In a skillet over medium heat, cook mushrooms, bell pepper and garlic in olive oil until liquid is cooked out of the vegetables, about 10 minutes. Remove vegetables, leaving any liquid, and add to a large bowl.
- 3. Add the remaining ingredients to the bowl with the vegetables and mix very well with gloved hands.
- 4. Add mixture to a meatloaf pan (or a regular bread pan) and form into a loaf.
- 5. Prepare potatoes by tossing together potatoes, olive oil, and the seasonings. Add to a large baking sheet with wax paper and spread into a single layer.
- 6. Place both the meatloaf and potatoes in the oven and bake for approximately 1 hour, or until a meat thermometer reads 170 in the middle of the meatloaf. With a spoon, remove any liquid on top of the meatloaf (should be very little since turkey is so lean); drizzle with ketchup. Let sit for 5 minutes before slicing. Serve with potatoes.





### black bean veggie burgers

Prep time: 30 minutes Cook time: 35 minutes

These burgers are super healthy and flavorful. Even though they are meatless, they are filling from all the fiber from the beans and protein from the egg whites and goat cheese.

# nutrition information

Calories: 134 Carbs: 18 g Fat: 2 g Protein: 9 g Sodium: 423 mg

#### Ingredients:

- 2 (14 oz) cans black beans, no salt added, rinsed and patted dry
- ½ bell pepper
- 1 small onion
- ½ cup greens of choice
- 4 garlic cloves
- 1 tbsp extra-virgin olive oil
- 1½ tsp cumin
- 1 tsp chili powder

- ½ tsp smoked paprika
- ½ cup panko breadcrumbs
- ½ cup goat cheese, crumbled
- ¾ cup liquid egg whites
- 1 tbsp Worcestershire sauce
- 2 tbsp ketchup (with sea salt like Annie's brand)
- ½ tsp sea salt
- ¼ tsp pepper

- 1. Preheat oven to 325°. Spread beans on a large baking sheet and place in oven for 15 minutes to help remove moisture. Remove and turn up oven to 375.
- 2. Meanwhile, place bell pepper, onion, greens and garlic cloves in a food processor. Pulse until finely chopped.
- 3. Heat oil in a large skillet over medium heat. Add mixture from food processor. Cook until veggies soften. Add veggies to a large bowl.
- 4. Add the remaining ingredients to the bowl with the veggies. Mix well.
- 5. With a fork, coarsely mash beans; add to bowl with the other ingredients. Mix well.
- 6. Line the same pan the beans were on with thick parchment paper. Using a ½ measuring cup, scoop out batter; form into a ball; place on the pan and press down to form a patty; repeat until mixture is gone. Bake for 10 minutes; remove from oven and flip patties; bake 10 more minutes. Serve alone, on a salad, or with a bun with toppings.



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# family friendly

Got a finicky teenager in the house who's anxious to win the acne battle? You're both in luck!

Rib-sticking favorites and a skin-safe diet are not mutually exclusive. You can help your child protect their complexion—once you dial in the right ingredients. Start tonight with savory Chicken Tenders, melty Goat Cheese Pizza, juicy Greek Turkey Burgers or lick-the-plate Lemony Pasta Primavera.

Your child is going to love how these and ten more family friendly recipes taste and treat their skin. Pinky swear!





# baked chicken tenders with roasted vegetables

Prep time: 20 minutes
Cook time: 30 minutes

#### Ingredients:

#### Vegetables

- 1 lb fresh or frozen broccoli, chopped
- 2 medium sweet potatoes, cut into cubes
- 2 tbsp avocado oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ¼ tsp sea salt

#### **Chicken Tenders**

- 1 lb organic chicken breast, cut into strips
- ½ cup all-purpose flour (or almond flour for a more nutrient-dense option)
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground cumin
- ½ tsp sea salt
- 1 tsp ground black pepper
- 3 egg whites

#### **Instructions:**

- 1. Preheat oven to 400°F.
- Mix all vegetable ingredients in a large bowl until evenly coated. Spread on a cooking pan coated with oil. Place in oven and set timer for 30 minutes.
- 3. In a medium bowl, combine flour, smoked paprika, garlic powder, onion powder, cumin, salt and pepper. Mix.
- 4. Whisk egg whites in a medium bowl.
- 5. Dredge chicken pieces in eggs and then flour mixture; place on a cooking pan lined with parchment paper. Spray tenders with olive oil spray on both sides.
- 6. Place in oven with vegetables and cook for approximately 20 minutes or until chicken is cooked through, flipping once. Continue roasting vegetables until 30-minute timer goes off and vegetables are lightly browned.



Calories: 352 Carbs: 28 g Fat: 11 g Protein: 34 g Sodium: 162 mg





### slow cooker pork sliders with beet & mandarin salad

Prep time: 30 minutes Cook time: 4-5 hours

#### Ingredients:

- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground thyme
- ½ tsp onion powder
- ½ tsp sea salt

- ½ tsp pepper
- 1 lb organic pork tenderloin
- 1 cup water
- 4 hamburger buns (with sea salt like Food for Life brand)
- ¼ cup natural BBQ or steak sauce (with sea salt like Primal Kitchens steak sauce)

#### Instructions:

- 1. Add seasonings, pork tenderloin, and water to slow cooker on low for 4-5 hours or until fully cooked.
- 2. Let meat rest for 5-10 minutes. Using two forks, shred meat. Place on bottom hamburger buns; top meat with sauce and top bun. Serve with beet and mandarin salad.

### Beet and Mandarin Salad Ingredients:

- 4 cups spinach
- 2 medium beets, ends trimmed
- 4 mandarin oranges
- 3 tablespoons extra-virgin olive oil
- 5 tablespoons red wine vinegar
- ¼ cup crumbled goat cheese
- 2 sprigs mint, leaves torn

# nutrition information

Calories: 491 Carbs: 44 g Fat: 20 g Protein: 32 g Sodium: 590 mg

- 1. Arrange spinach onto four plates.
- Using a mandolin slicer or a knife, julienne beets into small sticks.Top spinach with beets.
- 3. Peel two mandarin oranges. Squeeze juice from remaining 2 mandarin oranges into a bowl. Add olive oil and red wine vinegar and mix.
- 4. Top salads with mandarin oranges, goat cheese, mint and dressing. Serve with pork sliders.









# goat cheese pizza

Prep time: 5 minutes Cook time: 10 minutes

To find pizza crust and sauce made with compliant ingredients, look for organic brands. If your store doesn't carry shredded goat cheese, look for hard goat cheese and shred yourself, which is easy to do! For more nutrition, add your favorite veggie toppings.



Calories: 318
Carbs: 38 g
Fat: 12 g
Protein: 15 g
Sodium: 709 mg

#### Ingredients:

- 1 premade pizza crust (with sea salt)
- ½ cup pizza sauce (with sea salt)
- 4 oz shredded goat cheese
- 3 oz uncured organic pepperoni (like Applegate Farms)

- Preheat oven to temperature instructed on pizza crust package.
- Layer pizza crust with pizza sauce, goat cheese and pepperoni.
- 3. Bake for 8-12 minutes.





# lemony pasta primavera

Prep time: 15 minutes Cook time: 20 minutes

Almost any vegetable can be used in this recipe, making it a great clean-outthe-fridge kind of meal. Use a bean or lentil pasta for more fiber and protein.

#### Ingredients:



Calories: 335 Carbs: 33 q **Fat:** 19 q Protein: 6 q Sodium: 303 mg

- 8 oz package penne pasta
- ½ cup extra-virgin olive oil
- 1 cup broccoli florets
- ½ cup onion, chopped
- 2 bell peppers, sliced
- ½ cup mushrooms, chopped
- ½ cup shredded carrots
- 3 garlic cloves, minced
- juice and zest of 1 large lemon
- ½ cup dry white wine
- ¾ tsp sea salt
- ¼ tsp pepper

- 1. Cook pasta according to package instructions.
- 2. In a large skillet over medium heat, add the olive oil. Add broccoli, onion and peppers. Cook for 5 minutes and then add mushrooms, shredded carrots. garlic, lemon juice and zest. Cook for 5 more minutes and then add the wine, salt and pepper. Bring to a boil and then simmer 5 more minutes. Add pasta to skillet; combine; serve.





# slow cooker chicken fajitas

Prep time: 10 minutes Cook time: 4-6 hours

This meal works great for a freezer meal! Simply add all ingredients except tortillas and toppings in a resealable bag, freeze, and dump in slow cooker when ready to cook.

#### **Ingredients:**

- 1 lb organic skinless chicken breasts
- 3 bell peppers, cut in strips
- 1 large onion, cut in strips
- Juice of one lime
- 1 tbsp honey
- 2 tbsp homemade seasoning see recipe below
- 4 tortillas (made with sea salt)
- 1 cup quacamole (made with sea salt)
- ½ cup salsa (made with sea salt)

#### Homemade Fajita Seasoning

Mix the following ingredients together and store in an airtight container.

- ¼ cup chili powder
- 2 tbsp ground cumin
- 1 tbsp sea salt
- 4 tsp black pepper
- 3 tsp dried oregano
- 2 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp parslev

#### **Instructions:**

- Pour chicken, peppers, onions, lime, honey and seasoning into a slow cooker. Cook on low for 4-6 hours or until chicken is fully cooked. Slice chicken into strips.
- 2. Place in tortilla, top with quacamole and salsa. Wrap and serve.



Calories: 330 Carbs: 27 g Fat: 18 g Protein: 21 g Sodium: 424 mg



# italian sansage spaghetti

Prep time: 5 minutes
Cook time: 20 minutes

Since finding pre-made sausage without iodized salt is difficult, you can make your own sausage seasoning blend! To find a marinara with compliant ingredients, look for organic brands, as they're more likely to use sea salt, olive oil, and no dairy. Muir Glen Organic and Thrive Market brands are some examples.

#### Ingredients:

- 1 box (12 oz) spaghetti noodles
- 1 tbsp extra-virgin olive oil
- 1 lb organic Italian Sausage
- 1 cup chopped onion
- 1 tsp dried parsley
- 1 tsp Italian seasoning
- 1 tsp sea salt
- 1 tsp garlic powder
- ½ tsp onion powder
- ¾ tsp ground black pepper
- 1/4 tsp fennel seed
- ¼ tsp paprika
- ½ tsp red pepper flakes
- 1 (25 oz) jar marinara (with sea salt)

# nutrition information

Calories: 491 Carbs: 44 g Fat: 20 g Protein: 32 g Sodium: 590 mg

- 1. Cook pasta according to package instructions.
- 2. In a large skillet over medium high heat, add oil, pork and onion; stir.
- 3. In a small bowl, mix together parsley, Italian seasoning, salt, garlic powder, onion powder, pepper, fennel seed, paprika and red pepper flakes. Add to skillet with pork; stir to combine. Cook pork mixture until pork is no longer pink, stirring occasionally.
- 4. Drain pasta.
- Add marinara to the skillet with pork. Serve pork mixture on top of spaghetti noodles.



# greek turkey burgers

Prep time: 15 minutes Cook time: 30 minutes

This recipe is packed with "hidden" veggies making it great for picky veggie eaters!

#### Ingredients:

- 1 small red onion
- 1 cup spinach
- 1 jar (8 oz) sun-dried tomatoes, drained
- 1 lb organic ground turkey
- 1 tsp dried dill
- 1 tsp dried oregano
- ½ tsp sea salt
- 1/4 tsp powdered garlic
- 6 tbsp avocado oil mayo
- 6 hamburger buns (with sea salt like Food for Life)

Toppings: lettuce leaves, tomato slices, cucumber slices

# nutrition information

Calories: 330 Carbs: 27 g Fat: 18 g Protein: 21 g Sodium: 424 mg

- 1. Line a baking sheet with parchment paper and preheat oven to 350°.
- 2. Add onion, spinach and sun-dried tomatoes to a food processor. Pulse until finely chopped. Add contents to a large bowl.
- 3. In the same bowl, add turkey, dill, oregano, salt and garlic.
- 4. With gloved hands, mix until well combined.
- 5. Form the mixture into 6 patties and place on baking sheet. Bake for 30 minutes, or until thermometer reads 165.
- 5. Place patties on a bun with mayo and toppings.





# pressure cooker matzo ball chicken

Prep time: 20 minutes Cook time: 75 minutes

This is a dedication to my late mother-in-law, Peggy. A traditional Jewish style matzo ball soup made with the whole chicken is not only delicious on a cold winter day, it is also medicine! When making soup with the whole chicken, the base becomes a bone broth which will deeply nourish your body and give you a warm hug on the way down. This soup tastes like love and healing. I invite you to savor every bite.

#### Ingredients:

#### Soup:

- 1 whole chicken
- 5 carrots, sliced into circles
- 4 celery stalks, chopped
- 2 sweet onions, chopped
- 4 garlic cloves, minced
- 5 fresh thyme springs
- 2 dried bay leaves
- kosher salt to taste
- pepper to taste
- 5-7 cups water

#### Matzo Balls:

- ½ cup matzo meal
- 4 egg whites
- 2 tbsp olive oil
- 1 tsp baking powder
- ¼ tsp kosher salt
- 1/4 tsp pepper



Carbs: 22 g Fat: 24 g Protein: 35 g Sodium: 561 mg

Calories: 471

- In a pressure cooker, add all soup ingredients. Seal lid and cook on high pressure for 35 minutes. Relieve pressure.
- 2. Meanwhile, add matzo ball ingredients to a bowl. Mix well; cover and place in the refrigerator for 15-20 minutes. Remove from the refrigerator and make into 1-inch balls.
- 3. Open lid of pressure cooker. Remove chicken and pull meat from bones; add back to the cooker.
- 4. Press the cooker's sauté setting and bring to a boil. Add the matzo balls. Cook for around 30-40 minutes, or until balls are fully cooked.





# chicken pot pie

Prep time: 5 minutes Cook time: 40 minutes

#### Ingredients:

- 1 tbsp extra-virgin olive oil
- 16 oz frozen mixed vegetables with peas, carrots and corn
- 2 tsp dried thyme
- 1½ tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ cup all-purpose flour
- 2 cups almond milk, unsweetened and unflavored
- 1 lb organic chicken breast, cooked and cubed
- 1 prepared pie crust

#### **Instructions:**

- 1. Preheat the oven to 425 °F. Coat a 9-inch pie plate with cooking spray and set aside.
- 2. Heat a large pan over medium heat. Add oil, vegetables, thyme, garlic powder, salt and pepper. Cook for 5 minutes, or until vegetables begin to soften.
- 3. Add flour and almond milk to the pan; bring to a boil. Stir continuously until the milk thickens, 3-5 minutes. Stir in chicken.
- 4. Transfer mixture to the pie pan. Gently lay pie crust on top of the pie pan; trim pie crust to a  $\frac{1}{2}$ -inch overhang. Use fingers to press pie crust on the edge of the pie pan.
- 5. Use a knife to cut 3-4 slits in the middle of the pie crust.
- 6. Bake for 25-30 minutes, or until pie crust is golden and chicken mixture is bubbly. Let rest for 5 minutes before serving.



Calories: 376
Carbs: 43 g
Fat: 10 g
Protein: 23 g
Sodium: 377 mg



### "I HAD SEVERE HORMONAL ACNE FOR A COUPLE OF YEARS BUT ONCE I STARTED THE PROGRAM, MY FACE WAS UNRECOGNIZABLE!!!"

Lorena H., Arad, Romania Natural Acne Clinic Client Clear Since 2019

Get rid of acne for good, schedule an Online Acne Consult today!

### **LEARN MORE**





# sweets

Ready for a treat? You earned it!

No matter what you may have heard about sweets or chocolate triggering acne, it just ain't so. What's more, it's impossible to go wrong when you indulge in gooey Surprise Fudge Almond Brownies, light and melty Pumpkin Chip Cake in a Mug or gimme-more Coffee Banana Ice Cream.

Your taste buds—and skin—will thank you for these five scrumptious recipes. Go for it!







## surprise fudge almond brownies

Prep time: 15 minutes
Cook time: 15 minutes

These brownies are super fudgy due to their secret ingredient – black beans! Serve these at a party and don't tell guests what is in them until after they try them; watch their look of surprise! No one will guess that these brownies are secretly good for them.



#### Ingredients:

- ½ cup quick oats
- 1 can black beans, no salt added, drained and rinsed
- 2 tbsp unsweetened cocoa powder
- ¼ tsp sea salt
- ½ cup honey
- ¼ cup natural almond butter
- 2 tsp vanilla extract
- ½ tsp baking powder
- <sup>2</sup>/<sub>3</sub> cup dairy-free dark chocolate chips
- ½ cup sliced almonds

## nutrition information

Calories: 323 Carbs: 41 g Fat: 20 g Protein: 7 g Sodium: 40 mg

#### Instructions:

- 1. Preheat oven to 350°.
- 2. In a food processor, grind oats until fine. Add to stand up mixer bowl or large bowl.
- 3. Add beans to the food processor and pulse until pureed. Add to the bowl with the oats. Add the cocoa powder, salt, honey, almond butter, vanilla, baking powder and ½ cup chocolate chips. Mix with a stand up mixer or with a wooden spoon until well combined.
- 4. Pour batter into a greased 8x8 pan. Top with remaining chocolate chips and sliced almonds.
- 5. Bake for 15-20 minutes. Let sit for 5 minutes before serving.



## decadent chocolate avocado pudding

Prep time: 15 minutes

This pudding is very creamy and rich from the smooth texture of the avocado combined with the rich cocoa powder. A healthy way to satisfy a sweet craving.

#### Ingredients:

- 3 ripe medium avocados (or 4 small)
- ½ cup unsweetened cocoa powder
- ½ cup pure maple syrup or honey

#### **Instructions:**

Add all ingredients to a food processor or blender. Puree. Serve.



Calories: 305 Carbs: 42 g Fat: 17 g Protein: 4 g Sodium: 13 mg









## coffee banana ice cream

Prep time: 10 minutes

#### Ingredients:

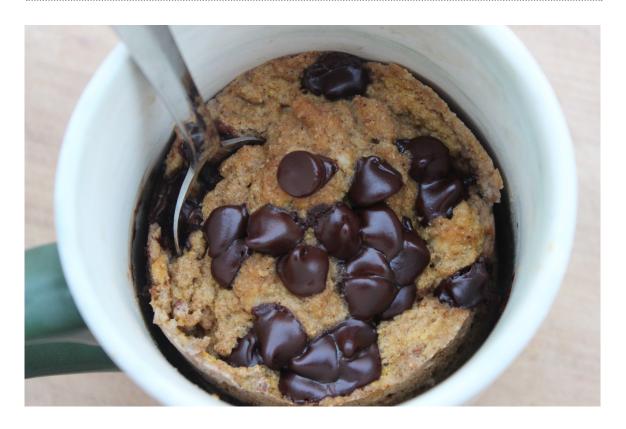
- 2 frozen bananas
- 1 individual packet instant coffee
- ½ cup nut butter
- ½ tsp vanilla extract

#### **Instructions:**

Place all ingredients in a food processor. Pulse until ingredients form an ice cream-like consistency. Eat immediately.



Calories: 345 Carbs: 35 g Fat: 22 g Protein: 9 g Sodium: 1 mg





## pumpkin chip cake in a mug

Prep time: 5 minutes
Cook time: 3 minutes

#### Ingredients:

- 3 tbsp almond flour (can also sub regular flour)
- ½ tsp baking powder
- 1 tbsp coconut sugar or brown sugar
- ¼ tsp pumpkin pie spice
- ½ cup pumpkin puree
- 1 egg white
- 1 tbsp dairy-free milk
- 2 tbsp dairy-free dark chocolate chips

#### **Instructions:**

- Mix together the first four ingredients until well combined. Add in the pumpkin puree, egg white and milk; mix well. Stir in the chocolate chips.
- 2. Microwave on high for three minutes. Let the mug sit for five minutes before eating.



Calories: 296 Carbs: 36 g Fat: 16 g Protein: 10 g Sodium: 366 mg





# chewy oatmeal chocolate chip cookies

Prep time: 15 minutes
Cook time: 10 minutes

Almond butter is the secret ingredient to make these cookies chewy! Can also use other nut butters instead. The healthy fats in the almond butter, fiber in the oats and protein from the egg whites make these cookies satiating while satisfying your sweet tooth.

#### Ingredients:

- 1 cup natural almond butter
- ½ cup honey
- 1 tbsp vanilla extract
- 1/3 cup egg whites
- 1 cup quick oats
- 1 cup dairy-free dark chocolate chips
- ½ tsp baking powder
- ½ tsp sea salt

#### Instructions:

- 1. Preheat oven to 350°.
- 2. In a stand up mixer, or in a large bowl with a wooden spoon, mix together liquid ingredients. Stir in remaining ingredients.
- 3. Place heaping spoonfuls of batter onto a large cookie sheet. Should make around 2 dozen.
- 4. Bake for approximately 10 minutes. Let cool for 10 minutes before serving.



Calories: 413 Carbs: 56 g Fat: 19 g Protein: 8 g Sodium: 239 mg



# meal plans

Want to start creating clear skin the easy way? I got you!

Inside the Clear Skin from Within Cookbook are two 7-day meal plans. Breakfast, lunch, dinner, smoothie snack and dessert. All organized and figured out in a super nutritious, delicious way. All you have to do is consult the menu, make the daily recipes and go. After your first two weeks, try alternating a few recipes or "days" for variety. Have fun with it. You can't go wrong!

You've got enough on your plate already, right? So let these meal plans make nurturing your skin a piece of cake.



	Breakfast	Snack	Lunch	Snack	Dinner	
Day 1	Fluffy Pumpkin Pancakes	Mandarin orange and pumpkin seeds	Chicken Blueberry Quinoa Salad	Lara Bar	Goat Cheese Pizza	
Day 2	Leftover Fluffy Pumpkin Pancakes	2 Cashew Butter Cacao No Bake Bites	Leftover Chicken Blueberry Quinoa Salad	Celery and hummus	Slow Cooker Pork Sliders with Beet & Mandarin Salad	
Day 3	Strawberry Coconut Avocado Toast	2 Cashew Butter Cacao No Bake Bites	Leftover Chicken Blueberry Quinoa Salad	Celery and hummus	Leftover Slow Cooker Pork Sliders with Beet & Mandarin Salad	
Day 4	Egg White Veggie Protein Cups	2 Cashew Butter Cacao No Bake Bites	Ultimate Veggie and Turkey Sandwich	Celery and hummus	Asian Chicken Lettuce Wraps	
Day 5	Leftover Egg White Veggie Protein Cupss	2 Cashew Butter Cacao No Bake Bites	Ultimate Veggie and Turkey Sandwich	Celery and hummus	Leftover Asian Chicken Lettuce Wraps	
Day 6	Leftover Egg White Veggie Protein Cups	Mandarin orange and pumpkin seeds	Creamy Orange Autumn Soup	Lara Bar	Sweet & Sour Chicken with Black Rice	
Day 7	Strawberry Coconut Avocado Toast	Mandarin orange and pumpkin seeds	Leftover Creamy Orange Autumn Soup	Lara Bar	Leftover Sweet & Sour Chicken with Black Rice	

#### Week One Shopping List (for a family of 2; modify as needed for family size)

#### Frozen

- 8 oz frozen chicken strips (like Nature Raised brand)
- 1 package hamburger buns (with sea salt, like Food for Life brand found in frozen section)
- 1 package bread (with sea salt, like Food for Life brand found in frozen section)

- 1, 10 oz package frozen chopped spinach
- 1 lb frozen stir-fry veggies
- 1 package frozen butternut squash (need 2½ cups)

#### Week One Shopping List (for a family of 2; modify as needed for family size)

Produce 2 heads Boston lettuce

1 apple 1 large tomato

1 small container blueberries 1 cucumber

1 bunch cilantro 1 container sprouts (need 2 cups, can

1 package fresh mint also sub greens)

1 bunch fresh parsley Fresh ginger root (need 4 tbsp)

1 bunch scallions (green onions) 1 garlic bulb

Baby spinach (need 6 cups) 1 large sweet potato

1 package celery 1 package whole carrots

4 avocados 1 broccoli head

1 package strawberries 2 medium beets

1 red bell pepper 1 package Mandarin oranges

1 head iceberg lettuce

#### Refrigerated

20 oz liquid egg whites, plus 4 egg 1 package uncured pepperoni (like

whites Applegate Farms)

Non-dairy milk or goat milk (need 1 cup) 1 package uncured turkey bacon (like

Pea milk (need 3 cups)

Applegate Farms)

Vanilla coconut yogurt (need % cup)

2, 6 oz packages uncured deli turkey

(like Amplegate Forme)

(like Applegate Farms)

1 small container orange juice (need 1<sup>1</sup>/<sub>4</sub> container hummus cup)

1 lb pork tenderloin 4 oz shredded goat cheese, or 4 oz hard

goat cheese and shred yourself 1 lb ground chicken

2, 4 oz packages soft goat cheese 1 lb chicken breast

#### Week One Shopping List (for a family of 2; modify as needed for family size)

#### Shelf

All-purpose flour (need % cup) Quick oats (need 1¼ cup)

Whole wheat flour (need % cup) Cacao nibs (need ½ cup)

Baking soda Cashew butter (need ½ cup)

Pumpkin pie spice Natural almond butter (need 4 tbsp)

Ground ginger 1 small package chia seeds

Garlic powder 1 small container bone broth (need 1 tbsp)

Dried oregano Pumpkin seeds (need 1½ cups)

Cumin Pecans (need ½ cup)

Ground coriander 1 package quinoa (need ¾ cup)

Ground thyme 1 package black rice (need 1 cup)

Onion powder 1 package slivered almonds (need ½ cup)

Italian seasoning 1 small package pine nuts (optional

Cinnamon topping for soup)

Sea salt Plant-based vanilla protein powder

(need 1 scoop)

Black pepper 6 Lara bars

Red pepper flakes

1 pre-made pizza crust (with sea salt)

Cornstarch Pizza sauce (with sea salt, need ½ cup)

1 can pumpkin puree BBQ.or steak sauce (made with sea salt.

Coconut oil like Primal Kitchens steak sauce)

Extra-virgin olive oil Coconut aminos

Toasted sesame oil Rice wine vinegar

Honey Red wine vinegar

Vanilla extract Apple cider vinegar

1 package unsweetened shredded Ketchup (with sea salt, like Annie's)

coconut 1 can pineapple chunks (20 oz)

	Breakfast	Snack	Lunch	Snack	Dinner	
Day 1	Almond Butter Chocolate Banana Smoothie	Apple and sunflower seeds	Basil Pesto Pasta Salad	RX Bar	Hamburger Stir-Fry	
Day 2	Raspberry Chia Overnight Oats	Apple and sunflower seeds	Leftover Basil Pesto Pasta Salad	RX Bar	Leftover Hamburger Stir-Fry	
Day 3	Raspberry Chia Overnight Oats	Apple and sunflower seeds	Leftover Basil Pesto Pasta Salad	RX Bar	Sesame Pork and Eggplant Stir-Fry	
Day 4	Almond Butter Chocolate Banana Smoothie	Blueberries and non- dairy or goat yogurt	Strawberry Arugula Salad-in-a-Jar (make 6 jars to use)	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Sesame Pork and Eggplant Stir-Fry	
Day 5	Rainbow Carrot Cake Muffins	Blueberries and non- dairy or goat yogurt	Strawberry Arugula Salad-in-a-Jar	1 Chewy Oatmeal Chocolate Chip Cookie	Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)	
Day 6	Leftover Rainbow Carrot Cake Muffins	Epic meat bar	Strawberry Arugula Salad-in-a-Jar	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)	
Day 7	Leftover Rainbow Carrot Cake Muffins	Epic meat bar	Napa Chicken Salad Wrap	1 Chewy Oatmeal Chocolate Chip Cookie	Leftover Black Bean Veggie Burgers (with bun, toppings, and steamed veggies)	

#### Week Two Shopping List (for a family of 2; modify as needed for family size)

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Baby spinach (need 4 cups)

Arugula (need 6 cups)

Spring mix (need 6 cups)

2 bananas

6 apples

 $_{
m 3}$  cups fresh basil, plus more for

topping, if desired

2 garlic bulbs

1 package fresh tarragon

Fresh ginger (need  $\frac{1}{2}$  tsp)

1 pint grape tomatoes

2 bell peppers

1 lemon

Celery (need one stalk)

Raspberries (need 1 cup)

3 red onions

1 lb eggplant

Blueberries (need 2 cups)

Strawberries (need 3 cups)

1 package rainbow carrots (or regular

carrots)

Toppings of choice for black bean

veggie burgers

#### Week Two Shopping List (for a family of 2; modify as needed for family size)

#### Refrigerated

2 containers unsweetened almond milk (need 7 cups)

Plain, unsweetened goat milk yogurt (need 6 tbsp)

4 individual containers non-dairy or goat yogurt

Soft goat cheese (need ½ cup crumbled)

Liquid egg whites (need 1 ½ cups)

2 cups cooked cubed or shredded chicken breast (can also buy raw chicken breast and cook yourself)

1 lb ground beef

1 lb pork tenderloin

#### Frozen

1 lb frozen green beans

1 lb frozen cauliflower rice

Frozen grilled chicken strips (need 18 oz; like Nature Raised brand)

1 package hamburger buns (with sea salt, like Food for Life brand found in frozen section)

Steamable veggies of choice to go along with black bean veggie burgers



#### Week Two Shopping List (for a family of 2; modify as needed for family size)

Shelf

Extra-Virgin olive oil Ketchup (need 2 tbsp; with sea salt,

Avocado oil like Annie's brand)

Avocado oil mayo (need ¼ cup) Natural almond butter (need 2 cups)

Toasted sesame oil Ground flax seed (need 4 tbsp)

Apple cider vinegar Unsweetened baking cocoa powder

(need 4 tbsp)

Balsamic vinegar

1 package dairy-free chocolate

Pure maple syrup chips (need 1 cup)

Honey Plant-based vanilla protein powder

Vanilla extract (need 4 scoops)

Dried rosemary Sunflower seeds (need 1 ½ cups)

Ground ginger Chia seeds (need 1 ½ cups)

Dried basil Sliced almonds (need ¼ cup)

Ground mustard Pine nuts (need ½ cup)

Cumin 1 package pitted dates (need ½ cup

Smoked paprika 1 package tortillas or wraps

Cinnamon Old fashioned or steel cut oats (need

1 cup)

Sesame seeds

Quick oats (need 1 cup)

Cornstarch 8 oz box rotini pasta

Baking powder

Bone broth (with sea salt: need ½

Panko (need ½ cup) cup)

Sea salt 6 RX bars

Ground pepper 4 Epic meat bars

Coconut aminos 2, 14 oz cans black beans, no salt

Worcestershire sauce added



# clear skin central

#### You Can Have Clear Skin

"When you do something with a lot of honesty, appetite and commitment, the input reflects in the output." A. R. Rahman

#### Dear Reader,

Have you tried the recipes yet? Which is your favorite? How about the meal plans? Are you feeling energized? Are you detecting changes in your skin?

#### I really want to know!

Remember way back in the beginning, I promised you, when you embrace the *Clear Skin from Within Cookbook* you can start healing your acne? That's because the recipes and guidelines are based on the amazing teachings of my mentors, science-backed research, and my years and years of direct experience helping thousands of clients get clear.

As you now know, eating certain foods—like cow's milk dairy, peanuts, egg yolks, seafood and seaweeds—can trigger breakouts. When you avoid these foods, you give your skin a break. You eliminate dietary triggers causing your skin grief. But in the day-to-day busy world of your reality, it's not so easy to keep track of food no-no's and figure out what to eat instead.

And that's the beauty of your *Clear Skin from Within Cookbook*. With 50 scrumptious recipes and two 2-week meal plans, all the heavy lifting is done for you. There's no more wasting time, money or energy guessing and experimenting on your own. No more getting batted around by conflicting ideas and research on what food is good or no good for acne. Just follow the guidelines, make the recipes and watch your skin begin to glow from the inside out.

However, here's what else I know to be true...

Excitement and learning without consistent action are useless.

If you really want the *Clear Skin from Within Cookbook* to work for you, dive in now! Make a smoothie! Those are some of the easiest recipes in the whole cookbook and I'm sure you've got enough ingredients on hand to whip up something skin-safe and yummy RIGHT NOW. Then, while you're slurping that skin-saving goodness, pick your next recipe.

Get prepped! Take a picture with your smartphone, go to the store and grab the ingredients. Better yet, dog-ear the meal plans (go ahead, do it now, I'll wait) and bring the whole cookbook with you. That way, you can gather all the ingredients you need for your first two weeks of clear skin eating.

And here's why it matters. Here's why I'm cheering you on with every ounce of my being...

You deserve to live full out—with purpose, wonder and fun. That's why the acne has to go.

Because it's too darn hard to feel and look your best when the pain and frustration of acne is holding you back. The fact is, we're all called to live our dreams, wherever they may take us. And showing up for life with clear-skinned confidence can mean all the difference between just wishing for something better or going for it and achieving what you desire most.

Is this you? Are you longing for more in life but holding back sometimes, because of acne?

It really doesn't have to be this way. There really is an answer to healing your skin for good. It's just that there's much more to know about acne than you've likely ever realized. And it hasn't helped that skincare companies, Big Pharma, dermatologists and bloggers have been feeding you faulty information for years. Think about it, if they'd been giving you the straight scoop on how to truly heal your acne, you wouldn't be here. Because you'd already have clear skin, right?

Just know, it's not your fault. Despite being smart. Despite trying virtually every product, prescription, diet and supplement out there. Despite your research. Despite the "professional" advice. Despite all the money, time and energy you've thrown at the problem...you've been missing significant information.

The *Clear Skin from Within Cookbook* is a HUGE piece of the puzzle.

And if you're determined to get clear skin and if you stay faithful to the simple dietary guidelines, you'll be well on your way to conquering one of the primary acne triggers wreaking havoc with your skin. As noted earlier in the cookbook, however, there are other acne triggers likely impacting your complexion, some of which you may already suspect. The other three primary acne triggers are hormones, gut imbalance and stress.

To be sure you have the right information, primary acne triggers are imbalances or sensitivities in the body or initiated by your lifestyle that aggravate and irritate your underlying genetic predisposition for acne (which you learned about in "What is Acne, Really?"). These triggers make your acne worse and/or occur more frequently. It's critical you figure out which acne triggers are affecting you. Otherwise, you'll be in a constant state of frustration and bewilderment, diligently focusing on one area of skin health, while hidden triggers sabotage your skin on the sly, undoing your good efforts.

For example, say you're going through a rough time at work, squabbling with your partner and not making time for self-care. All that stress can drive up cortisol (your "fight or flight" hormone),

throwing your hormonal balance off kilter. In turn, sustained elevated cortisol can make you more susceptible to immune suppression and gut inflammation, which in turn is acne triggering. Do you see how acne triggers add up? Any combination of the four primary acne triggers can leave you more vulnerable to breakouts because all the systems in your body are interrelated. And do you see why, if you want clear skin, it's imperative you get all your acne triggers under control?

Also be aware, these multiple acne triggers help explain why the "silver bullet" treatments you've tried haven't worked. Whether it's antibiotic creams or pills. The fancy pimple patches, tea tree serums or drying lotions. Or the hormonal balancing, vitamin A or evening primrose supplements. For sure, some of these treatments and others like them might provide a little relief, for a little while. But no standalone treatment provides a comprehensive, long-term solution that addresses ALL your acne triggers, all at once. They're simply not designed that way.

Here's the good news. And MORE good news.



The good news is, once you identify and regain control over ALL your primary acne triggers, you can keep acne at bay and begin healing your skin in earnest.



As I mentioned in the introduction, I've proven this strategy works THOUSANDS of times with my clients. Our Online Acne Program has a 95% proven success rate working directly with women and men around the world—people just like you—helping them get clear and stay clear.

Frankly, though, it would be unkind to inform you "Hey, guess what, in addition to diet, you have three other primary triggers to solve!" and not tell you how to address them. No worries. If you're curious to discover your unique acne trigger combo—and exactly how to address them so you can finally get clear skin—I've gathered my most precious, proven strategies and know how into Clear Skin Central, my private online membership site.

(<u>Hold on my skeptical friend!</u> You're getting Clear Skin Central as a special FREE GIFT BONUS because you've got the *Clear Skin from Within Cookbook*. But you have to keep reading to learn how.)

If you're open to RADICAL new ideas about acne, Clear Skin Central is an eye-opening, online experience that equips youlike a Private Eyeto unravel the mystery of your acne and unlock the TRUTH of how to heal your skin for good. Once you run the Acne Trigger Finder, like a secret decoder ring, it personalizes the entire site for YOU, based on your primary acne trigger.

Wondering how good is this information inside Clear Skin Central? I'm not kidding, this is the <code>exact same</code> information and strategies my coaches and I use when clients take their first small step into our world, through our 360 Complexion Analysis. And <code>exact same</code> safe, natural principles we use when they take their next step, into our 16-week Online Acne Program. Our 1-hour, private, online consultation looks at your acne like the unique "thumbprint" that it is and your Clear Skin Coaches create a customize treatment plan for you that tells you exactly how to get clear. Each treatment plan consists of these 7 components:

#### **CLEAR YOUR ACNE**

FROM THE INSIDE OUT



What's more, Clear Skin Central integrates seamlessly with your *Clear Skin from Within Cookbook*. In fact, combined, Clear Skin Central and your *Clear Skin from Within Cookbook* provide EVERYTHING you need to know to get rid of your acne for good. So you can finally make Clear, Confident Choices about what happens next with your skin.

All you have to do?



Grab your FREE MEMBERSHIP to Clear Skin Central and unlock your first Free Gift right here: www.clearskincentral.com.



#### You can do this!

Remember, the key to conquering your diet acne trigger is already here in your hands. A huge piece of the acne puzzle is solved when you embrace and ACT on what you learn inside the *Clear Skin from Within Cookbook*.

If the secrets shared in this cookbook helped thousands of my clients move ahead in their clear skin quest (and succeed in their Online Acne Program), they'll help you too. It's your turn now!

#### BE EXCITED! TAKE ACTION!

Jump in and use the heck out of your *Clear Skin from Within Cookbook*. Grab your FREE membership to Clear Skin Central.

I'll be cheering you on. You deserve this!

With love and warm wishes,



Jessica Gremley
Founder of Natural Acne Clinic
Creator of Clear Skin Central

### IF YOU LOVE THIS COOKBOOK, YOU'LLLOVE THIS FREE GIFT EVEN MORE!

# FREE clear skin central membership

Now you can go from "Nothing works" to "Now I know what will get me clear!"

Grab your **FREE** Membership to Clear Skin Central and:

- Unmask the most overlooked **HIDDEN TRIGGERS** that perpetuate your acne and wreak havoc on your skin.
- Crack the code on the best treatments for **YOU**, so you can finally make clear, confident choices about how to heal your skin.
- With every interaction, unlock laser-focused strategies, gifts, secrets and trainings—all **PERSONALIZED** for your acne and lifestyle.

Visit www.clearskincentral.com for your FREE Membership.

I've helped THOUSANDS of women and men around the world get clear using the EXACT information and strategies you'll discover inside Clear Skin Central.

Now it's your turn to get clear.

Visit www.clearskincentral.com for your FREE Membership!

# acknowledgements

Albert Einstein once said "It is the supreme art of the teacher to awaken joy in creative expression and knowledge." I've been so blessed to have teachers that exemplify this idea! And the Clear Skin from Within Cookbook is the happy result.

Through her wisdom, life and boundless energy, Farida Sharan awakened my endless curiosity about the healing nature of food and inspired my passion for treating my health with utmost respect and care.

Dr. James Fulton unlocked the secrets to acne for me! His discoveries, and lifelong dedication to researching acne and helping patients get clear made it possible for me to do the same.

Michael Gremley, my husband, has given me his full support and enthusiasm since day one. His passionate commitment to our shared mission and care of our business made creating this book possible.

My mom, Karla, has always been so proud of me. She instilled courage and conviction into my outlook ever since I was a kid. And though I never could abide her veggies, look where it's brought me today!

Lindsay Nelson was a huge support in creating this cookbook. She helped me create even more delicious acne-safe recipes to share, made every last one and took the enticing photos.

A special thanks to Michele DeLima who has helped be put my thoughts into beautiful words and, ultimately, help me share my acne passion with the world.

Did I mention? My Big Hairy Audacious Goal is to help 1,000,000 people get clear skin in the next ten years. Thank goodness for my amazing Clear Skin Coaches, administrative staff, and marketing and digital team. They have freed me to come out of the treatment room and take a giant leap forward with my vision by creating this cookbook for people who are ready to get clear.

To all of my clients through the years, my most heartfelt thanks goes to you. You're the reason I get to live my calling every day. You've taught me countless invaluable lessons as we've journeyed together. And your trust, determination and belief "I can get clear!" is food for my soul.

# about the author



Jessica Gremley is an Acne Specialist, Medical Esthetician, Healing Diets Practitioner and passionate advocate dedicated to helping adults with acne feel their best and be free at last with smooth, glowing skin.

After 16 painful years suffering with acne, Jessi unlocked the secret for clearing acnewithout the use of prescription meds. Since launching her signature Online Acne Program in 2013, she's helped thousands of women and men all over the world achieve "I love my skin!" results that last and last.

Founder of Natural Acne Clinic and creator of Clear Skin Central, Jessi lives with her husband and business partner, Michael Gremley, and their precocious cutie-pie Cavalier King Charles Spaniel, Winston, in Arvada, Colorado.

#### Acne

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#### All-purpose flour

Baked Chicken Tenders with Roasted Vegetables 92 Chicken Pot Pie 103 Fluffy Pumpkin Pancakes 30

#### Almond butter

Almond Butter Chocolate Banana Smoothie 45

Asian Chicken Lettuce Wraps 82 Asian Pork (Spaghetti Squash) Linguine 79

Chewy Oatmeal Chocolate Chip Cookies 115 Intro 23

Rainbow Carrot Cake Muffins 33 Surprise Fudge Almond Brownies 107

#### Almond flour

Pumpkin Chip Cake in a Mug 111

#### Almond milk

Almond Butter Chocolate Banana Smoothie 45 Chicken Pot Pie 103 Recipe 19 Intro 19

#### Almonds

Chicken Blueberry Quinoa Salad 51 Homemade Cereal 40 Napa Chicken Salad Wrap 63 Surprise Fudge Almond Brownies 107

#### Apple cider vinegar

Carne Asada 86

Napa Chicken Salad Wrap 63

Sweet & Sour Chicken with Black Rice 72

#### **Apples**

Chicken Blueberry Quinoa Salad 51 Lentil Sweet Potato Curry 80 Perfect Green Smoothie 46

#### Arugula

Strawberry Arugula Salad-in-a-Jar 52

#### Asparagus

Ginger-Turmeric Chicken & Asparagus Stir Fry 69 One Pan Lemon Pepper Freshwater Fish & Asparagus 78

#### Avocado

Avocado Mango Green Smoothie 44 Decadent Chocolate Avocado Pudding 110 Matcha Smoothie Bowl 47 Strawberry Coconut Avocado Toast 35 Ultimate Veggie & Turkey Sandwich 58 White Chicken Chili 57

#### Bacon

Egg White Veggie Protein Cups 38

#### Banana.

Almond Butter Chocolate Banana Smoothie 45 Coffee Banana Ice Cream 110 Matcha Smoothie Bowl 47

#### Basil, fresh

Basil Pesto Pasta Salad 60

#### BBQ sauce

Slow Cooker Pork Sliders with Beet & Mandarin Salad 94

#### Beef

Carne Asada 84 Hamburger Stir-Fry 67

#### **Beets**

Slow Cooker Pork Sliders with Beet & Mandarin Salad 94 Sweetheart Smoothie Bowl 42

#### Bell peppers

Black Bean Veggie Burgers 89 Egg White Veggie Protein Cups 38 Ginger-Turmeric Chicken & Asparagus Stir Fry 69 Lemony Pasta Primavera 97 Slow Cooker Chicken Fajitas 98

Stovetop Southwest Sweet Potato & Ground Turkey 75 Turkey Meatloaf & Roasted Potatoes 87

White Chicken Chili 57

#### Black beans

Black Bean Veggie Burgers 89 Stovetop Southwest Sweet Potato & Ground Turkey 75

#### Blueberries

Blueberry Oatmeal Bake 26 Chicken Blueberry Quinoa Salad 51 Matcha Smoothie Bowl 47

#### Bone broth

Stir Fry 69 Intro 23 Lentil Sweet Potato Curry 80 Sesame Pork & Eggplant Stir-Fry 76 Sweet & Sour Chicken with Black Rice 72 White Chicken Chili 57

Ginger-Turmeric Chicken & Asparagus

#### **Boston lettuce**

Asian Chicken Lettuce Wraps 82

#### Bread

Strawberry Coconut Avocado Toast 35 Ultimate Veggie & Turkey Sandwich 58

#### Broccoli

Baked Chicken Tenders with Roasted Vegetables 92 Lemony Pasta Primavera 97 Sweet & Sour Chicken with Black Rice 72

#### Butternut squash

Creamy Orange Autumn Soup 59

#### Cacao nibs

Cashew Butter Cacao No Bake Bites 28 Homemade Cereal 40

#### Cannellini beans

White Chicken Chili 57

#### Carrots

Asian Chicken Salad-in-a-Jar 52 Asian Pork (Spaghetti Squash) Linguine 79 Creamy Orange Autumn Soup 59 Lemony Pasta Primavera 97 Lentil Sweet Potato Curry 80 Pressure Cooker Matzo Ball Chicken Soup 102 Rainbow Carrot Cake Muffins 33

#### Cashew Butter

Cashew Butter Cacao No Bake Bites 28

#### Cashew milk

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#### Cashews

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#### Celery

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#### Celtic salt

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#### Cheese, acne safe

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#### Chia Seeds

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Asian Chicken Salad-in-a-Jar 52
Baked Chicken Tenders with Roasted
Vegetables 92
Chicken Blueberry Quinoa Salad 51
Chicken Pot Pie 103
Coconut Curry Chicken 71
Ginger-Turmeric Chicken & Asparagus
Stir Fry 69

Napa Chicken Salad Wrap 63

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Slow Cooker Chicken Fajitas 98

Strawberry Arugula Salad-in-a-Jar 52

Sweet & Sour Chicken with Black Rice 72

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#### Chocolate chips

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Surprise Fudge Almond Brownies 107

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Stovetop Southwest Sweet Potato &

Ground Turkey 75

White Chicken Chili 57

#### Cocoa powder

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Smoothie 45

Decadent Chocolate Avocado Pudding 110

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Surprise Fudge Almond Brownies 109

#### Coconut

Blueberry Oatmeal Bake 26

Cashew Butter Cacao No Bake Bites 28

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Strawberry Coconut Avocado Toast 35

Sweetheart Smoothie Bowl 42

#### Coconut aminos

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Asian Pork (Spaghetti Squash)

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Ginger-Turmeric Chicken & Asparagus

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Hamburger Stir-Fry 67

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Watermelon Salad with Mojito

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Avocado Mango Green Smoothie 44

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Lentil Sweet Potato Curry 80

White Chicken Chili 57

#### Coconut water

Perfect Green Smoothie 46

#### **Community Supported Agriculture**

Intro 19

Cow's milk

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#### Cow's milk dairy products

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#### Cucumber

Ultimate Veggie & Turkey Sandwich 58

Watermelon Salad with Mojito

Vinaigrette & Marinated Walnuts 55

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Blueberry Oatmeal Bake 26

Fluffy Pumpkin Pancakes 30

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Matcha Smoothie Bowl 47

Pumpkin Chip Cake in a Mug 113

Raspberry Chia Overnight Oats 31

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#### **Dandelion** greens

Perfect Green Smoothie 46

#### Dates

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#### **Dried cranberries**

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**Eggplant** 

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Egg Yolks

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#### Instant coffee

Coffee Banana Ice Cream 110

#### **Iodine**

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#### Italian sausage, organic

Italian Sausage Spaghetti 99

#### Jalapeño

Carne Asada 86 Toasted Walnut and Cauliflower "Meat" Tacos 77 White Chicken Chili 57

#### Kale

Avocado Mango Green Smoothie 44 Perfect Green Smoothie 46

#### Ketchup

Black Bean Veggie Burgers 89 Sweet & Sour Chicken with Black Rice 72 Turkey Meatloaf & Roasted Potatoes 87

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#### Lemons

Lemony Pasta Primavera 97 Napa Chicken Salad Wrap 63 One Pan Lemon Pepper Freshwater Fish & Asparagus 78

#### Lentils

Lentil Sweet Potato Curry 80

#### Limes

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#### Mandarin oranges

Asian Chicken Salad-in-a-Jar 52

#### Mangoes

Avocado Mango Green Smoothie 44

#### Maple syrup

Decadent Chocolate Avocado Pudding 110 Homemade Cereal 40 Strawberry Arugula Salad-in-a-Jar 52

#### Marinara

Italian Sausage Spaghetti 99

#### Matcha

Matcha Smoothie Bowl 47

#### Matzo meal

Pressure Cooker Matzo Ball Chicken Soup 102

#### Mayo, avocado oil

Napa Chicken Salad Wrap 63

#### Mint, fresh

Chicken Blueberry Quinoa Salad 51 Slow Cooker Pork Sliders with Beet & Mandarin Salad 94

#### Mixed vegetables, frozen

Chicken Pot Pie 105

#### Mushrooms

Egg White Frittata 36 Lemony Pasta Primavera 97 Turkey Meatloaf & Roasted Potatoes 87

#### Nut butter

Coffee Banana Ice Cream 112 Intro 14 Oat milk

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Oatmeal

Blueberry Oatmeal Bake 26

Cashew Butter Cacao No Bake Bites 28

Chewy Oatmeal Chocolate Chip

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Onions

Asian Pork (Spaghetti Squash)

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Coconut Curry Chicken 71

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Stir Fry 69

Lemony Pasta Primavera 97

Lentil Sweet Potato Curry 80

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Sesame Pork & Eggplant Stir-Fry 76

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Stovetop Southwest Sweet Potato &

Ground Turkey 75

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Toasted Walnut and Cauliflower

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Panko

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Turkey Meatloaf & Roasted Potatoes 87

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Intro 23

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**Pasta** 

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Pea milk

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**Peanuts** 

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**Pepitas** 

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Goat Cheese Pizza 96

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Basil Pesto Pasta Salad 60

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Sweet & Sour Chicken with Black Rice 72

Pizza crust

Goat Cheese Pizza 96

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Goat Cheese Pizza 96

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Asian Pork (Spaghetti Squash)

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Sesame Pork & Eggplant Stir-Fry 76

Slow Cooker Pork Sliders with Beet &

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**Potatoes** 

Turkey Meatloaf & Roasted Potatoes 87

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Perfect Green Smoothie 46

Protein powder

Almond Butter Chocolate Banana Smoothie 45

Avocado Mango Green Smoothie 44

Blueberry Oatmeal Bake 26

Cashew Butter Cacao No Bake Bites 28

Matcha Smoothie Bowl 47 Sweetheart Smoothie Bowl 42

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Pumpkin

Fluffy Pumpkin Pancakes 30 Pumpkin Chip Cake in a Mug 111

Quinoa

Chicken Blueberry Quinoa Salad 51 Intro 24

Raspberries

Raspberry Chia Overnight Oats 31 Sweetheart Smoothie Bowl 42

Red cabbage

Asian Chicken Salad-in-a-Jar 52

Red wine vinegar

Slow Cooker Pork Sliders with Beet & Mandarin Salad 94

Rice

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Rice vinegar

Ginger-Turmeric Chicken & Asparagus Stir Fry 69

Rice, black

Sweet & Sour Chicken with Black Rice 72

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Sauerkraut

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Sausage, organic

Sweet Potato Hash Browns with Sausage and Sauerkraut 37

Scallions

Chicken Blueberry Quinoa Salad 51 Napa Chicken Salad Wrap 63

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Spaghetti noodles

Italian Sausage Spaghetti 99

Spaghetti squash

Asian Pork (Spaghetti Squash) Linguine 79

Spinach

Almond Butter Chocolate Banana

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Asian Chicken Salad-in-a-Jar 52 Chicken Blueberry Quinoa Salad 51 Egg White Veggie Protein Cups 38 Pressure Cooker Matzo Ball Chicken

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Strawberry Arugula Salad-in-a-Jar 52 Watermelon Salad with Mojito Vinaigrette & Marinated Walnuts 55

**Sprouts** 

Ultimate Veggie & Turkey Sandwich 58

Stir-fry vegetables

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**Strawberries** 

Strawberry Arugula Salad-in-a-Jar 52 Strawberry Coconut Avocado Toast 35

**Sweet potatoes** 

Baked Chicken Tenders with Roasted Vegetables 92 Creamy Orange Autumn Soup 59

Lentil Sweet Potato Curry 80 Stovetop Southwest Sweet Potato & Ground Turkey 75

Sweet Potato Hash Browns with Sausage and Sauerkraut 37

Swiss chard

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Tarragon, fresh

Napa Chicken Salad Wrap 63

Thyme, fresh

Pressure Cooker Matzo Ball Chicken Soup 102

Tomato paste

Toasted Walnut and Cauliflower "Meat" Tacos 77

Tomato sauce

Coconut Curry Chicken 71

**Tomato** 

Basil Pesto Pasta Salad 60 Coconut Curry Chicken 71 Egg White Frittata 36 Lentil Sweet Potato Curry 80 Ultimate Veggie & Turkey Sandwich 58

Tortillas

Napa Chicken Salad Wrap 63

Slow Cooker Chicken Fajitas 98 Toasted Walnut and Cauliflower "Meat" Tacos 77

Turkey, organic

Stovetop Southwest Sweet Potato & Ground Turkey 75 Turkey Meatloaf & Roasted Potatoes 87 Ultimate Veggie & Turkey Sandwich 58

Vegan diet

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Vegetarian diet

Intro 24

Walnuts

Homemade Cereal 40 Toasted Walnut and Cauliflower "Meat" Tacos 77 Watermelon Salad with Mojito Vinaigrette & Marinated Walnuts 55

Watermelon

Watermelon Salad with Mojito Vinaigrette & Marinated Walnuts 55

White bass

One Pan Lemon Pepper Freshwater Fish & Asparagus 78

White wine

Lemony Pasta Primavera 97

White wine vinegar

Watermelon Salad with Mojito Vinaigrette & Marinated Walnuts 55

Whole wheat flour

Fluffy Pumpkin Pancakes 30

Yogurt, almond

Intro 15

Yogurt, coconut

Fluffy Pumpkin Pancakes 30

Intro 15

Yogurt, dairy-free

Intro 15

Rainbow Carrot Cake Muffins 33

Yogurt, goat's milk

Intro 15

Napa Chicken Salad Wrap 63









Inside the *Clear Skin from Within Cookbook* is all the information you need for skin-safe eating.

Read the recipes from start to finish. Savor the meal plans. Discover new and creative ways to prepare and combine ingredients and wake up your taste buds.

What will you try first? There's so much to choose! Like luscious Blueberry Oatmeal Bake or Strawberry Coconut Avocado Toast for breakfast. Cashew Butter Cacao No Bake Bites when your tummy rumbles. The Sweetheart Smoothie Bowl with raspberries? Heaven! And the Asian Chicken Salad-in-a-Jar with sesame ginger dressing and mandarin orange? My personal favorite.

There's much, much more! It's time to drink up all the fun possibilities so you can:

- Start clearing your acne for good.
- Feel healthier, lighter and more energized.
- Eat your way to glowing skin.

With so many simple, delicious, innovative ways to replace acne-triggering foods, you'll feel happy and satisfied with every bite and every meal.

Enjoy! And watch your skin begin glowing up from the inside out.



Jessica Gremley is an Acne Specialist, Medical Esthetician, Healing Diets Practitioner and passionate advocate dedicated to helping adults with acne feel their best and be free at last with smooth, glowing skin.

After 16 painful years suffering with acne, Jessi unlocked the secret for clearing acne—without the use of prescription meds. Since launching her signature Online Acne Program in 2013, she's helped thousands of women and men all over the world achieve "I love my skin!" results.