

7 Day Glowing Skin Diet Challenge

Day	Meals	Key Nutrients
Day 1: Hydration and Antioxidants	<ul style="list-style-type: none"> - Breakfast: Avocado toast on whole-grain bread with a side of papaya. - Lunch: Quinoa salad with mixed berries, nuts, and seeds. - Dinner: Baked salmon with steamed broccoli and sweet potato. - Snacks and Drinks: Green tea, cucumber slices, and water. 	Water, Vitamin C, Vitamin E, Antioxidants
Day 2: Vitamin C and Omega-3 Fatty Acids	<ul style="list-style-type: none"> - Breakfast: Oatmeal with sliced strawberries and almonds. - Lunch: Tuna salad with spinach, bell peppers, and olive oil dressing. - Dinner: Grilled chicken with asparagus and quinoa. - Snacks and Drinks: Orange slices, walnut halves, and water. 	Vitamin C, Omega-3 Fatty Acids
Day 3: Fiber and Antioxidants	<ul style="list-style-type: none"> - Breakfast: Green smoothie with spinach, kiwi, and flaxseeds. - Lunch: Lentil soup with carrots, tomatoes, and kale. - Dinner: Stir-fried tofu with mixed vegetables and brown rice. - Snacks and Drinks: Apple slices, a handful of blueberries, and herbal tea. 	Fiber, Antioxidants
Day 4: Zinc and Selenium	<ul style="list-style-type: none"> - Breakfast: Greek yogurt with sliced bananas and sunflower seeds. - Lunch: Turkey breast sandwich with whole-grain bread and a side salad. - Dinner: Baked cod with a side of mixed steamed vegetables. - Snacks and Drinks: Brazil nuts, pumpkin seeds, and water. 	Zinc, Selenium
Day 5: Healthy Fats and Vitamins	<ul style="list-style-type: none"> - Breakfast: Chia seed pudding with mango and coconut flakes. - Lunch: Avocado and egg salad with spinach. - Dinner: Grilled mackerel with roasted Brussels sprouts. - Snacks and Drinks: Sliced pear, almond butter, and green tea. 	Healthy Fats, Vitamins A, D, E
Day 6: Detox and Hydration	<ul style="list-style-type: none"> - Breakfast: Fruit salad with a drizzle of lemon juice and mint. - Lunch: Grilled vegetable and hummus wrap. - Dinner: Tomato and basil soup with a side of grilled chicken salad. - Snacks and Drinks: Water infused with lemon and mint, cucumber slices. 	Water, Fiber
Day 7: Overall Skin Nourishment	<ul style="list-style-type: none"> - Breakfast: Smoothie bowl with mixed berries, granola, and honey. - Lunch: Sushi rolls with salmon, avocado, and cucumber. - Dinner: Lean steak with sweet potato mash and green beans. - Snacks and Drinks: Dark chocolate (70% cocoa), herbal tea, and water. 	Proteins, Vitamins, Minerals

