

Eliminate Adult Acne Four-Day Diet Plan for Balanced – 3A

	Day 1	Day 2	Day 3	Day 4
Breakfast	Gluten-free beef burger patty, steamed kale & shallots, humous, <i>butter</i>	Freshly pressed vegetable juice (carrot, celery, ginger), mushroom-omelette, quinoa with avocado oil	Soft boiled egg(s), bacon, <i>butter</i> , Kiwifruit, mango, papaya.	Protein shake (vegetable protein), coconut water or coconut kefir, frozen blueberries, raspberries, strawberries, coconut oil.
Snack	Tahini or almond nut butter, cucumber sticks	½ green pear, almonds, cashews & pistachios.	Boiled egg and fruit (from breakfast)	½ apple, almonds, cashews and pine nuts.
Lunch	Baked wild Alaskan salmon, pumpkin with <i>ghee</i> , cucumber, rocket & shallot salad, steamed zucchini/courgette, dried oregano	<i>Baked sea bass</i> , quinoa, steamed asparagus, sliced avocado, olive oil, lemon & herb dressing.	Chilli Con Carne, parsnip and pumpkin mash with <i>ghee</i> , rocket, cucumber, bell peppers, shallot, kidney beans.	Chicken breast, artichoke, carrot, asparagus, cauliflower-rice, sauerkraut, olive oil, Italian seasoning
Snack				
Dinner	Roast lamb, mint, parsnip with <i>ghee</i> , cucumber, rocket & shallot salad, olive oil & apple cider vinegar	Baked cod, avocado, cauliflower-rice, steamed spinach & green beans with avocado oil, fresh parsley	Beef liver, pumpkin, Steamed cabbage, <i>butter</i> , bell peppers, shallot, olive oil and apple cider vinegar.	Roast chicken, quinoa, steamed asparagus & spinach, raw carrot sticks, kimchi, avocado oil, garam masala spice mix
Snack				