

Eliminate Adult Acne

Four-Day Diet Plan for Mixed Oxidiser – 30

	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, turmeric), mushroom, omelette, quinoa with avocado oil	Soft boiled egg(s), nitrate-free bacon, <i>butter</i> , blueberry, raspberry, strawberry.	Protein shake (vegetable protein), coconut water and RO water, frozen blueberries, raspberries, strawberries, coconut oil.
Snack	Tahini or almond nut butter, bell peppers	½ green pear, with Brazil nuts, pecans and hazelnuts.	Boiled egg and berries (from breakfast)	½ apple, pecans, walnuts, macadamias.
Lunch	Baked wild Alaskan salmon, onion, cucumber, rocket salad, steamed zucchini/courgette, pumpkin with <i>ghee</i> , fresh oregano	<i>Baked cod</i> , steamed asparagus, cauliflower rice, sliced avocado, olive oil, lemon & herb dressing.	Chilli Con Carne, pumpkin & swede mash, rocket, cucumber, onion, bell peppers, kidney beans.	Chicken breast, artichoke, carrot, asparagus, cauliflower-rice, olive oil, jerk seasoning
Snack				
Dinner	Roast chicken thigh, onion, cucumber, rocket salad, olive oil & apple cider vinegar, parsnip with <i>ghee</i> , <i>korma masala spices</i>	Baked sea bass, cauliflower-rice, steamed spinach & green beans, avocado oil, basil	Roast lamb, mint, pumpkin, Steamed cabbage, <i>butter</i> , bell peppers, onion, olive oil and apple cider vinegar.	Roast chicken, quinoa, steamed asparagus & spinach, raw carrot sticks, avocado oil, garam masala spices
Snack				