

## Eliminate Adult Acne

### Four-Day Diet Plan for Slow Oxidiser – 10

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	Soft-boiled egg(s), grapes, plum, grapefruit	Protein shake (beef collagen), coconut milk or coconut kefir, frozen blueberries, raspberries, strawberries	Poached egg, <i>butter</i> , blackberries, blueberries, strawberries, honeydew melon	Protein shake (vegetable protein), coconut milk or coconut kefir, frozen blueberries, raspberries, strawberries
<b>Snack</b>	Almonds & nectarine	Cashews & grapes	Pecans & strawberries	Walnuts & a plum
<b>Lunch</b>	Chicken soup, broccoli, cabbage, parsnip, leek, herbs	Grilled ham, <i>butter</i> , lettuce, carrot, onion, radish, red peppers, sauerkraut, olive oil & lemon juice, dried sage	Turkey soup, broccoli, cabbage, parsnip, onion, herbs	Baked wild cod, pumpkin, romaine lettuce, parsley, onion, olive oil & balsamic vinegar, steamed courgette/zucchini, dried mixed herbs
<b>Snack</b>				
<b>Dinner</b>	Grilled chicken breast, quinoa, steamed broccoli, lettuce, cucumber bell pepper, olive oil and apple cider vinegar, jerk seasoning	Pork chop, quinoa, lettuce, cucumber, celery, olive oil & apple cider vinaigrette, kimchi, fresh basil	Roasted turkey breast, lemon rub seasoning, quinoa, steamed broccoli, lettuce, spinach, cucumber, olive oil and apple cider vinegar	Wild caught Trout or Salmon, with lemon, steamed zucchini/courgette, baked pumpkin, coconut butter, lettuce, cucumber, carrot, dried oregano
<b>Snack</b>				