

## Eliminate Adult Acne Four-Day Diet Plan for Sympathetic – 1A

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	Soft-boiled egg(s), grapefruit, apple,	Protein shake (beef collagen), coconut milk or coconut kefir and water, frozen berries	Poached egg, <i>butter</i> , blackberries, blueberries, strawberries, honeydew melon	Protein shake (vegetable protein), coconut milk and water, frozen peach & apple & mango
<b>Snack</b>	Almonds & apple	Cashews & grapes	Pecans & strawberries	Walnuts & a plum
<b>Lunch</b>	Chicken soup, broccoli, cabbage, parsnip, leek, herbs	Grilled ham, butter, 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, shallot, olive oil & balsamic vinegar, steamed courgette/zucchini.
<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, green leafy salad, green peppers, cucumbers, kimchi, olive oil & balsamic vinegar, dried sage	Roasted turkey breast, quinoa, steamed broccoli, lettuce, cucumber, radish, olive oil and apple cider vinegar	Wild caught Trout or Salmon, with lemon, steamed zucchini/courgette, baked pumpkin, coconut butter, lettuce, cucumber, bell pepper, oregano
<b>Snack</b>				