

Let Food be Your Skin Care Products – A One-Day Diet Plan for Glowing and Healthy Skin

Believe it or not, what you eat lets you be how you look. For glowing, toned, and clear skin, you need no skin care products but correct foods.

---Fastyle Team

Breakfast: Protein Pancakes



INGREDIENTS

- 1/2 cup banana mashed
- 3 egg whites
- 1/4 teaspoon baking powder

* Serve with fresh fruits and no-sugar Greek yoghurt

DIRECTIONS

- Combine all ingredients in a mixing bowl until smooth.
- Lightly spray a skillet with non-stick spray and heat on medium heat. Pour about 1/4 cup of the batter into the pan. Cook about 3 to 4 minutes, or until pancakes begin to bubble in the center. Carefully flip and cook for another 2 to 3 minutes. Once cooked, remove pancake from the pan and repeat the process until all the batter has been used. Spray

the skillet as needed with non-stick spray in-between cooking the pancakes.

- Top with fresh fruit, and/or no-sugar Greek yoghurt. Enjoy!

Why Eat Them for Skin:

- Bananas are rich in Vitamin B complex, beneficial to repair skin damage.
- Egg whites are rich in Vitamin A and collagen, effectively stopping against sunburning and wrinkles.

Snack 1 (Optional)

- 1/2 cup of plain nuts with low calories like pistachios



Why Eat Them for Skin:

- Rich in Omega-3 and Vitamin E, beneficial for glowing skin.



Lunch: Sheet Pan Steak



INGREDIENTS

- 1 lb. small cremini mushrooms, trimmed and halved
- 1 ¼ lb. bunch broccoli, trimmed and cut into 2-in. lengths
- 4 cloves garlic, finely chopped
- 3 tbsp wheat germ oil
- ¼ tsp red pepper flakes (or a bit more for extra kick)
- Kosher salt and pepper
- 2 1-in.-thick New York strip steaks (about 1½ lb total), trimmed of excess fat
- 1 15-oz can low-sodium cannelloni beans, rinsed

* Serve with coconut water

DIRECTIONS

- Preheat the oven to 450°F. On a large, rimmed baking sheet, toss the mushrooms, broccoli, garlic, oil, red pepper flakes, and ¼ tsp each salt and pepper. Place the baking sheet in the oven and roast 15 minutes.
- Push the mixture to the edges of the pan to make room for the steaks. Season the steaks with ¼ tsp each salt and pepper and place in the center of the pan. Roast the steaks to desired doneness, 5 to 7 minutes per side for medium-rare. Transfer the steaks to a cutting board and let rest 5 minutes before slicing.
- Add the beans to the baking sheet and toss to combine. Roast until heated through, about 3 minutes. Serve beans and vegetables with steak.

Why Eat Them for Skin:

- Broccolis and pepper are rich in Vitamin C, beneficial to stop aging.
- Steak meat is rich in Vitamin E and collagen, beneficial for glowing skin.

Snack 2 (Optional)

- 1/2 cup of plain berries like blueberries, raspberries, goji berries, strawberries, etc.

Why Eat Them for Skin:

- Rich in Vitamin A, C, collagen and fiber, beneficial for glowing skin and to slow aging.
- Rich in hydrates, protecting skin from being dry.



Dinner: Golden Quinoa Salad with Radish, Dill & Avocado



INGREDIENTS

- 1 cup golden quinoa
- 1 3/4 cups chicken or vegetable broth
- 8 small red radishes, well-cleaned and tops removed
- 1/3 seedless English cucumber, about 1/4 pound, unpeeled
- 1 large shallot
- 2/3 lightly filled cup dill fronds, without stems
- 1/2 lemon, zested and juiced, about 1 1/2 tablespoons
- 3 tablespoons extra-virgin olive oil
- 1/2 tablespoon balsamic vinegar

- 1/8 teaspoon liquid smoked olive oil
- 1/2 cup sliced raw almonds
- 1/2 cup pitted dates, roughly chopped
- 1/2 cup grated Parmesan cheese (omit for a vegan adaptation)
- Flaky sea salt and freshly ground black pepper
- 1 ripe avocado, to serve

INSTRUCTIONS

- Rinse the quinoa for 2 to 3 minutes in a fine mesh strainer, rubbing vigorously. Drain. Heat a 2-quart saucepan over medium-high heat and add a drizzle of olive oil. When the oil is hot, add the quinoa and cook, stirring, for 1 minute. Pour in the broth, bring to a boil, cover, and turn the heat down to low. Cook for 15 minutes. Turn off heat and let sit, covered, for 5 minutes.
- Line a large baking sheet with parchment and spread the cooked quinoa over it in an even layer. Let cool while preparing the vegetables.
- Dice the radishes finely — about 1/4-inch to a side. Do the same with the cucumber. Finely dice the shallot. Finely chop the dill fronds. Toss with the quinoa in a large bowl.
- Zest the lemon right into the bowl and fold in the zest. Juice the lemon half and whisk the juice together with the olive oil, balsamic vinegar, and liquid smoke until emulsified and thick. Toss this with the quinoa.
- Fold in the almonds, chopped dates, and Parmesan. Taste and season to taste with salt and pepper. When ready to serve, top with chopped avocado.

Why Eat Them for Skin:

- Chicken and leafy vegetables are rich in collagen, boosting skin elasticity.
- Cheese, almond and avocado are rich in Vitamin E, beneficial for aging slowing.
- Pepper and green vegetables are rich in Vitamin C and Zinc, leading to healthy and clear skin.

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