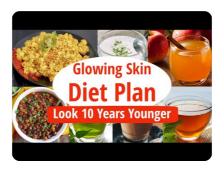
Glowing Skin Diet Plan

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Prep: 5 Cook: 30 Rest: 0 Servings: 1

Ingredients

- 2 strands Saffron (kesar) (optional)
- 1 Apple
- 1 Carrot
- Berries (optional)
- 1 tsp Almond oil (optional)
- 1 cup Green tea (optional)
- 2 tsp Apple cider vinegar
- → Oats flour
- 1 cup Brown rice (optional)
- 1 cup Bell peppers (optional)
- Coriander leaves (optional)
- 1 cup Matcha tea (optional)
- → Ajwain (optional)
- 1 tsp Aloe vera juice (optional)
- 1 ► Coconut water (optional)
- ► Kiwi (optional)
- 3 Eggs (optional)
- Beetroot
- 1 tbs Olive oil (optional)

- 1 cup Carrots (optional)
- Coriander powder (optional)
- 3 cups Water (optional)
- ► Apple (optional)
- 1 glass Water
- 1 Beetroot
- Strawberries (optional)
- 1 cup Almond milk (optional)
- 2 tsp Haleem seeds (optional)
- 2 tsp Chia seeds (optional)
- ► Salmon (optional)
- 1 tsp Jeera (optional)
- Turmeric powder (optional)
- 1 piece Dark chocolate (optional)
- 2 liters Water
- 1 cup Broccoli (optional)
- 2 slices Multi-grain bread (optional)
- • Coriander
- Green chilies (optional)
- 5 Soaked almonds (optional)
- Black pepper powder (optional)
- • Cinnamon (optional)
- Salt (optional)
- 2 tsp Lemon
- 1 cup Corn (optional)
- 1 cup Green peas (optional)
- Vegetables
- 70 g Paneer (optional)
- 1 cup Chamomile tea (optional)
- 2 Egg whites (optional)
- Jeera (optional)

Instructions

1. Pre-Lunch Drink

Mix 2 teaspoons of apple cider vinegar in lukewarm water 30-40 minutes before lunch.

2. Mid-Evening Snack

Have 1 cup of matcha tea, or apple cinnamon detox water, or 5 soaked almonds and 1 piece of dark chocolate.

3. Bedtime Drink

Drink 1 cup of chamomile tea, or ajwain/jeera tea.

4. Prepare Diuretic Water

Soak two strands of saffron overnight in one glass of water. Boil in the morning and drink on an empty stomach. Alternatively, mix 1-2 teaspoons of aloe vera juice in lukewarm water.

5. Lunch Options

Choose from beetroot oats roti, salmon curry with brown rice and vegetables, or high-protein paneer/egg bhurji with multigrain bread. Brown rice recipe included in transcript.

6. Breakfast Options

Choose from ABC juice (apple, beetroot, carrot), fresh coconut water with berries/kiwi, healthy almond milk with fruit, or boiled eggs/veggie omelet with green tea/coffee.

7. Mid-Morning Snack

Soak 2 teaspoons of haleem/olive seeds or chia seeds in water for 30 minutes and drink.

8. Dinner Options

Choose from grilled or stir-fried vegetables, or lemon coriander soup. Lemon coriander soup recipe included in transcript.

Source: https://youtu.be/U_-7UWZGD40