

# Glowing Skin Diet Plan

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

## Ingredients

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- 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

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## 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\\_-7UWZGD4o](https://youtu.be/U_-7UWZGD4o)