



Hi,

Welcome to your Allergen-Friendly Skin Meal Plan!

This is an easy balanced eating plan for those looking to simplify their routine and increase their intake of healthy foods to help lower inflammation and manage their acne and eczema symptoms.

This program features important nutrients like omega-3 fats, zinc, antioxidants, and polyphenols to boost skin health. It is a high fibre, low glycaemic plan with no added sugars to help manage insulin levels and provides probiotics and prebiotics to support gut health. Eggs, nuts, soy, gluten, and dairy are eliminated in this plan as these foods are commonly linked to flare-ups. Sodium is also limited to less than two grams per day.

Contents

- Evidence-based meal plan
- Premium recipes
- Complete prep guide
- Smart grocery list

Eating a balanced diet and planning simple meals and snacks can help you reach your health goals. This program was created with the following key considerations:

Allergen-Friendly

Clinical studies indicate that food allergies may play a role in exacerbating eczema in some people. Eggs, nuts, soy, gluten, and dairy are foods that are commonly linked to flare-ups even in those who are not allergic to them. This program avoids these common food allergens and can be used to help identify potential food triggers.

Low Glycaemic Foods

A high glycaemic diet has been shown to increase insulin release and can worsen acne. Shifting your diet to include high fibre, low glycaemic foods can improve glycaemic control and acne management. This program uses low glycaemic foods, provides up to 45 grams of fibre daily, and is sugar-free.

Omega-3 Fats

Omega-3 fatty acids are known to decrease inflammation. There is evidence that adequate consumption of omega-3 fats and fish oil is associated with an improvement in overall acne severity, especially for individuals with moderate to severe acne. Foods high in omega-3s like salmon and tuna are included daily in this program.

Gut Health

Prebiotics and probiotics are incorporated daily in the plan to bring good bacteria back into the gut and create a synergistic effect. Probiotics found in cultured products are live bacteria that help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program provides coconut yogurt paired with fruit or vegetables daily to promote good gut health.

Zinc & Antioxidants

Zinc levels are important in managing both acne and eczema. Low levels of the essential fat-soluble antioxidants vitamins A and E are linked to severe cases of acne and eczema, and vitamin C plays a role in maintaining skin health. Turmeric contains curcumin, an anti-inflammatory agent which acts synergistically with several antibiotics to inhibit the growth of some skin bacteria. This plan provides adequate daily zinc and antioxidants from fruits and vegetables, beef, oats, turmeric, and coconut yogurt.

Meal Planning Prep

On the next pages, you will find the customised plan I have created, along with an itemised grocery list, prep guide to follow so you don't have to think about what to do next and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So, if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I hope you enjoy your Allergen-Friendly Skin Meal Plan!

DAIRY FREE
EGG FREE
GLUTEN FREE
SOYFREE
NUTFREE
SUGAR FREE

Need help getting started with living a nutritionally balanced life? You can always find me at [Nutritional Balanced Collaroy](#). Let's work together to figure out a way to maintain a healthy lifestyle that works for you.

Balancing lifestyle with nutrition for a happier, healthier life!

















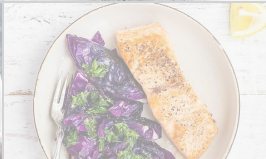






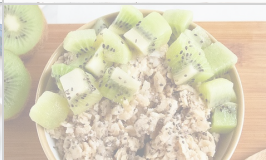


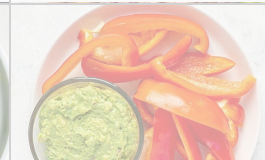


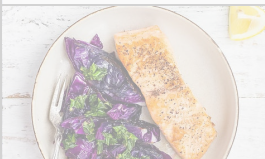

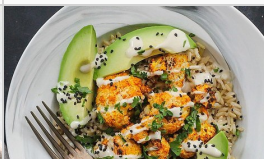



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Disclaimer:

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of Nutritional Balance's services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt
Snack 1	 Tuna Salad Plate	 Chia Oats with Kiwi	 Yogurt & Peaches	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Oatmeal with Raspberries	 Bell Peppers with Guacamole
Lunch	 One Pan Lemon & Chive Salmon	 Cuban Beef Picadillo	 One Pan Lemon & Chive Salmon	 Taco Salad with Beef	 Spiced Cauliflower Rice Bowl	 One Pan Steak, Asparagus & Mushrooms	 Arugula Salad with Salmon
Snack 2	 Chia Oats with Kiwi	 Tuna Salad Plate	 Chia Oats with Kiwi	 Yogurt & Peaches	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Oatmeal with Raspberries
Dinner	 Cuban Beef Picadillo	 One Pan Lemon & Chive Salmon	 Taco Salad with Beef	 Spiced Cauliflower Rice Bowl	 One Pan Steak, Asparagus & Mushrooms	 Arugula Salad with Salmon	 One Pan Steak, Asparagus & Mushrooms

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  41%	Fat  41%	Fat  48%	Fat  46%	Fat  47%	Fat  52%	Fat  52%
Carbs  31%	Carbs  31%	Carbs  33%	Carbs  39%	Carbs  33%	Carbs  25%	Carbs  25%
Protein  28%	Protein  28%	Protein  19%	Protein  15%	Protein  20%	Protein  23%	Protein  23%
Calories 1800	Calories 1800	Calories 1616	Calories 1696	Calories 1835	Calories 1864	Calories 1864
Fat 84g	Fat 84g	Fat 89g	Fat 91g	Fat 101g	Fat 113g	Fat 113g
Saturated 19g	Saturated 19g	Saturated 21g	Saturated 21g	Saturated 23g	Saturated 28g	Saturated 28g
Trans 1g	Trans 1g	Trans 1g	Trans 1g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 16g	Polyunsaturated 16g	Polyunsaturated 14g	Polyunsaturated 13g	Polyunsaturated 14g	Polyunsaturated 22g	Polyunsaturated 22g
Monounsaturated 42g	Monounsaturated 42g	Monounsaturated 44g	Monounsaturated 45g	Monounsaturated 51g	Monounsaturated 50g	Monounsaturated 50g
Carbs 145g	Carbs 145g	Carbs 139g	Carbs 172g	Carbs 156g	Carbs 120g	Carbs 120g
Fiber 39g	Fiber 39g	Fiber 35g	Fiber 45g	Fiber 44g	Fiber 51g	Fiber 51g
Sugar 32g	Sugar 32g	Sugar 37g	Sugar 34g	Sugar 28g	Sugar 28g	Sugar 28g
Protein 130g	Protein 130g	Protein 79g	Protein 69g	Protein 95g	Protein 111g	Protein 111g

Fruits

- 6 1/2 Avocado
- 2 Fig
- 1 1/2 Kiwi
- 2 Lemon
- 1/2 cup Lemon Juice
- 3 1/2 tbsps Lime Juice
- 1 1/2 Navel Orange
- 2 Peach
- 1 cup Raspberries
- 1/2 cup Strawberries

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 1 tbsp Chili Powder
- 2 1/3 tsps Cinnamon
- 2 1/4 tsps Cumin
- 1/2 tsp Paprika
- 2 2/3 tsps Sea Salt
- 1 tsp Sesame Seeds
- 1 1/3 tsps Turmeric

Frozen

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower

Vegetables

- 4 cups Arugula
- 3 cups Asparagus
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 3 tbsps Chives
- 1/2 cup Cilantro
- 18 Cremini Mushrooms
- 1 1/8 Cucumber
- 1 Garlic
- 5 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 1/2 cups Purple Cabbage
- 3 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1 head Romaine Hearts
- 1/2 tsp Thyme

Boxed & Canned

- 1 1/8 cups Brown Rice
- 3/4 cup Diced Tomatoes
- 3 cans Tuna

Baking

- 4 cups Oats

Bread, Fish, Meat & Cheese

- 454 grams Extra Lean Ground Beef
- 765 grams Salmon Fillet
- 680 grams Top Sirloin Steak

Condiments & Oils

- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 2 tbsps Tahini

Cold

- 2 cups Oat Milk
- 5 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 5 1/2 cups Water



Creamy Blueberry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbs Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g

Directions

- 1 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Orange Turmeric Overnight Oats

3 servings

2 hours

Ingredients

- 1 1/2 cups Oats (rolled)
- 2 cups Oat Milk (unsweetened)
- 1 1/8 tsp Turmeric
- 1/3 tsp Cinnamon
- 1 1/2 tbsps Chia Seeds
- 1 1/2 Navel Orange (divided)

Nutrition

Amount per serving	
Calories	295
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	50g
Fiber	9g
Sugar	11g
Protein	9g

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Coconut Chia Seed Yogurt

2 servings

30 minutes

Ingredients

- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Chia Seeds
- 2 tsp Cinnamon
- 1/2 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	355
Fat	22g
Saturated	7g
Trans	0g
Polyunsaturated	12g
Monounsaturated	1g
Carbs	37g
Fiber	21g
Sugar	3g
Protein	9g

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Tuna Salad Plate

2 servings

5 minutes

Ingredients

- 2 cans Tuna (drained, broken into chunks)
- 1 Avocado (pit removed)
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 Cucumber (sliced)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	342
Fat	18g
Saturated	4g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g

Directions

- 1 Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Yogurt & Peaches

2 servings

5 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
2 Peach (sliced, fresh or frozen and thawed)

Nutrition

Amount per serving	
Calories	169
Fat	7g
Saturated	6g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	26g
Fiber	5g
Sugar	14g
Protein	2g

Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



Tuna Salad Lettuce Wraps

2 servings

15 minutes

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Nutrition

Amount per serving	
Calories	251
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	19g

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Bell Peppers with Guacamole

3 servings

5 minutes

Ingredients

- 1 1/2 Avocado (medium)
- 2 tbsps Lemon Juice
- 1/3 tsp Sea Salt (or more to taste)
- 3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	194
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	16g
Fiber	9g
Sugar	6g
Protein	3g

Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.



Oatmeal with Raspberries

2 servings

10 minutes

Ingredients

- 2 cups Water
- 1 cup Oats (quick or rolled)
- 1 cup Raspberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	185
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	35g
Fiber	8g
Sugar	3g
Protein	6g

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



One Pan Lemon & Chive Salmon

3 servings

15 minutes

Ingredients

- 1/3 cup Extra Virgin Olive Oil (divided)
- 4 1/2 cups Purple Cabbage (sliced into thick wedges)
- 1/8 tsp Sea Salt (divided)
- 425 grams Salmon Fillet
- 3 tbsps Chives (finely chopped)
- 2 1/4 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	469
Fat	34g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	22g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	34g

Directions

- 1 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 2 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 3 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 4 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers: For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor: Add red pepper flakes and black pepper to the chive mixture.



Chia Oats with Kiwi

3 servings

10 minutes

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Oats (rolled)
- 3 tbsps Chia Seeds
- 1 1/2 Kiwi (chopped)

Nutrition

Amount per serving	
Calories	231
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	1g
Carbs	37g
Fiber	9g
Sugar	4g
Protein	8g

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Cuban Beef Picadillo

2 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 tsp Extra Virgin Olive Oil
- 227 grams Extra Lean Ground Beef
- 1/2 Red Bell Pepper (chopped)
- 3/4 cup Diced Tomatoes (from the can with juices)
- 2 stalks Green Onion (chopped, green part only)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Green Olives (sliced)
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	437
Fat	17g
Saturated	5g
Trans	1g
Polyunsaturated	1g
Monounsaturated	8g
Carbs	42g
Fiber	4g
Sugar	4g
Protein	28g

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 3 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 4 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings: Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free: Use roasted potatoes or cauliflower rice instead of rice.



Taco Salad with Beef

2 servings

25 minutes

Ingredients

- 227 grams Extra Lean Ground Beef
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/4 tsp Sea Salt
- 1/2 cup Cherry Tomatoes (chopped)
- 1/2 Jalapeno Pepper (chopped)
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Lime Juice (divided)
- 1 head Romaine Hearts (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	452
Fat	34g
Saturated	8g
Trans	1g
Polyunsaturated	3g
Monounsaturated	20g
Carbs	15g
Fiber	9g
Sugar	3g
Protein	26g

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



One Pan Steak, Asparagus & Mushrooms

3 servings

10 minutes

Ingredients

- 2 1/4 tps Extra Virgin Olive Oil (divided)
- 680 grams Top Sirloin Steak
- 1/3 tsp Sea Salt (divided)
- 3 cups Asparagus (woody ends trimmed)
- 18 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	566
Fat	36g
Saturated	14g
Trans	0g
Polyunsaturated	2g
Monounsaturated	16g
Carbs	9g
Fiber	4g
Sugar	5g
Protein	51g

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Serving Size: One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.



Arugula Salad with Salmon

2 servings

15 minutes

Ingredients

- 340 grams Salmon Fillet
- 1/4 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 4 cups Arugula
- 1/2 Cucumber (sliced)
- 1 Avocado (sliced)
- 2 Fig (optional, quartered)

Nutrition

Amount per serving	
Calories	564
Fat	37g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	22g
Carbs	23g
Fiber	9g
Sugar	11g
Protein	42g

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!





Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.


More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.





PREP GUIDE: Allergen-Friendly Skin Meal Plan

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the sirloin steak, half of the ground beef, and half of the salmon fillets.	This guide will remind you to thaw them later in the week.
		Make One Pan Lemon & Chive Salmon.	Divide between containers and store in the fridge for meals.
		Make Chia Oats with Kiwi.	Divide between containers and store in the fridge for snacks.
		Portion out Tuna Salad Plate.	Divide between small containers and store in the fridge for snacks.
1 Mon		Make Creamy Blueberry Smoothie.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Tuna Salad Plate, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi.
		Make Cuban Beef Picadillo for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

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		Make Creamy Blueberry Smoothie	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Blueberry Smoothie, Chia Oats with Kiwi, Cuban Beef Picadillo, Tuna Salad Plate.
		Enjoy leftover One Pan Lemon & Chive Salmon for dinner.	Reheat in the microwave or in a pan.
		Take half of the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
Make Orange Turmeric Overnight Oats.		Divide between containers and store in the fridge for breakfasts.	
2 Tue		Portion out Yogurt & Peaches.	Divide between small containers and store in the fridge for snacks.
		Pack your meals if you are on-the-go.	Orange Turmeric Overnight Oats, Yogurt & Peaches, One Pan Lemon & Chive Salmon, Chia Oats with Kiwi.
		Make Taco Salad with Beef for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Tuna Salad Lettuce Wraps.	Divide between containers and store in the fridge for snacks.
3 Wed			

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4 Thu		Pack your meals if you are on-the-go.	Orange Turmeric Overnight Oats, Tuna Salad Lettuce Wraps, Taco Salad with Beef, Yogurt & Peaches.
		Make Spiced Cauliflower Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Bell Peppers with Guacamole.	Divide between containers and store in the fridge for snacks.
		Take the sirloin steak out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Orange Turmeric Overnight Oats, Bell Peppers with Guacamole, Spiced Cauliflower Rice Bowl, Tuna Salad Lettuce Wraps.
		Make One Pan Steak, Asparagus & Mushrooms for dinner.	Enjoy and store leftovers in the fridge.
		Make Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for breakfasts.
		Make Oatmeal with Raspberries.	Divide between containers and store in the fridge for snacks.
	Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	

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6 Sat		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt, Oatmeal with Raspberries, One Pan Steak, Asparagus & Mushrooms, Bell Peppers with Guacamole.
		Make Arugula Salad with Salmon for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt, Bell Peppers with Guacamole, Arugula Salad with Salmon, Oatmeal with Raspberries.
		Shop and prep for next week.	
		Enjoy leftover One Pan Steak, Asparagus & Mushrooms for dinner.	Reheat in the microwave, oven or in a pan.