

Beauty from Within

🙏 7-Day Vegetarian Nourishment Plan 🙏

Skin • Hair • Joints • Healthy Ageing

🧠 The philosophy: 🧠

Nourish from within rather than chase a single "beauty food."

Every day combines: **Protein + colorful plants + vitamin C + healthy fats + minerals + hydration**

DAY 1

Collagen & Antioxidant Day

🍳 Breakfast — Berry Protein Bowl

- $\frac{3}{4}$ cup plain Greek yogurt **or** unsweetened fortified soy yogurt
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{2}$ cup strawberries
- 1 kiwi
- 1 tbsp chia seeds
- 1 tbsp pumpkin seeds
- 1 tbsp chopped walnuts

Recipe: Add everything to a bowl and serve chilled.

🥗 Lunch — Lentil Power Bowl

- $\frac{3}{4}$ cup cooked lentils
- $\frac{1}{2}$ cup cooked quinoa
- 1 cup broccoli
- $\frac{1}{2}$ red pepper
- 2 cups of baby spinach
- 1 tbsp pumpkin seeds

- Fresh parsley

🍋 Dressing

- 1 tbsp tahini
- Juice of $\frac{1}{2}$ lemon
- 1-2 tbsp water
- Pinch of sea salt

Roast or steam the vegetables, then combine everything and drizzle with dressing.

🍓 Snack

- 1 kiwi
- $\frac{1}{4}$ cup walnuts

🌙 Dinner — Ginger-Turmeric Tofu Stir-Fry

- 150 g extra-firm tofu
- 1 cup bok choy
- 1 cup broccoli
- 1 cup shiitake mushrooms
- $\frac{1}{2}$ red pepper
- $\frac{3}{4}$ cup cooked brown rice
- 1 tsp sesame seeds

Stir-fry tofu and vegetables with:

- 1 tsp grated ginger
- $\frac{1}{2}$ tsp turmeric
- 1 garlic clove
- 1 tsp sesame oil
- 1 tbsp low-sodium tamari

✨ Daily beauty focus

Vitamin C + protein + zinc + copper + omega-3

DAY 2

Hair & Scalp Nourishment

Breakfast — Omega-3 Protein Oats

- $\frac{1}{2}$ cup rolled oats
- 1 cup of fortified soy milk
- 1 tbsp ground flaxseed
- 1 tbsp chia
- $\frac{1}{2}$ cup raspberries
- 1 tbsp pumpkin seeds
- Cinnamon

Cook oats with soy milk. Stir in flax and chia. Top with berries and seeds.

Lunch — Mediterranean Chickpea Salad

- 1 cup cooked chickpeas
- 2 cups of spinach
- $\frac{1}{2}$ red pepper
- 1 tomato
- $\frac{1}{2}$ cucumber
- $\frac{1}{4}$ avocado
- 2 tbsp chopped parsley
- 1 tbsp extra-virgin olive oil
- Juice of $\frac{1}{2}$ lemon

Combine and toss.

Snack

- 1 orange
- 1 tbsp tahini on whole-grain toast

Dinner — Tempeh & Sweet Potato Plate

- 120-150 g tempeh
- 1 medium sweet potato
- $1\frac{1}{2}$ cups Brussels sprouts
- 1 cup of kale
- $\frac{1}{2}$ cup cooked quinoa

Roast sweet potato and Brussels sprouts at 200°C / 400°F until tender.

Pan-sear tempeh and serve with quinoa and kale.

✨ Daily beauty focus: Protein + iron + zinc + vitamin C + vitamin E

DAY 3

Joint & Connective-Tissue Support

🍳 Breakfast — Green Beauty Smoothie, Blend:

- 1 cup of fortified soy milk
- 1 kiwi
- $\frac{1}{2}$ cup strawberries
- 1 cup of spinach
- $\frac{1}{2}$ banana
- 1 tbsp chia
- 1 tbsp hemp hearts
- 1 tbsp almond butter

Add water as needed.

🥗 Lunch — Edamame Soba Bowl

- 1 cup cooked soba noodles
- $\frac{3}{4}$ cup shelled edamame
- 1 cup shredded cabbage
- $\frac{1}{2}$ cup carrots
- 1 cup broccoli
- $\frac{1}{2}$ cucumber
- Cilantro

Dressing

- 1 tbsp tahini
- Juice of $\frac{1}{2}$ lime
- 1 tsp grated ginger
- 1 tsp tamari
- Water to thin

Snack

- 1 apple
- 1 tbsp almond butter

Dinner — Red Lentil Curry

- $\frac{3}{4}$ cup cooked red lentils
- 1 cup cauliflower
- 1 cup of spinach
- $\frac{1}{2}$ cup peas
- $\frac{1}{2}$ cup chopped tomatoes
- $\frac{1}{2}$ cup cooked brown rice

Cook with:

- Ginger
- Garlic
- Turmeric
- Cumin
- Coriander

Finish with fresh cilantro and lemon.

Daily beauty focus

Plant protein + omega-3 ALA + colorful vegetables + polyphenols

DAY 4

Skin Hydration & Antioxidants

Breakfast — Overnight Beauty Oats, Mix the night before:

- $\frac{1}{2}$ cup oats
- 1 cup of fortified soy milk
- 1 tbsp chia
- 1 tbsp ground flax
- $\frac{1}{2}$ cup strawberries
- 1 kiwi
- 1 tbsp walnuts

- 1 tsp cacao nibs

Refrigerate overnight.

Lunch — Rainbow Quinoa Bowl

- $\frac{3}{4}$ cup cooked quinoa
- $\frac{3}{4}$ cup black beans
- 1 cup shredded red cabbage
- $\frac{1}{2}$ yellow pepper
- 1 cup of spinach
- $\frac{1}{4}$ avocado
- 1 tbsp pumpkin seeds
- Lime juice

Snack

- 1 cup of berries
- $\frac{1}{4}$ cup cashews

Dinner — Miso Tofu Mushroom Bowl

- 150 g of tofu
- 1 cup shiitake mushrooms
- 1 cup bok choy
- $\frac{1}{2}$ cup edamame
- $\frac{1}{2}$ cup carrots
- $\frac{3}{4}$ cup cooked brown rice

Broth

- 1 tbsp miso
- 1 tsp grated ginger
- Garlic
- 2 cups of hot water

Add tofu and vegetables to the broth and simmer gently.

Daily beauty focus

Antioxidants + vitamin C + vitamin E + zinc

DAY 5

Healthy Ageing & Cellular Protection

Breakfast — Pomegranate Power Bowl

- $\frac{3}{4}$ cup Greek yogurt or fortified soy yogurt
- $\frac{1}{2}$ cup blueberries
- $\frac{1}{4}$ cup pomegranate seeds
- 1 kiwi
- 1 tbsp hemp hearts
- 1 tbsp pumpkin seeds
- 1 tbsp ground flax

Lunch — Lentil & Roasted Vegetable Salad

- $\frac{3}{4}$ cup cooked lentils
- 1 cup broccoli
- $\frac{1}{2}$ red pepper
- $\frac{1}{2}$ medium sweet potato
- 1 cup of kale
- 1 tbsp pumpkin seeds

Dressing

- 1 tbsp extra-virgin olive oil
- Lemon juice
- Fresh parsley
- Black pepper

Snack

- 1 pear
- $\frac{1}{4}$ cup walnuts

Dinner — Chickpea Vegetable Stew

- 1 cup of chickpeas
- 1 cup tomatoes
- 1 cup of spinach
- $\frac{1}{2}$ cup mushrooms
- $\frac{1}{2}$ cup carrots

- $\frac{1}{2}$ cup celery
- 1 cup of kale
- $\frac{1}{2}$ cup cooked quinoa

Season generously with garlic, rosemary, thyme and black pepper.

✦ Daily beauty focus : **Fiber + polyphenols + protein + healthy fats**

DAY 6

Hair, Skin & Bone Support



Breakfast — Golden Tofu Scramble

- 150 g of tofu
- 1 cup of spinach
- 1 cup of mushrooms
- $\frac{1}{2}$ red pepper
- $\frac{1}{2}$ cup tomatoes
- $\frac{1}{4}$ avocado
- 1 slice whole-grain toast

Season with:

- $\frac{1}{2}$ tsp turmeric
- Black pepper
- Garlic
- Fresh herbs



Lunch — Edamame Buddha Bowl

- $\frac{3}{4}$ cup edamame
- $\frac{1}{2}$ cup cooked quinoa
- 1 cup broccoli
- $\frac{1}{2}$ cup carrots
- 1 cup of cabbage
- $\frac{1}{4}$ avocado
- 1 tbsp sesame seeds

Dressing

- 1 tbsp tahini
- Lemon juice
- Water
- Ginger

Snack

- 1 kiwi
- 2 tbsp pumpkin seeds

Dinner — Black Bean & Lentil Chili

- $\frac{1}{2}$ cup black beans
- $\frac{1}{2}$ cup lentils
- 1 cup chopped tomatoes
- $\frac{1}{2}$ red pepper
- $\frac{1}{2}$ cup corn
- 1 cup of spinach
- $\frac{1}{2}$ avocado

Season with cumin, paprika, garlic and chili.

Serve with $\frac{1}{2}$ - $\frac{3}{4}$ cup cooked brown rice if desired.

✨ Daily beauty focus : **Protein + iron + calcium + magnesium + zinc**

DAY 7

Nourishment & Renewal

Breakfast — Buckwheat Beauty Pancakes, **Batter**

- $\frac{1}{2}$ cup buckwheat flour
- $\frac{1}{2}$ cup fortified soy milk
- 1 tbsp ground flax
- $\frac{1}{2}$ tsp baking powder
- Cinnamon

Cook small pancakes in a lightly oiled pan.

Top with:

- $\frac{1}{2}$ cup blueberries
- $\frac{1}{2}$ cup strawberries
- 1 kiwi
- 1 tbsp tahini
- 1 tbsp pumpkin seeds

Lunch — The Beauty Bowl

- $\frac{3}{4}$ cup cooked quinoa
- $\frac{3}{4}$ cup chickpeas
- 1 cup broccoli
- $\frac{1}{2}$ red pepper
- 1 cup of spinach
- $\frac{1}{2}$ cup carrots
- $\frac{1}{4}$ avocado
- 1 tbsp pumpkin seeds
- Fresh herbs
- Lemon

Snack

- 1 orange
- 2 Brazil nuts

Note: Brazil nuts are extremely selenium-rich; 1-2 is plenty.

Dinner — Ginger-Sesame Tempeh

- 120-150 g tempeh
- 1 cup bok choy
- 1 cup of mushrooms
- 1 cup broccoli
- $\frac{1}{2}$ cup asparagus
- $\frac{1}{2}$ red pepper
- $\frac{3}{4}$ cup cooked brown rice

Stir-fry with:

- Fresh ginger
- Garlic
- 1 tsp sesame oil

- 1 tbsp tamari
- 1 tsp sesame seeds

Finish with lime.

✦ Daily beauty focus : Protein + selenium + vitamin C + antioxidants + healthy fats

MASTER GROCERY LIST

Protein & legumes

- Tofu — approximately 600 g
- Tempeh — approximately 300 g
- Edamame — approximately 2½ cups
- Lentils — approximately 3 cups cooked
- Chickpeas — approximately 3 cups cooked
- Black beans — approximately 1½ cups cooked
- Greek yogurt and/or fortified soy yogurt
- Fortified soy milk

Grains & carbohydrates

- Rolled oats
- Quinoa
- Brown rice
- Buckwheat flour
- Soba noodles
- Whole-grain bread
- Sweet potatoes

Vegetables

- Spinach
- Kale
- Broccoli
- Bok choy
- Brussels sprouts
- Cauliflower

- Shiitake mushrooms
- Other mushrooms
- Red peppers
- Yellow peppers
- Cabbage
- Red cabbage
- Carrots
- Cucumbers
- Tomatoes
- Asparagus
- Celery
- Corn
- Avocados
- Fresh parsley
- Cilantro

Fruit

- Kiwi
- Strawberries
- Blueberries
- Raspberries
- Pomegranate
- Oranges
- Lemons
- Limes
- Bananas
- Apples
- Pears

Nuts & seeds

- Pumpkin seeds
- Chia seeds
- Ground flaxseed
- Hemp hearts
- Walnuts

- Almond butter
- Cashews
- Tahini
- Sesame seeds
- Brazil nuts

Pantry

- Extra-virgin olive oil
 - Sesame oil
 - Tamari or low-sodium soy sauce
 - Miso
 - Cacao nibs
 - Turmeric
 - Ginger
 - Garlic
 - Cinnamon
 - Cumin
 - Coriander
 - Paprika
 - Rosemary
 - Thyme
 - Black pepper
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MORNING WELLNESS ROUTINE

20-30 minutes

1. Hydrate — 2 minutes

Start with a large glass of water.

You can add lemon if you enjoy it, but lemon water isn't required for "detoxification."

2. Morning light — 5-10 minutes

Get outside for natural daylight when possible.

3. Move — 5-10 minutes

Gentle mobility:

- Neck rolls
- Shoulder circles
- Cat-cow
- Hip circles
- Gentle spinal twists
- Ankle circles

Then take a short walk if possible.

4. Breathe — 2-5 minutes

Try:

Inhale gently for 4

Exhale gently for 6

Repeat without forcing the breath.

5. Nourish

Have a breakfast containing **protein + fibre + healthy fat** rather than relying on coffee alone.

DAYTIME “BEAUTY” HABITS

Hydration: Drink regularly according to thirst, activity and climate.

Moving every day

Walking is wonderful. For healthy ageing and joint/bone support, also include **resistance or strength training several times per week**, appropriate to your fitness level.

Eat the rainbow

Try to include **5+ different colours of plant foods** throughout the day.

💜 EVENING WELLNESS ROUTINE 💜

20-30 minutes 🦶

1. Finish eating mindfully

Allow enough time between dinner and bedtime for comfortable digestion.

2. Gentle movement — 5-10 minutes

Take an easy walk after dinner or do gentle stretching.

3. Digital sunset

Ideally reduce stimulating screens and work before bed.

4. Reflection — 5 minutes

Ask yourself:

- What nourished me today?
- What did my body need that I listened to?
- What can I release before sleep?

5. Sleep

Aim for a consistent sleep schedule and approximately 7-9 hours for most adults.

Sleep is part of beauty from within too.

🦋 YOUR DAILY "BEAUTY FROM WITHIN" CHECKLIST 🦋

- ☐ Protein at each main meal
- ☐ 5+ servings of colourful plant foods
- ☐ Vitamin-C-rich food
- ☐ Healthy fats
- ☐ Seeds/nuts
- ☐ Adequate fluids
- ☐ Some movement
- ☐ Time outdoors
- ☐ Stress-reducing pause
- ☐ 7-9 hours sleep

🌸 A NOTE FOR LONG-TERM VEGETARIANS 🌸

I'd put particular attention on **B12**, iron/ferritin, vitamin D, iodine, zinc, calcium and omega-3 intake.

Food is the foundation, but some nutrients—particularly **B12**—can be difficult to obtain reliably from an entirely plant-based pattern and may require fortified foods or supplementation.

If you're experiencing persistent hair loss, fatigue, brittle nails, unusual bruising, poor wound healing or significant changes in your skin or joints, it's worth discussing this with a healthcare professional rather than assuming it is simply a collagen issue. Depending on your circumstances, they may consider checking things such as CBC, ferritin/iron status, B12 and vitamin D.

🌅 THE BIGGER PHILOSOPHY 🌅

Beauty from within isn't about perfection. It is the quiet accumulation of nourishing choices:

- ♥ What we eat.
- ♥ How we move.
- ♥ How we sleep.
- ♥ How we breathe.
- ♥ How we manage stress.
- ♥ How we connect.
- ♥ How we care for ourselves.

And perhaps the most beautiful part:

We don't have to wait until something is wrong to begin caring for ourselves.

♥ Nourishment can be an act of love. ♥

♥ Nourish. Explore. Connect. Transform. ♥