



Makes You Eat, Mumbai

by Dietician Foram Modi

(Dietitian Approved)

Acne Free Diet Plan for Clearer Skin

30 Days Acne Diet Chart

Disclaimer: Please take free consultation with Dietitian Foram Modi if any doubt regarding the diet plan.

by Best Clinical Nutritionist in Mumbai - Dt. Foram Modi

Visit - <https://makesyoueat.com>



8369030744

30 DAYS ACNE FREE DIET CHART FOR CLEARER SKIN

Day
1 to 5



Day 1 to 5 Goal:

Reduce inflammation, balance hormones, control oiliness, and support gut health for clearer skin.

5 Breakfast Options

1. Vegetable oats porridge
 - a. Helps control blood sugar spikes and reduces acne-triggering inflammation.
2. Moong dal chilla with mint chutney
 - a. High in protein and zinc, supports skin repair and reduces breakouts.
3. Vegetable poha
 - a. Light, easy to digest, and improves gut health linked to acne.
4. Sprouts salad with lemon
 - a. Rich in antioxidants and fiber, helps detox the body and clear skin.
5. Upma with vegetables (less oil)
 - a. Provides balanced energy without causing oiliness or pimples.

Breakfast

5 Lunch Options

- 1.2 multigrain rotis + lauki/chana dal sabzi + salad
 - a. Cooling foods that reduce inflammation and hormonal acne.
2. Brown rice + dal + mixed vegetable sabzi
 - a. Balanced meal supporting gut and hormone health.
3. Vegetable khichdi with $\frac{1}{2}$ tsp ghee
 - a. Easy to digest, anti-inflammatory, and skin-soothing.
4. Millet roti + bhindi/tori sabzi
 - a. Low glycemic, helps reduce excess oil production.
5. Paneer or tofu sabzi + 1 roti + salad
 - a. Protein-rich for skin repair and reduced breakouts

Lunch

5 Dinner Options

1. Clear vegetable soup + sautéed vegetables
 - a. Hydrating and detoxifying, helps calm inflammation and reduce acne flare-ups.
- 2.2 multigrain rotis + tori/lauki sabzi
 - a. Cooling vegetables reduce oiliness and support hormonal balance.
3. Moong dal + lightly sautéed vegetables
 - a. Easy to digest protein that supports skin healing overnight.
4. Vegetable khichdi (small portion)
 - a. Gut-soothing and anti-inflammatory, ideal for acne-prone skin.
5. Paneer bhurji (light) + salad
 - a. Protein-rich dinner that helps skin repair without causing heaviness.

Dinner

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30 DAYS ACNE FREE DIET CHART FOR CLEARER SKIN

Day
6 to 10



Day 6 to 10 Goal:

During Days 6–10, the body starts adapting to cleaner food choices. This phase focuses on balancing insulin and hormonal fluctuations, reducing excess oil production.

5 Breakfast Options

1. Besan chilla with vegetables

a. Helps balance hormones and provides zinc for acne healing.

2. Vegetable oats upma

a. Low glycemic, controls insulin spikes that worsen acne.

3. Curd bowl with seeds (pumpkin, flax, chia)

a. Supports gut health and reduces inflammation linked to pimples.

4. Moong sprouts chaat with lemon

a. High in antioxidants and fiber for skin detox.

5. Ragi dosa with vegetable sambar

a. Calcium-rich and gut-friendly, supports hormonal balance.

Breakfast

5 Lunch Options

1.2 multigrain rotis + bhindi sabzi + salad

a. Controls oil production and supports digestion.

2. Brown rice + dal + mixed vegetables

a. Balanced meal for steady energy and skin repair.

3. Millet khichdi with vegetables

a. Anti-inflammatory and easy on the gut.

4. Paneer or tofu curry (light) + 1 roti

a. Protein-rich to support skin tissue healing.

5. Vegetable pulao (less oil) + curd

a. Gut-calming and hormone-friendly meal.

Lunch

5 Dinner Options

1. Clear vegetable soup + sautéed vegetables

a. Light and detoxifying, helps calm acne flare-ups.

2.2 rotis + lauki/tori sabzi

a. Cooling vegetables reduce internal heat and oiliness.

3. Moong dal + stir-fried vegetables

a. Easy-to-digest protein for overnight skin repair.

4. Vegetable khichdi (small portion)

a. Supports digestion and reduces inflammation.

5. Paneer bhurji (light) + salad

a. Protein-rich dinner without heaviness.

Dinner

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Customized Acne Free Diet Plan for Faster Results

What you get -

- 1-on-1 consultation with a certified nutritionist.
- 2 fully customized diet plans during the month.
- Diet plan based on blood reports, hormones & acne type.
- Anti-inflammatory, low-glycemic meal planning.
- Daily follow-ups for consistency and motivation.
- WhatsApp & phone support throughout the program.

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Day 11 to 15 Goal:

At this stage, internal inflammation starts reducing. The goal here is to calm hormonal activity, improve gut lining, and reduce redness, painful pimples, and active acne.

Day
11 to 15

5 Breakfast Options

1. Vegetable oats porridge with seeds – anti-inflammatory & low GI
2. Moong dal chilla + coriander chutney – protein for skin repair
3. Curd bowl with flax & pumpkin seeds – gut healing & hormone balance
4. Ragi dosa + vegetable sambar – mineral-rich, anti-acne
5. Sprouts salad with lemon – detoxifying & antioxidant-rich

Breakfast

5 Lunch Options

- 1.2 multigrain rotis + lauki chana dal – cooling & anti-inflammatory
2. Brown rice + dal + sautéed vegetables – steady energy & skin repair
3. Millet khichdi with vegetables – gut-soothing
4. Paneer/tofu curry (light) + 1 roti – tissue repair
5. Vegetable pulao (less oil) + curd – calming for digestion

Lunch

5 Dinner Options

1. Clear vegetable soup + sautéed veggies – reduces overnight inflammation
- 2.2 rotis + tori/tinda sabzi – cooling foods for acne
3. Moong dal + vegetables – easy digestion
4. Vegetable khichdi (small portion) – inflammation control
5. Paneer bhurji (light) + salad – protein without heaviness

Dinner

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Day 16 to 20 Goal:

This phase focuses on balancing insulin and sebum production. Reduced oiliness means fewer clogged pores and reduced chances of new pimples.

Day
16 to 20

5 Breakfast Options

1. **Vegetable oats porridge with seeds**
 - a. Maintains blood sugar stability and reduces acne-triggering insulin spikes.
2. **Moong dal chilla + coriander chutney**
 - a. Protein-rich and supports hormonal balance.
3. **Ragi dosa + vegetable sambar**
 - a. Rich in minerals and anti-inflammatory nutrients.
4. **Sprouts salad with lemon**
 - a. Detox-supporting and helps reduce oiliness.
5. **Curd bowl with flax & pumpkin seeds**
 - a. Supports gut health and hormone regulation.

Breakfast

5 Lunch Options

1. **2 multigrain rotis + bhindi sabzi + salad**
 - a. Bhindi helps regulate blood sugar and control oil secretion.
2. **Brown rice + dal + sautéed vegetables**
 - a. Balanced nutrition for skin repair and digestion.
3. **Paneer or tofu curry (light) + 1 roti**
 - a. Provides protein for skin healing and hormone stability.
4. **Millet khichdi with vegetables**
 - a. Gut-friendly and anti-inflammatory.
5. **Vegetable pulao (less oil) + curd**
 - a. Supports gut-skin connection and digestion

Lunch

5 Dinner Options

1. **Clear vegetable soup + sautéed vegetables**
 - a. Light, anti-inflammatory, and calming for skin.
2. **2 rotis + lauki/tori/tinda sabzi**
 - a. Cooling vegetables reduce acne flare-ups.
3. **Moong dal + vegetables**
 - a. Easy digestion and overnight skin repair.
4. **Vegetable khichdi (small portion)**
 - a. Supports digestion and hormone balance.
5. **Paneer bhurji (light) + salad**
 - a. Helps maintain protein intake without heaviness.

Dinner

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Day 21 to 25 Goal:

By this stage, active breakouts are usually reduced and inflammation is under better control. The focus now shifts to repairing skin tissue, improving glow, while continuing to prevent new pimples.

Day
21 to 25

5 Breakfast Options

1. Vegetable oats with seeds

a. Supports gut health and reduces inflammation linked to acne.

2. Besan chilla with vegetables

a. Protein-rich and helps regulate hormones.

3. Poha with peanuts (less oil)

a. Provides zinc and supports skin healing.

4. Sprouts chaat with lemon

a. Antioxidant-rich and detoxifying for clearer skin.

5. Fruit bowl (papaya/apple) + nuts

a. Boosts skin glow and provides vitamins for repair.

Breakfast

5 Lunch Options

1. 2 multigrain rotis + mixed vegetable sabzi + salad

a. Balanced meal for skin nourishment and oil control.

2. Brown rice + dal + sautéed vegetables

a. Supports digestion and skin repair.

3. Paneer or tofu curry (light) + 1 roti

a. High-quality protein for tissue healing.

4. Millet khichdi with vegetables

a. Gut-friendly and anti-inflammatory.

5. Vegetable pulao (less oil) + curd

a. Calms digestion and supports gut-skin connection.

Lunch

5 Dinner Options

1. Clear vegetable soup + sautéed vegetables

a. Light, detoxifying, and reduces overnight inflammation.

2. 2 rotis + lauki/tori/tinda sabzi

a. Cooling vegetables help prevent breakouts.

3. Moong dal + vegetables

a. Easy-to-digest protein for skin repair.

4. Vegetable khichdi (small portion)

a. Supports digestion and reduces stress on hormones.

5. Paneer bhurji (light) + salad

a. Helps maintain muscle and skin health without heaviness

Dinner

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30 DAYS ACNE FREE DIET CHART FOR CLEARER SKIN



Day 26 to 30 Goal:

The final phase is about making acne-friendly eating a lifestyle. These days reinforce habits that prevent future breakouts, control oil production, and keep hormones balanced.

Day
26 to 30

5 Breakfast Options

1. **Vegetable oats or dalia**
 - a. Maintains steady blood sugar and skin clarity.
2. **Moong dal chilla + chutney**
 - a. Protein support for long-term skin health.
3. **Upma with vegetables (less oil)**
 - a. Balanced carbs without insulin spikes.
4. **Sprouts salad with seeds**
 - a. Detox-supporting and anti-inflammatory.
5. **Fruit + nut bowl**
 - a. Provides antioxidants and glow-boosting nutrients.

5 Lunch Options

1. **Millet roti + seasonal vegetable sabzi**
 - a. Low-glycemic and hormone-friendly.
2. **Rice + dal + salad**
 - a. Sustainable everyday meal for clear skin.
3. **Paneer sabzi + 1 roti**
 - a. Maintains protein intake and skin repair.
4. **Vegetable khichdi**
 - a. Comfort meal that supports digestion.
5. **Vegetable curry + multigrain roti**
 - a. Balanced nutrients for long-term acne control.

5 Dinner Options

1. **Clear vegetable soup + sautéed vegetables**
 - a. Light and healing for overnight recovery.
2. **2 rotis + lauki/tori sabzi**
 - a. Keeps digestion light and skin calm.
3. **Paneer bhurji (light) + salad**
 - a. Keeps skin nourished without heaviness
4. **2 rotis + lauki/tori/tinda sabzi**
 - a. Cooling vegetables reduce acne inflammation.
5. **Vegetable khichdi (small portion)**
 - a. Ideal for digestion and skin-friendly nights.

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Mid-Evening Snack (Very Important for Acne Control)

Choose any ONE daily:

1. Nuts & seeds mix (1-2 tbsp)
 - a. Almonds, walnuts, pumpkin, sunflower, flax
2. Seed mix - 2 spoons
 - a. Helps regulate hormones and reduce acne recurrence
3. Homemade seed crackers
 - a. (Flax + sesame + sunflower seeds)
4. Roasted makhana with seeds
 - a. Evening hulled seeds milk
5. (Soaked seeds blended with water or plant milk)

Breakfast

Lunch

Dinner

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