



Makes You Eat, Mumbai

by Dietitian 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



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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.

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 ½ 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

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.

Breakfast


Lunch

Dinner

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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

- Besan chilla with vegetables**
 - Helps balance hormones and provides zinc for acne healing.
- Vegetable oats upma**
 - Low glycemic, controls insulin spikes that worsen acne.
- Curd bowl with seeds (pumpkin, flax, chia)**
 - Supports gut health and reduces inflammation linked to pimples.
- Moong sprouts chaat with lemon**
 - High in antioxidants and fiber for skin detox.
- Ragi dosa with vegetable sambar**
 - Calcium-rich and gut-friendly, supports hormonal balance.

5 Lunch Options

- 2 multigrain rotis + bhindi sabzi + salad**
 - Controls oil production and supports digestion.
- Brown rice + dal + mixed vegetables**
 - Balanced meal for steady energy and skin repair.
- Millet khichdi with vegetables**
 - Anti-inflammatory and easy on the gut.
- Paneer or tofu curry (light) + 1 roti**
 - Protein-rich to support skin tissue healing.
- Vegetable pulao (less oil) + curd**
 - Gut-calming and hormone-friendly meal.

5 Dinner Options

- Clear vegetable soup + sautéed vegetables**
 - Light and detoxifying, helps calm acne flare-ups.
- 2 rotis + lauki/tori sabzi**
 - Cooling vegetables reduce internal heat and oiliness.
- Moong dal + stir-fried vegetables**
 - Easy-to-digest protein for overnight skin repair.
- Vegetable khichdi (small portion)**
 - Supports digestion and reduces inflammation.
- Paneer bhurji (light) + salad**
 - Protein-rich dinner without heaviness.

Breakfast


Lunch

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



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.

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



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.

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.

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

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.

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Day
21 to 25



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.

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.

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.

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

Breakfast


Lunch

Dinner

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Day
26 to 30



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.

5 Breakfast Options

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

5 Lunch Options

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

5 Dinner Options

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



Mid-Evening Snack (Very Important for Acne Control)

Choose any ONE daily:

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

Breakfast

Lunch

Dinner

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