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## Clear Skin Diet Shopping List

### Vegetables

- Buy enough to have a vegetable with each meal
- If it doesn't have a peel, buy organic
- Eat foods from every color of the rainbow
- Try a new vegetable every week (go to our food blog, the Food Network, Epicurious or Cook's Illustrated to find good recipes)
- Eat alliums weekly: onions, leeks, scallions, shallots, garlic
- Eat crucifers weekly: broccoli, cauliflower, Brussels sprouts, cabbage, radishes, kale, collards greens
- Don't forget sprouts

### Protein

- Fish (preferably wild or organic salmon or small, cold-water fish like anchovies, sardines or herring) at least twice per week
- Grass-fed Beef
- Natural Pork
- Natural Lamb
- Bison
- Organic Chicken
- Pasture-Raised Eggs
- Beans (also contains carbohydrates)
- Nuts and seeds, raw and preferably sprouted (except peanuts): walnuts, almonds, hazelnuts, pecans, macadamia nuts, Brazil nuts, cashews, hemp seeds, pumpkin seeds, sunflower seeds

\*\*Goat's dairy: goat's milk, goat's yogurt, goat's kefir, goat's cheese, goat's gouda, goat's feta

\*\*Sheep's dairy: sheep's yogurt, sheep's feta, Manchego cheese

\*\*Cow's milk products, including milk, cheese, yogurt and kefir, worsen acne in most people; however, Goat's and Sheep's milk products do not. Consider avoiding all types of dairy for 1-3 months. If your acne improves, try to slowly re-incorporate milk, cheese, yogurt and kefir derived from Goats or Sheep but avoid Cow products.

You may find that you tolerate small amounts of Goat's and Sheep's milk, or only fermented products (yogurt or kefir). Explore to find your personal threshold in order to avoid acne flare-ups.

## Vegetable Carbs

- Squash
- Dried or Canned white, black, chickpeas/garbanzo beans, black-eyed peas, kidney, lentils
- Sweet potatoes
- White potatoes

## Fruit

- Aim for 2-3 servings of fruit daily
- If it doesn't have a peel, buy organic
- Eat organic berries when in season
- Include fresh lemon juice and organic lemon peel in dressings/marinades
- Avocados are a fruit (also qualify as healthy fats)

## Whole Grains

- Brown rice
- Wild rice
- Quinoa

## Legumes

- Lentils
- Dried beans and peas

## Crackers/Chips

- Brown rice crackers
- Nut crackers
- Blue corn chips in small amounts (with sea salt)
- Brown rice chips

## Fats and Oils

- Extra virgin olive oil, organic, cold-pressed
- Flaxseed oil, cold-pressed, dark container
- Avocado oil, cold-pressed
- Walnut oil, cold-pressed
- Coconut oil, cold-pressed

## Condiments/Spices/Herbs Mustard

- Uniodized or sea salt
- Mustard
- Mayonnaise, made with olive oil (not canola oil)
- Catsup, low sugar
- Coconut aminos (to replace soy sauce)
- Vinegar: cider, rice and wine; unfiltered, raw
- Salsa
- Hummus, made with olive oil (not canola oil)
- Ginger
- Turmeric
- Cumin
- Oregano
- Cilantro
- Parsley
- Non-dairy carrageenan-free milks: almond, rice, coconut, hemp
- Raw Honey
- Stevia

## Supplements

- Hemp, pea and egg white protein powder
- Peanut-free and soy-free protein bars
- Zinc (monomethionine or picolinate)
- Selenium
- Cod liver oil
- Omega-3 Fish Oil
- Probiotics
- Prebiotics (sauerkraut, goat's kefir or kombucha)
- Magnesium glycinate (for sleep and relaxation)