



Acne Healing Meal Plan

DR. SARAH WHITE, ND

MON



BREAKFAST
Collagen Green Smoothie



SNACK 1
Bell Peppers with Guacamole, Green Tea



LUNCH
One Pan Lemon & Chive Salmon



SNACK 2
Lemon Ginger Tea



DINNER
Falafel Tahini Salad



SNACK 3
Detox Chia Lemon Water

TUE



BREAKFAST
Collagen Green Smoothie



SNACK 1
Bell Peppers with Guacamole, Green Tea



LUNCH
Falafel Tahini Salad



SNACK 2
Lemon Ginger Tea



DINNER
One Pan Lemon & Chive Salmon



SNACK 3
Detox Chia Lemon Water

WED



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Tuna Salad Lettuce Wraps, Green Tea



LUNCH
Falafel Tahini Salad



SNACK 2
Lemon Ginger Tea



DINNER
Taco Salad with Beef



SNACK 3
Detox Chia Lemon Water

THU



BREAKFAST
Coconut Chia Seed Yogurt



SNACK 1
Tuna Salad Lettuce Wraps, Green Tea



LUNCH
Taco Salad with Beef



SNACK 2
Lemon Ginger Tea



DINNER
Shrimp Fried Cauliflower Rice



SNACK 3
Detox Chia Lemon Water

FRI



BREAKFAST
Mushroom Miso Soup



SNACK 1
Brazil Nuts & Blueberries, Green Tea



LUNCH
Shrimp Fried Cauliflower Rice



SNACK 2
Lemon Ginger Tea



DINNER
Arugula Salad with Salmon



SNACK 3
Detox Chia Lemon Water

SAT



BREAKFAST
Mushroom Miso Soup



SNACK 1
Brazil Nuts & Blueberries, Green Tea



LUNCH
Arugula Salad with Salmon



SNACK 2
Lemon Ginger Tea



DINNER
Kimchi Tofu Scramble



SNACK 3
Detox Chia Lemon Water

SUN



BREAKFAST
Blueberry Chia Pancakes



SNACK 1
Avocado & Grapefruit, Green Tea



LUNCH
Kimchi Tofu Scramble



SNACK 2
Lemon Ginger Tea



DINNER
Chickpea Pasta with Pesto



SNACK 3
Detox Chia Lemon Water

FRUITS

- 5 1/2 Avocado
- 1 1/3 Banana
- 1 cup Blueberries
- 2 Fig
- 1/2 Grapefruit
- 3 3/4 Lemon
- 1/3 cup Lemon Juice
- 3 1/2 tbsps Lime Juice
- 1/2 cup Strawberries

BREAKFAST

- 7 cups Green Tea

SEEDS, NUTS & SPICES

- 1/2 cup Brazil Nuts
- 1 cup Chia Seeds
- 1 1/16 tbsps Chili Powder
- 2 tsps Cinnamon
- 2 1/2 tsps Cumin
- 2 tbsps Pine Nuts
- 2 1/4 tsps Sea Salt

FROZEN

- 2 1/2 cups Cauliflower Rice
- 1/3 cup Frozen Blueberries

VEGETABLES

- 4 cups Arugula
- 4 cups Baby Spinach
- 1 1/3 cups Basil Leaves
- 1/2 cup Cherry Tomatoes
- 2 tbsps Chives
- 1/2 cup Cilantro
- 2/3 Cucumber
- 1 Garlic
- 2/3 cup Ginger
- 9 stalks Green Onion
- 1/2 Jalapeno Pepper
- 8 cups Kale Leaves
- 8 cups Mixed Greens
- 3 cups Purple Cabbage
- 3 Red Bell Pepper
- 4 leaves Romaine
- 1 head Romaine Hearts
- 3 1/16 cups Shiitake Mushrooms

BOXED & CANNED

- 113 grams Chickpea Pasta
- 2 2/3 cups Green Lentils
- 1 can Tuna
- 2 cups Vegetable Broth

BAKING

- 1/3 tsp Baking Powder
- 1/4 cup Nutritional Yeast
- 1/3 cup Oats

BREAD, FISH, MEAT & CHEESE

- 227 grams Extra Lean Ground Beef
- 624 grams Salmon Fillet
- 227 grams Shrimp
- 793 grams Tofu

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 tsp Avocado Oil
- 2 tbsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Kimchi
- 1/3 cup Miso Paste
- 1 cup Sauerkraut
- 1 1/2 tsps Sesame Oil
- 1/3 cup Tahini
- 3 tbsps Tamari

COLD

- 2 1/3 Egg
- 2 2/3 tbsps Oat Milk
- 2 1/4 cups Unsweetened Coconut Yogurt

OTHER

- 28 grams Collagen Powder
- 31 1/8 cups Water

Collagen Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
2 cups Baby Spinach
1/2 Avocado
1/2 Banana (frozen)
14 grams Collagen Powder

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO COLLAGEN POWDER

Omit or use protein powder instead.

NO SPINACH

Use kale or romaine lettuce instead.

MAKE IT VEGAN/VEGETARIAN

Omit the collagen and use a plant-based protein powder instead.

LEFTOVERS

Best enjoyed immediately.

Coconut Chia Seed Yogurt

2 SERVINGS 30 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 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.

Mushroom Miso Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Water
1 cup Vegetable Broth
1 1/2 cups Shiitake Mushrooms (sliced)
170 grams Tofu (drained, rinsed and cut into cubes)
1 tsp Ginger (minced)
1 tbsp Tamari
3 tbsps Miso Paste
2 cups Kale Leaves (roughly chopped)
2 stalks Green Onion (optional, sliced)

DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add sesame oil once finished cooking.

ADDITIONAL TOPPINGS

Add noodles, or some nori to the soup when finished cooking.

NO VEGETABLE BROTH

Use water instead and increase the amount of miso slightly for more flavor.

MISO PASTE

This recipe was developed and tested using white miso.

Blueberry Chia Pancakes

1 SERVING 20 MINUTES



INGREDIENTS

1/3 cup Oats
2 2/3 tbsps Oat Milk (unsweetened, plain)
1/3 Banana (medium)
1/3 Egg (large)
1/3 tsp Baking Powder
1/3 cup Frozen Blueberries
1 1/2 tps Chia Seeds
1 tsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 02 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 03 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze for up to two months.

SERVING SIZE

One serving equals two to three 4-inch pancakes.

MORE FLAVOR

Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

ADDITIONAL TOPPINGS

Top with maple syrup, honey, cottage cheese, nut or seed butter.

NO BANANA

Use applesauce instead.

NO OAT MILK

Use dairy or any alternative milk.

BATTER CONSISTENCY

Add more milk if the batter is too thick, and more oats if the batter is too thin.

Bell Peppers with Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Avocado (medium)
- 1 1/3 tbsps Lemon Juice
- 1/4 tsp Sea Salt (or more to taste)
- 2 Red Bell Pepper (medium, sliced)

DIRECTIONS

- 01 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 02 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.

Green Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Green Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

LIKE IT SWEET

Add sweetener of choice to taste.

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

DIRECTIONS

- 01 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 02 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.

Brazil Nuts & Blueberries

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Brazil Nuts
1/2 cup Blueberries

DIRECTIONS

01 Divide the Brazil nuts and blueberries onto a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use pumpkin seeds or sunflower seeds instead of Brazil nuts.

Avocado & Grapefruit

1 SERVING 10 MINUTES



INGREDIENTS

1/2 Grapefruit (peeled, cut into sections)
1/2 Avocado (medium, sliced)
1 tbsp Basil Leaves (chopped)
1/16 tsp Sea Salt (or to taste)

DIRECTIONS

01 Divide the grapefruit and avocado slices onto plates. Season with basil and salt. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is half of each an avocado and grapefruit.

ADDITIONAL TOPPINGS

Drizzle with olive oil and sprinkle with chives.

One Pan Lemon & Chive Salmon

2 SERVINGS 15 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 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.
- 02 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.
- 03 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 04 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.

Lemon Ginger Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
1 1/2 tbsps Ginger (peeled, sliced)
1/4 Lemon

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

Falafel Tahini Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

2 2/3 cups Green Lentils (cooked, drained and rinsed)
1/3 cup Tahini (divided)
1/2 cup Cilantro (finely chopped)
1 tsp Cumin
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt (divided)
1/4 cup Unsweetened Coconut Yogurt
1/4 cup Water
8 cups Mixed Greens
1 cup Sauerkraut

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 03 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 04 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 05 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

SERVING SIZE

One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

ADDITIONAL TOPPINGS

Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

NO SAUERKRAUT

Use pickled cabbage instead.

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 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)

DIRECTIONS

- 01 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.
- 02 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.
- 03 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 04 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.

Shrimp Fried Cauliflower Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

227 grams Shrimp (peeled, deveined)
1/4 tsp Chili Powder
1 tsp Avocado Oil (divided)
2 Egg
2 1/2 cups Cauliflower Rice
1 Red Bell Pepper (diced)
2 tbsps Coconut Aminos
2 stalks Green Onion (sliced)

DIRECTIONS

- 01 Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
- 02 In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
- 03 Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
- 04 Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

ADDITIONAL TOPPINGS

Add additional vegetables such as peas or carrots.

MAKE IT VEGAN

Use edamame and tofu instead of egg and shrimp.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

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)

DIRECTIONS

- 01 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.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 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.

Kimchi Tofu Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 tsps Sesame Oil
453 grams Tofu (regular firm, patted dry, crumbled)
1 tbsp Tamari
4 cups Kale Leaves (stems removed, finely chopped, packed)
2 tbsps Nutritional Yeast
1 cup Kimchi (drained)

DIRECTIONS

- 01 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 02 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 03 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup.

Chickpea Pasta with Pesto

1 SERVING 20 MINUTES



INGREDIENTS

113 grams Chickpea Pasta (uncooked)
1 1/4 cups Basil Leaves (packed)
2 tbsps Pine Nuts
2 tbsps Nutritional Yeast
1 Garlic (clove)
1/8 tsp Sea Salt
1/4 Lemon (juiced)
2 tbsps Water

DIRECTIONS

- 01 Cook chickpea pasta according to the package.
- 02 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 03 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 04 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 05 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups of pasta.

NUT-FREE

Use sunflower seeds instead of pine nuts.

Detox Chia Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

DIRECTIONS

01 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

NOTES

MAKE IT SWEET

Add maple syrup.

MAKE IT SPICY

Add a pinch of cayenne pepper.