

GLOW

A 7-DAY PROGRAMME TO KICK-START GLOWING
SKIN AND RADIANT HEALTH



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IN PARTNERSHIP WITH

SARAH
CHAPMAN
London



HELLO

A VERY WARM WELCOME TO THE GLOW PLAN,
PRODUCED IN PARTNERSHIP WITH

SARAH
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London

In this plan, I have put together 7 days of suggested meals (and all the recipes you'll need to make them), along with lots of practical lifestyle tips to help give a little boost to your skin health from within. I am hugely delighted to be partnering with Sarah Chapman to bring you this programme.

I have known Sarah for many years. She is a world-renowned facialist, as well as the founder of award-winning, science-led skincare brand Skinesis. Sarah is one of the most respected and sought-after experts in the beauty industry and a fount of knowledge and expertise on all things skin health, as well as being someone I have turned to many times over the past few years to support my own glow.

Now, of course, 7 days is not enough time to completely transform anything – health is a marathon, not a sprint. And skin takes approximately 5-6 weeks to grow (Maeda, 2017), so the effects are unlikely to be visible immediately. But we all have to start somewhere, and in this loud world full of conflicting information, it can be hard to make sense of where that starting point is.

The good news is that you're reading it right now. Outlined within this programme are lots of the fundamental nutritional building blocks you, and your skin, are likely to need for radiant health. Accessible, fad-free, nutrient-dense food that has been specifically chosen to focus on some of the key nutrients needed for glowing skin health.

The 7 next days are also a great opportunity to tune into your body, paying attention to how you feel – and paying yourself the respect of responding appropriately. Please therefore don't think you have to follow it to the letter. You can play around with order of the days, swap ingredients for ones you prefer (or happen to have in the fridge), and in general make adaptations to suit your individual needs and tastes. Rigidity is never helpful in creating health, but flexibility and compassion towards our own, uniquely individual needs, most certainly is.

I hope you enjoy your week.

Amelia x



A MESSAGE FROM SARAH

“I have always believed in the importance of looking after our skin from the inside, out: meeting our body’s nutritional needs is a vital step for achieving a naturally radiant complexion and supporting our overall health and immune function. Having known Amelia for many years, I was delighted to work with her to create this 7-day plan, which combines her expert guidance with nourishing vitamin and omega-rich skincare formulas, to nurture both skin and body from within.”

Sarah Chapman x

Please note: This programme is in no way a substitute for appropriate medical or dermatological assessment, diagnosis and treatment. Whilst providing suggestions for a week’s generally healthy diet, the GLOW programme makes absolutely no claims to be able to treat dermatological or medical conditions. It is highly recommended that you speak with a qualified medical practitioner if you have any concerns regarding your skin or general health or nutrition, and before you embark on any dietary or lifestyle changes.

4 KEY PRINCIPLES

These are the 4 key principles that the meal plan incorporates, and that we would like you to focus on for the duration of the programme, and beyond.

1. Eat a moderate portion of healthy fats at every meal

In particular, we will be including oily fish, avocados, olive oil and nuts and seeds.

Sarah adds "omega oils help to keep the cellular membranes supple and permeable, enabling our skin to function effectively. Boost your omega levels by adding more oily fish into your diet, or consider an omega supplement like my Omega+ Booster Supplement, and find topical omegas throughout my Skinesis range."

2. Stabilise your blood sugar

We can achieve this by trying to make sure every meal is balanced (by which I mean the meal contains some protein, healthy fats and complex carbohydrates) and is low in sugar or highly processed carbohydrates.

Sarah explains that "excess sugar in our diet causes a process called glycation - this is when sugar molecules bind with the proteins in our bodies, potentially forming a build-up of debris that prevents our skin from functioning well and leading to collagen breakdown."

3. Eat the rainbow

Optimise your intake of nutrients and phytonutrients, by eating lots of colourful fruits and vegetables. Phytonutrients, polyphenols, and other dietary anti-oxidants found in colourful fruits, vegetables & cocoa are thought to have an anti-inflammatory effect in the body, and in particular, may help to reduce the effects of UV damage on skin - thought to be a key contributor to photoaging (Shagen et al., 2012).

4. Hydrate regularly

Especially with water and green / herbal tea, but not on excessive caffeine, alcohol or soft drinks. However, there is no need to stick to a specified amount of fluid intake - as your needs will depend greatly on individual factors, such as activity level and temperature, for example. There is no good evidence that drinking *excessive* water is beneficial for your skin (Wolf et al., 2010). Therefore, I would recommend that you drink to thirst, and to maintain your urine at a very pale yellow colour, both of tend to be good indicators of current hydration status.

Sarah says that "hydration is vital for maintaining skin's barrier against external aggressors and keeping skin supple and plump. As well as drinking enough water, you can supplement skin's hydration levels with skincare containing moisture magnets like hyaluronic acid."



AN EXTRA LIFT

We all have limited 'bandwidth' for making changes to our diets and lifestyles. I therefore want to keep the fundamental principles of this programme as simple as possible, by focusing mostly on the food.

However, if you have a little more space and time in your life right now (don't worry if you don't, you can always come back to this part at a later date), then here are a few extra areas for you to think about over the next couple of weeks, that will add an additional boost to the efficacy of this plan.

Try to think about sleep quality

Skin renews itself overnight, so getting your 'beauty sleep' is also fundamental to healthy skin glow. For the next week, how about trying a little experiment, and committing to the following 'sleep hygiene' practices:

Switch off all screens at least 30 minutes before bed – including your phone. Consider buying an alarm-clock if you need one, rather than using your phone to wake you in the mornings.

Make sure your bedroom is as comfortable, cool, dark and quiet as possible. Invest in adaptations to help achieve this – such as blackout linings for your curtains, a fan or a white noise machine.

Support your natural sleep-wake cycle by trying to get some fresh air and sunshine in the early morning. Even if that means just 5 minutes sat by a window whilst you have a coffee.

Have a read of my 9 tips for a great night's sleep [here](#).

And a couple of tips from Sarah:

"Invest in a silk pillowcase – silk won't tug on the skin overnight, and will help to keep it soft and smooth. Silk can also improve circulation and enable the skin to hold onto moisture."

"At night, skin switches into 'repair mode' – cell regeneration doubles or even triples in speed. Enhance this natural process with skincare that contains rejuvenating and reparative actives, like my iconic Overnight Facial elixir."

AN EXTRA LIFT

Treat yourself to a daily DIY facial and massage

Take a look at Sarah's video on a quick facial massage technique I love to do at home.

Don't forget to cleanse your face daily - ideally morning and evening, and use your favourite moisturising products and serums as directed. This is a week to really indulge yourself, so do give yourself permission to take the time for a little extra pampering.

Of course, if possible, it might also be a lovely chance to book yourself in for a professional treatment, too, such as a facial at the Skinesis Clinic in Chelsea, London, or perhaps a relaxing massage.

And an extra tip from Sarah:

"Using a face mask is a great way to target specific issues...as well as enjoying a moment of me-time! My Skinesis masks use really advanced delivery systems to ensure you're getting the most out of our powerful active ingredients"

Don't forget to use a sunscreen, hat & sunglasses

While we need a certain amount of sun exposure onto bare skin to help support the production of vitamin D and other beneficial compounds in our bodies, excessive sun exposure - particularly to the point of redness or burning, can contribute significantly to 'photoageing' and skin damage. UV rays tend to be at their strongest between 10am - 4pm, particularly over the summer months, and at altitude. Water, snow and concrete can reflect up to 90% of the UV rays, whereas shade decreases them by 50-90%. Therefore, taking appropriate precautions during peak hours, and according to your surroundings, may be a good idea. For more advice on safe sun exposure and sun protection, do please see this article on my website.

And an extra tip from Sarah:

"UV exposure causes 90% of skin ageing, including wrinkles and hyperpigmentation, so it's absolutely essential to wear a broad-spectrum SPF every day. My Skin Insurance formulas combine ultra-high protection with DNA-repair actives and skin-enhancing optical diffusers. My new Skin Insurance SPF 50 Invisible is perfect for all skin tones and layering under makeup."

THE PLAN

DAY 1

Breakfast: Quick berry smoothie

Lunch: Ribbon courgette salad with rocket, feta & hazelnuts

Dinner: Chicken & vegetable tray bake | *Chickpea & vegetable tray bake (V)*

DAY 2

Breakfast: Quick berry smoothie

Lunch: Leftover chicken & roasted vegetable salad | *Leftover chickpea & roasted vegetable salad (V)*

Dinner: Spicy roasted tomato & lentil soup

DAY 3

Breakfast: Green glow smoothie

Lunch: Smoked mackerel, cucumber, avocado & radish on toast | *Smashed avocado & radish toast (V)*

Dinner: Lentil, beetroot and hazelnut salad with ginger dressing

DAY 4

Breakfast: Egg & avocado toast

Lunch: Leftover spicy tomato & lentil soup, with feta and pumpkin seeds

Dinner: Baked salmon with broad bean salsa | *Broad bean salsa toast (V)*

DAY 5

Breakfast: Vegetable frittata

Lunch: Broad bean salsa salad

Dinner: Spiced prawns with spinach & coconut | *Spiced butter beans with spinach & coconut (V)*

DAY 6

Breakfast: Easy coconut & pear bircher

Lunch: Leftover vegetable frittata & salad

Dinner: Green soup & cashew cream

DAY 7

Breakfast: Easy coconut & pear bircher

Lunch: Leftover green soup & cashew cream

Dinner: One pot veggie pasta

*Cocoa contains a class of compounds called polyphenols, and these (combined with safe sun protection) may help to protect the skin against some of the negative effects of UV damage.

Shagen et al., 2012

To finish your meal, have a piece of fresh fruit after each lunch and dinner, if you wish. You could also enjoy a couple of squares of really dark chocolate* (>85% cocoa content) 2-3 times this week.

5 TIPS TO HELP YOU START

1 Choose a good week

One of the best ways to make this plan more enjoyable is to choose a week when you know you're not also going to be overwhelmed with stress, other tasks or events. You are likely to be spending more time preparing meals and nourishing yourself during the course of this plan, so be realistic about the week you choose. It certainly shouldn't be adding yet another source of stress.

2. Read the meal plan from start to finish

Familiarise yourself with everything written within this plan, and make a note of any recipes you'd like to substitute, or adaptations you'd like to make. It might be a good idea to print (or write) out the overall meal plan and stick it onto your fridge, so you know what's coming up.

3. Get yourself organised

Next, take a look through your kitchen cupboards and fridge, and check off any ingredients you already have, and make a note of what you need to add to your shopping list. You might like to also get ahead and prepare a couple of things in advance, depending on what your week is looking like. If you have time, I'd also recommend having a quick tidy and clean up in the kitchen, so it is an inviting space to be in.

4. Packed lunches and eating out

Where possible, if you know you're going to be out of the house at lunchtime (or indeed, any meal), do try to pack it the evening before so that you still get to take the recommended meal with you. Don't forget to add a piece of fruit and a water bottle, too. But however well we plan, life has a habit of getting in the way. If this happens and you find yourself getting hungry with no packed meal, then please don't worry about going 'off plan' a couple of times. Try instead to look for an alternative that contains at least some:

Vegetables + Protein + Healthy fats (+ complex carbohydrates if required). Many lunch places or take-away food shops (like Pret, M & S etc.) now make delicious salad boxes, protein pots, great soups etc. Make a sensible choice, and try to avoid the sweets, biscuits, fizzy drinks, cakes and chocolates. Then just slip back into the plan at your next meal.

5. If you have an allergy or intolerance to an ingredient listed

This is a really common query that I am asked about - so if you have an allergy, intolerance, or dislike of any of the ingredients listed or recipes suggested within this meal plan, *please don't worry*. If there isn't an obvious substitution (i.e., one nut for another nut / seed, one vegetable for another etc.), then simply find another recipe - there are dozens freely available on ameliafreer.com - and substitute it in. This is a great example of listening to your own unique body, and respecting your own unique needs.

Please note: Every recipe serves 1, or makes enough for the required leftovers for 1 person later in the plan. If you are feeding more, just multiply the recipe as required.

A WORD ON DRINKS & SNACKS

SNACKS

While I don't subscribe to the school of thought that we all 'need' to snack (especially if we are regularly eating healthy, balanced meals), there are some occasions where snacking is inevitable. Where possible, try to keep your snacks as healthy as your meals rather than just grabbing something quick and convenient, which often ends up meaning sugary or highly processed. Plan ahead for this eventuality, and you'll reach for something quick and healthy instead. Ideas could include;

- A small handful of unsalted almonds or cashews (about 30g) and a piece of fruit
- A 'protein pot' – often available now in cafes and take-away spots (such as 2 eggs and some spinach, edamame beans, chicken pieces and salad etc.).
- 1 big tablespoon hummus with a pile of carrot and cucumber sticks, or a take-away carrot and hummus pot
- 1 dessertspoon of nut butter spread onto a small piece of rye toast or some apple slices
- A boiled egg with a little celery salt
- A dollop of unsweetened, natural yoghurt mixed with some fresh berries and pumpkin seeds

DRINKS

Drink plenty of filtered water throughout the day. For many people, 6 - 8 glasses over 24 hours is a good starting point, although you will need to tailor the exact amount according to your personal requirements. If you are very active, or it is hot weather, you may need more than this. If you are sedentary, and you've had a couple of smoothies / soups, you might need less. Keep a reusable water bottle with you, especially on your desk. If you don't have one, now is the time to get one!

Start each morning with a big glass of water. If it's cold, you can drink a big mug of hot water or herbal tea instead. I don't generally recommend hot lemon water first thing, however, as it can potentially damage tooth enamel.

If you think you don't like herbal teas, then I would suggest getting a selection box from Pukka – they do really delicious herbal teas, and their huge variety of flavours means there's a great chance you'll find at least one you really like. Rooibos tea is a naturally caffeine-free alternative to normal tea, and you can drink it with milk.

- Alcohol, fruit juices, soft drinks, and fizzy drinks (including diet drinks) should be avoided for the duration of this programme wherever possible. Sparkling water is OK.
- Caffeine is fine in moderation; approximately 1-2 coffees, or 2-3 teas per day. If you drink considerably more than this, I would recommend reducing your caffeinated drinks slowly over a week or two prior to starting this programme, rather than going 'cold turkey'. Abruptly stopping or cutting down caffeine can leave you with migraines, headaches and severe fatigue for a few days. Green tea would be my caffeinated drink of choice, as it is high in certain types of antioxidants, and drinking it regularly may be beneficial in healthy skin ageing (Schagen et al., 2012).

Sarah's
Pick



DAY 1

DAY 1

Breakfast: Quick berry smoothie

1/2 cup (about 80g) fresh / frozen berries
30g almonds or 1 tbsp almond butter
1 handful baby leaf spinach (washed)
1/2 ripe banana (you'll use the other half tomorrow)
Water / coconut water / almond milk - enough to achieve your desired consistency - around 200ml.

Blend everything together in a high speed blender, and serve immediately

Lunch: Ribbon courgette salad with rocket, feta & hazelnuts

1-2 medium courgettes (depending on how hungry you're feeling)
Pinch of salt
Zest of 1/2 lemon
1 tbsp extra virgin olive oil
40g feta, crumbled
1 handful rocket
30g hazelnuts (*or almonds*)
A handful of basil leaves, roughly chopped (*optional - use parsley or coriander instead, or omit if preferred*)



Cut the courgette into ribbons or very thin slices using a vegetable peeler, spiraliser or mandolin, toss lightly with a scant sprinkle of salt, lemon zest and drizzle with the olive oil.

Leave to stand for 5 minutes to soften a little, before tossing with the feta, rocket, hazelnuts and basil (if you're using it), and arrange on a plate.

TIP: If you fancy heating this salad up, you can lightly sauté the courgette ribbons in the olive oil until softened and warmed, then toss through the remaining ingredients. This works well in the colder months.

Dinner: Chicken & vegetable tray bake

2 chicken thighs on the bone, skin removed
1 tsp ground turmeric
1 tsp ground cumin
1/2 tsp ground coriander
1/2 tsp cinnamon
2 cloves garlic, crushed
Olive oil
1 red onion, peeled & cut into wedges
1 aubergine, cut into large chunks
1/2 small squash (roughly 250g), peeled & cut into wedges
1/2 tin chickpeas, drained and rinsed.
coriander or rocket and coconut yoghurt, to serve

Mix all the spices, garlic and a splash of olive oil together. Make a few slashes into the chicken with a small knife, and rub the marinade in (ideally leaving for 30 minutes to help soak up the flavours).

Preheat the oven to 200°C.

Add the chickpeas and vegetables to the bottom of a large baking tray, and drizzle with olive oil. Nestle the chicken thighs on top, and bake for 50 minutes, until the chicken is cooked through, and golden brown on top.

Serve one chicken thigh and half of the vegetables, with lots of chopped coriander or rocket, along with a dollop of coconut yoghurt, if you have some.

Save the remaining chicken thigh and vegetables, and then place into a covered container in the fridge once cool.

TIP: Do keep your vegetable pieces big when making this dish, or they'll cook faster than the chicken and may over-cook or burn.

VEGETARIAN ALTERNATIVE

Omit the chicken thighs, and roast the vegetables with 1 whole can of chickpeas instead, mixing the spice mix well into everything before placing in the oven. Serve with some extra pumpkin seeds, if you like.



DAY 2

DAY 2

Breakfast: Quick berry smoothie

1/2 cup (about 80g) fresh / frozen berries
30g almonds or 1 tbsp almond butter
1 handful baby leaf spinach (*washed*)
1/2 ripe banana (*from yesterday*)
Water / coconut water / almond milk - enough to achieve your desired consistency - around 200ml.

Blend everything together in a high speed blender, and serve immediately

Lunch: Leftover chicken & roasted vegetable salad

1 portion of leftover chicken & vegetable tray bake from last night
1 handful rocket or other salad leaves of your choice
Extra virgin olive oil & balsamic vinegar

Remove the chicken meat from the bone, and chop into bitesize pieces. Mix with the leftover roasted vegetables (you may choose to re-heat these if you'd prefer), and a big handful of rocket. Drizzle with olive oil and balsamic vinegar just before serving.

VEGETARIAN ALTERNATIVE

Serve the leftover roasted vegetables and chickpeas made last night for lunch today, alongside extra salad leaves and olive oil / balsamic vinegar.

Lycopene, which is a phytonutrient found in tomatoes and is responsible for giving them their characteristic red colour, is thought to have antioxidant effects in the body, including the skin. It tends to be better absorbed from cooked tomatoes or tomato puree, rather than from raw tomatoes (such as those found in this tasty soup).

Shagen et al., 2012

A note from Sarah...

"I included a lycopene derivative in my Comfort Cream D-stress – LycoMega®. This powerful antioxidant creates an invisible shield against irritating environmental aggressors like pollution."

Dinner: Spicy roasted tomato & lentil soup

12 vine-ripened tomatoes, halved
2 garlic cloves, peeled
3 small carrots, peeled & cut into large chunks
1 red chilli or 1/2 tsp chilli powder - optional
2 tablespoons olive oil
Sea salt & black pepper
125g cooked Puy lentils (*I use 1/2 pouch from Merchant Gourmet*)
2 tbsp tomato puree
200 ml fresh chicken stock (*or stock / bouillon powder*)
Rye or millet toast, to serve

Preheat your oven to 160°C. Put the tomatoes, garlic and carrot in a roasting tin and add the olive oil, a pinch of salt and some black pepper, and roast for 1 hour.

Transfer the vegetables to a saucepan, add the cooked lentils, puree and chicken stock. Bring to the boil, then reduce the heat to low and simmer for 5 minutes to warm everything through and further soften the lentils.

Blend until smooth. Taste and season.

Serve half the soup now with a slice of millet or rye toast and once cooled, put the remaining half into a covered container in the fridge for later in the week.

TIME-SAVING TIP: Whilst slow-roasting fresh tomatoes certainly gives a beautiful depth of flavour to this soup, if you're really short for time, you can skip this step, and simply add 2 tins of great-quality, organic chopped or cherry tomatoes to a pan with all the remaining ingredients, simmer for 15 minutes and then blend. If you're making this soup in the summer, when ripe tomatoes are in season and easy to get hold of, I would definitely recommend buying twice the quantity of ingredients, and freezing half for another day.

FOR TOMORROW: Place 30g cashews or almonds in some cold water to soak overnight.



DAY 3

DAY 3

Breakfast: Green glow smoothie

1 handful baby leaf spinach
10cm cucumber
1/4 ripe avocado - peeled & stone removed
4 mint leaves
1 kiwi - peeled
30g cashews or almonds (soaked in cold water, then drained)
1 tsp fresh grated ginger
150ml water / coconut water

Blend all the ingredients together in a high-speed blender until well combined, adding a little extra water if necessary to achieve your preferred consistency. Drink immediately.

Lunch: Smoked mackerel, cucumber, avocado & radish on toast

1 fillet of smoked mackerel (*you can freeze the rest*)
1/2 ripe avocado - peeled & stone removed
Squeeze of lemon juice
1 handful of radishes, finely sliced
10cm cucumber, sliced
1 handful of salad leaves (*spinach & rocket, or other leaves of your choice*)
Chopped parsley, to serve (*optional*)
2 slices millet, gluten-free or 100% rye toast

Mash the avocado with a squeeze of lemon juice and spread this onto your toast, top with the radish, cucumber, flakes of smoked mackerel and finally a sprinkle of parsley. Serve with a little side salad, drizzled in olive oil.

Dinner: Lentil, beetroot and hazelnut salad with ginger dressing

125g cooked Puy lentils (*I use 1/2 pouch Merchant Gourmet*)
1-2 cooked (unpickled) beetroot, cut into small cubes
1 spring onions, finely sliced (*optional - you could use some finely diced red onion or chives instead*)
30g hazelnuts, roughly chopped (*or almonds*)
Handful fresh mint, roughly chopped
Handful fresh parsley, roughly chopped
Sea salt

For the ginger dressing:

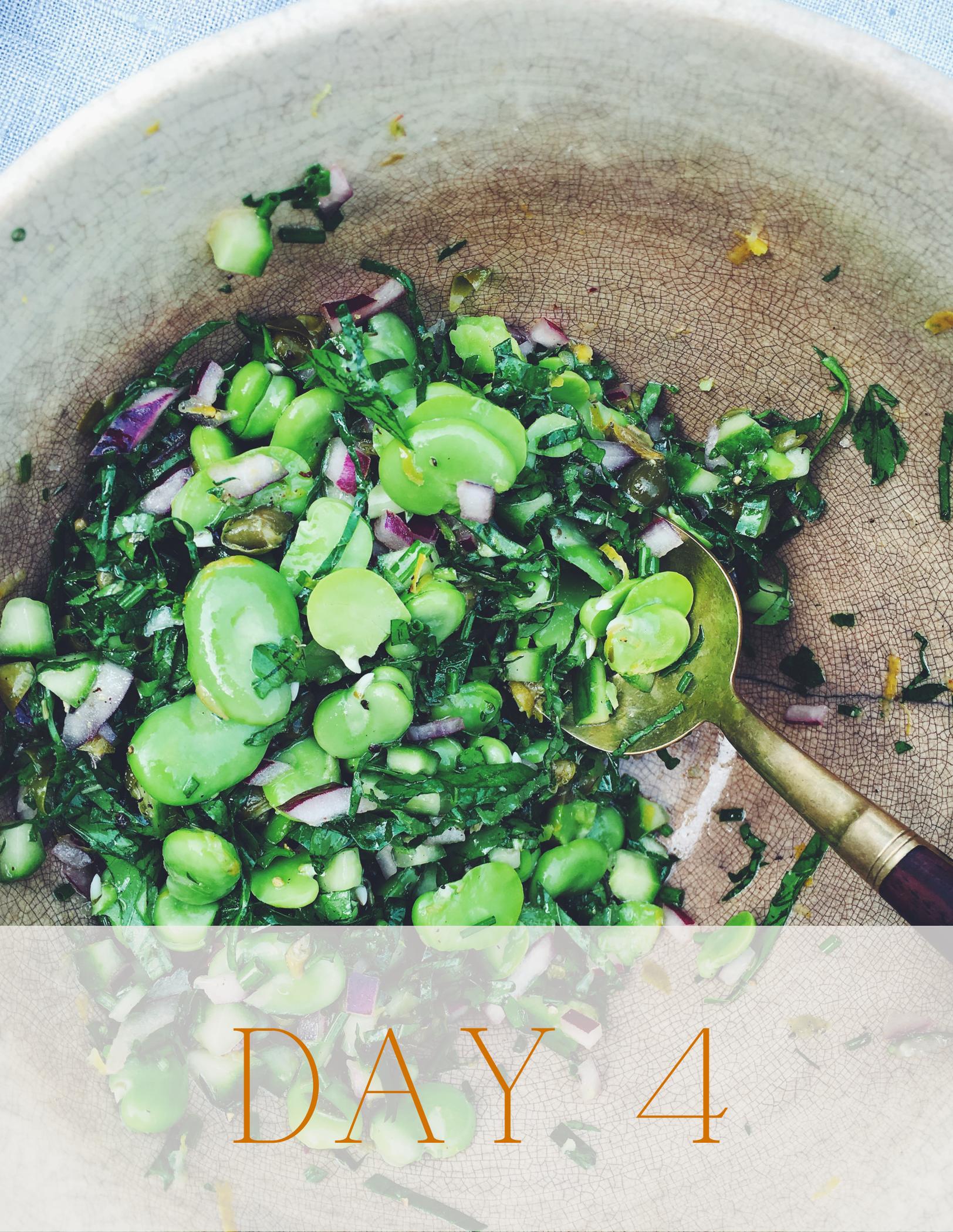
2cm piece fresh ginger, peeled & grated
1/2 tsp dijon mustard
2 tbsp olive oil
1 tbsp apple cider or white wine vinegar
Pinch of sea salt and freshly ground black pepper

Tip the lentils into a large bowl, add the beetroot, spring onions, hazelnuts and herbs, then stir well to combine.

To make the dressing, put the ginger, mustard, oil and vinegar in a bowl and whizz with a stick blender. Season, then drizzle a tbsp. or so over the salad. The rest will keep in the fridge for a few days (I just pop the leftovers into a clear jar and screw the lid back on).

VEGETARIAN ALTERNATIVE

Omit the smoked mackerel in this recipe, and instead, sprinkle the mashed avocado, radishes, cucumber and parsley with 2 tbsp mixed, lightly toasted seeds.



DAY 4

DAY 4

Breakfast: Egg & avocado toast

1/2 medium, ripe avocado
2 medium eggs
1 big handful baby leaf spinach
1 handful cherry tomatoes
Optional: Millet or 100% rye toast

Boil your eggs for 6 minutes. Cool under running water and remove the shells.

Peel, chop and serve with the avocado, spinach and tomatoes. Season to taste. Add some toast if you're active, or feeling particularly hungry.

Lunch: Leftover spicy tomato & lentil soup

1 portion leftover spicy tomato & lentil soup
30g feta, crumbled
A handful of pumpkin seeds (*or other seeds of choice*)
1 slice millet or 100% rye toast (optional)

Gently warm the leftover soup through until piping hot. Serve topped with the crumbled feta and pumpkin seeds, with a slice of toast on the side if you are feeling hungry or are particularly active.

Omega 3 fats, such as those found in oily fish like salmon, may help to reduce the inflammation associated with UV damage of skin, while also potentially helping to protect against photoaging.

Of course, that's no excuse to forgo safe sun practices though.

Pillington et al., 2011

A note from Sarah...

"You can find skin-strengthening omegas in many Skinesis formulas, including my Ultimate Cleanse, Overnight Facial, Morning Facial, and more."

Dinner: Baked salmon with broad bean salsa

1 fillet of organic or wild salmon
Olive oil
200g of frozen baby broad beans (*weight with grey skins on - can use fresh if available*)
10cm cucumber, finely diced
1/2 medium red onion, finely diced (*you'll use the rest tomorrow*)
Zest and juice of half a lemon
2 tbsp capers, roughly chopped if large (*optional*)
1 handful parsley, finely chopped
1 handful of rocket
Salt and pepper to taste

Preheat oven to 220°C and line a small baking tray with baking parchment.

Drizzle a little olive oil on the salmon, season and place skin side up on the baking tray. Cook for 15 minutes. If you like crispy skin, finish under a hot grill for 1-2 minutes, but keep a close eye on it.

While the fish is cooking, boil the broad beans for 5-7 minutes then refresh in cold water (or in a colander under the cold tap). Remove the grey skins by popping them out with your thumb, and put the podded beans in a bowl along with the rest of the salsa ingredients and rocket, stir gently and season to taste.

Serve half of the broad bean mix with the fish, with a little extra drizzle of olive oil on top. Save the remaining half in the fridge for tomorrow.

TIME-SAVING TIP: If you have found frozen baby broad beans, you don't need to pod them as the pods will still be tender - simply steam and mix with the remaining salad ingredients.

VEGETARIAN ALTERNATIVE

Omit the salmon, but make extra broad bean salsa (using 300g broad beans and 1/2 cucumber, but keeping remaining ingredients the same). Serve half tonight, piled onto 1 slice of millet or 100% rye toast, and keep the remaining half for lunch tomorrow. Broad beans are a good source of protein.



DAY 5

DAY 5

Breakfast: Vegetable frittata

1 tbsp olive oil
10 cherry tomatoes, halved
1 medium courgette, grated
1 handful frozen peas (about 50g)
1/2 red onion, peeled and finely chopped
1 tbsp finely chopped parsley
Salt and freshly ground black pepper
1 tsp Dijon mustard (optional)
4 eggs, beaten

Preheat the grill.

Bring a large ovenproof frying pan to a medium heat, add the coconut oil, then add all the vegetables and the parsley. Stir and sauté for 1 minute, then add salt and black pepper to taste. Add the mustard, if using, to the eggs and beat to combine. Pour the eggs over the vegetables in the pan, and stir a little.

Once the egg has almost solidified, place the pan under the grill for another 1-2 minute until slightly firm and the top has browned a little. Remove and allow to rest for 1 minute before slicing and serve half for now, saving the remaining half for tomorrow.

TIME-SAVING TIP: This frittata can be made the night before if you know you'll be busy in the morning.

Lunch: Broad bean salsa salad

1 portion leftover broad bean salsa (from last night)
1-2 cooked beetroot - chopped
1/2 ripe avocado - de-stoned, peeled and chopped
Extra salad leaves (I like to use rocket)
Olive oil & lemon juice or apple cyder vinegar

Mix all the salad ingredients together in a bowl or lunchbox. Season, and drizzle with olive oil / lemon juice or vinegar just before serving.

Dinner: Spiced prawns with spinach & coconut

150g raw king prawns, peeled (*thoroughly defrosted if frozen first*)
1/2 tsp ground coriander
1/2 tsp ground cumin
pinch chilli flakes (optional)
1 tbsp olive oil
1 handful baby spinach
1 small handful chopped coriander
1 heaped tbsp unsweetened coconut yoghurt
zest & juice of 1/2 lemon

To serve:

60g spaghetti of your choice (dried weight). I like to use brown rice pasta or courgetti for this dish.

Add the ground spices to the prawns and toss together to coat the prawns evenly. As this marinades for a few minutes, get your pasta cooking according to the packet instructions.

Meanwhile, heat a medium, non-stick frying pan over a high heat, and add some olive oil. Add the prawns, and cook for 3-4 minutes, turning frequently, until pink and cooked through. Remove the prawns from the pan and set aside.

Return the pan to a medium heat, add another splash of olive oil, and add the spinach, stirring to wilt for 1-2 minutes. Add the chopped coriander, lower the heat and return the prawns to the pan. Stir through the coconut yoghurt, lemon zest and juice and seasoning. Cook for a final 1 to 2 minutes, until the sauce is creamy and slightly thickened, and serve immediately over your pasta of choice.

FOR TOMORROW: Soak 75g cashew nuts in a bowl of cold water overnight.

VEGETARIAN ALTERNATIVE

Substitute the 150g raw king prawns in this recipe for 1/2 tin of drained, rinsed butter beans.



DAY 6

DAY 6

Breakfast: Easy coconut & pear bircher

1 cup rolled oats
1 cup of water (250ml)
4 heaped tbsp coconut yoghurt
2 tbsp chia seeds
1 tbsp pumpkin seeds
2 pears, cored chopped into small chunks (or apples) - no need to peel first.

Mix everything together really well in a large bowl, and leave covered to soak for at least 30 minutes, but ideally overnight.

Serve half this morning, adding 1 tsp honey or maple syrup if desired, and save the remaining half to enjoy tomorrow morning.

Lunch: Leftover vegetable frittata

Serve the remaining half of the frittata you made yesterday with a pile of salad leaves and ½ ripe avocado.

TIP: You may wish to gently warm the frittata through before serving, although it is absolutely fine to eat it cold, too.

Dinner: Green soup & cashew cream

1 tbsp olive oil
1/2 onion, chopped (*you'll use the rest tomorrow*)
1 small head of broccoli, cut into florets
3 handfuls frozen peas
700ml vegetable stock or chicken stock (*or bouillon powder*)
250g baby spinach

For the cashew cream:

75g unsalted cashew nuts
150ml water
1 small garlic clove
Zest of 1/2 lemon

If you didn't soak the cashews last night, put the cashews into a bowl, pour over 300ml hot water and leave to soak for at least 2 hours. Once the cashews are tender, drain and put into a food processor, along with 300ml fresh water, the garlic and lemon zest, and blitz until completely smooth and creamy. Set aside.

Heat 1 tbsp olive oil in a large saucepan and sweat the onion until translucent. Add the broccoli and peas to the pan, cook for 5 minutes, then add the stock – the vegetables should be just covered (you may need to add a little extra water). Bring to the boil, then simmer until the broccoli is tender, roughly 4 minutes. Don't overcook the vegetables or they will turn a dull green.

Using a stick blender, start blending the soup, adding a handful of spinach at a time – the spinach will cook as it's mixed into the soup. Blend until the soup is smooth and thick, then stir through half the cashew cream. Taste and season accordingly.

Serve in bowls with a swirl of cashew cream on top



DAY 7

DAY 7

Breakfast: Easy coconut & pear bircher

Enjoy the remaining half of the pear and coconut bircher you made for yesterday.

Lunch: Leftover green soup & cashew cream

Have it alongside some rye or millet toast, drizzled with olive oil, if you're active or feeling hungry.

Why not try making yourself a mug of green tea today? It is high in certain types of antioxidants, and drinking it regularly may potentially be beneficial for healthy skin ageing

Schagen et al., 2012

Dinner: One pot veggie pasta

60g spaghetti of choice (*dried weight. I use brown rice, spelt or wholewheat*)

Zest and juice 1/2 lemon

1/2 onion, finely diced

1 clove garlic, peeled & finely sliced

pinch of chilli flakes

1 tsp olive oil

1 small fennel bulb, thinly sliced (*save the fronds for garnish*)

75g frozen peas

1 small courgette, made into courgetti / peeled into ribbons

30g pine nuts and fresh basil, to serve (*optional - alternatively use pumpkin seeds*)

Put the spaghetti, lemon zest and juice, onion, garlic, chilli flakes, fennel and olive oil into a large saucepan and pour over the water.

Bring to the boil over a high heat then turn the heat down a little. Let it bubble away, stirring frequently with tongs, until the pasta is cooked to al dente and the water has nearly evaporated, this will take around 10 minutes.

Turn the heat down to low and add the courgetti and peas. Use your tongs to mix everything together for a couple of minutes until the peas are cooked and the courgetti has warmed through.

Season to taste then serve topped with a scattering of parsley, fennel fronds, chilli flakes and pine nuts.

NB., This recipe makes enough for 2 portions, so put half into the fridge and you'll have lunch all ready for tomorrow as you ease out of the plan. Simply warm through gently before serving.

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GOOD SKIN
BEGINS
WITHIN

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1



2



MY FAVOURITE SARAH CHAPMAN PRODUCTS

While I wholeheartedly believe that glowing skin health begins from within, I also find love the soothing comfort to be found in the mini rituals of topical skincare and beauty, and over the years, I have learned a few tricks to help support my skin health from outside-in too. Finding the right products, and using them consistently, has been a game-changer for me. I am genuinely the biggest fan of Sarah Chapman's product line, Skinesis. It all smells incredible, feels luxurious, and really works. Here are five Skinesis products you'll always find in my bathroom cabinet.

3



1. The Antioxidant-Infused Cleanser

Ultimate Cleanse

I just love this cleanser. It smells incredible, is so nourishing, and massaging it into my skin each morning and evening feels like an indulgent facial.

2. The Hydrating Serum

Intense Hydrating Booster

This serum contains hyaluronic acid, which has transformed my usually dry skin. I'll apply just a drop or two underneath moisturising cream and I can honestly say it has helped give me more glow.

3. The Omega-Rich Cream

Comfort Cream D-Stress

I'm big into hydration, and this nourishing cream is so soothing. It makes my skin feel really hydrated and dewy. I use a little dab both morning and night.

4



5



4. The Targeted Mask

3D Moisture Infusion Bio Cellulose Hydrating Mask

I'm not sure there's anything quite as delightful as sinking into a warm bath with a face mask on. It's not always about the skincare for me, but more the act of self-care and permission to just relax and unwind for a few minutes (though these sheet masks definitely leave my skin looking radiant and plumped up with moisture after use).

5. The Facial Massager

The Facialift

Lovely to use this with my cleanser in the morning to de-puff and massage my skin. This rolling facial massage gadget takes a little getting used to, but I now use it daily and have definitely noticed results. It's also been especially good to relieve jaw tension when I'm feeling stressed.

SHOPPING LIST

FROZEN

Berries (1 small bag)
Baby broad beans (1 small bag, or fresh if available)
Peas (1 small bag)

FRESH

Baby leaf spinach (2 large bags)
Rocket (2 small bags)
Courgettes (4-5 medium)
Red onions (3)
Aubergine (1)
Squash (1 small)
Tomatoes (on the vine) (12)
Cherry tomatoes (1 punnet)
Carrots (1 bag)
Cucumber (1 large)
Avocado (ripe, 3)
Radishes (1 small bag)
Cooked beetroot (1 packet, unpicked)
Broccoli (1 small head)
Fennel (1 small bulb)
Fresh herbs: Mint, parsley, basil, coriander.
Kiwi (1)
Lemon (3)
Pears (2)
Banana (1)
Other seasonal fruit of choice (for desserts)
Onion (1)
Garlic & fresh ginger

Coconut yoghurt (Unsweetened, 1 tub large)
Almond milk (or coconut water or other milk of choice)
Eggs (6)
Feta (1 packet)
Chicken thighs (on-the-bone, 2, skinless)
Salmon (organic / wild, 1 fillet)
King prawns (150g)
Smoked mackerel (1 fillet)

STORE CUPBOARD

Almonds (approx 60g)
Hazelnuts (approx 60g)
Pumpkin / other seeds of choice
Cashews (unsalted, 105g)
Pine nuts (optional, 30g)
Chia seeds (approx. 50g)
Chickpeas (1 small tin)
Cooked Puy lentils (1 pouch, 250g cooked weight)
Tomato puree
Dijon mustard
Millet or 100% Rye bread (1 loaf / packet)
Capers (1 small jar, optional)
Rolled oats
Chicken stock / bouillon powder
Spaghetti of choice (120g)

Spices: Ground cumin, ground coriander, ground turmeric, ground cinnamon, chilli flakes & powder, caraway seeds.

Extra virgin olive oil
Balsamic or apple cyder or white wine vinegar
Salt & pepper

VEGETARIAN ALTERNATIVES

Omit chicken, salmon prawns and mackerel from shopping list, and add following instead:

1 tin butter beans
Extra packet of mixed seeds



SARAH
CHAPMAN
London

GLOW PLAN | PUBLISHED MAY 2021

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GLOW

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