

face reality®

Clear Skin Kitchen

ACNE-SAFE RECIPES



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WELCOME TO THE CLEAR SKIN KITCHEN

We've designed this cookbook to help you nourish both your body and your skin from the inside out. Each recipe is crafted not just with taste in mind but also with a focus on promoting overall wellness and achieving acne-free, radiant skin.

What You'll Find Inside:

- **Soothing Smoothies** - Packed with antioxidants to kickstart your day.
- **Hearty Muffins** - Ideal for busy mornings.
- **Innovative Energy Bites** - Perfect for a quick, nutritious snack.
- **Overnight Oats** - Your new go-to for a hassle-free breakfast.
- **Balanced Breakfasts, Lunches, and Dinners** - Complete meals designed to support a healthy lifestyle.

We understand that your time is precious, so we've made these recipes both simple and quick, without compromising on taste. They include ingredients known for their health and skin benefits, each contributing to goals like managing insulin levels with low glycemic foods, providing ample fiber to support gut health—where your hormones are balanced—and supplying omega-3 fatty acids and antioxidants to reduce inflammation and enhance your skin's health.

This book is more than a collection of recipes—it's a tool to help you create a lifestyle that complements your skincare routine, blending culinary enjoyment with nutritional benefits. Here's to making meals that not only taste good but also make you feel (and look!) great!

We hope you enjoy!

MEET YOUR NUTRITIONIST

Chloe Williams

Hi, I'm Chloe! I'm a Registered Holistic Nutritionist, founder of Eunoia Wellness Co, and creator of the Ultimate Gut Transformation program. You might also know me from TikTok where I connect with over 854K followers by sharing daily guidance on women's gut and hormonal health.

After experiencing my own health journey, I discovered firsthand the transformative power of nutrition. Now, it's my life's work to share this knowledge and empower other women. By making informed dietary changes, you too can transform not only your health but your entire life.

I've been featured on many major media platforms like CNN, Glamour, Poosh, and NBC, and I'm eager to connect with you too! Feel free to reach out to me directly on TikTok or Instagram at @EUNOIAWELLNESS_



WHAT CORE BELIEFS SHAPE YOUR APPROACH TO NUTRITION AND DIETARY HEALTH?

I believe in the power of whole foods. Nature provides a remarkable array of nutrients that are best consumed as close to their natural state as possible. This means prioritizing fresh, minimally processed foods that are rich in essential nutrients.

I also believe that good nutrition is about balance, not deprivation. This involves integrating a variety of foods in the right proportions to support both physical health and mental well-being, allowing room for occasional indulgences that make life enjoyable. It's about making informed food choices that support one's health goals without creating

unnecessary restrictions that can lead to nutrient deficiencies or disordered eating patterns.

WHY DID YOU DECIDE TO WORK WITH FACE REALITY?

I love everything about Face Reality! Not only do I absolutely adore their products, but I also love their holistic approach to skin health. They understand that achieving truly glowing skin goes beyond topical treatments. Face Reality is committed to supporting everyone from the inside out with evidence-based solutions that deliver real, lasting results and it's exciting to work with a brand that's as dedicated to transformative health as I am!

SKIN-SOOTHERS

FLAVOR ENHANCERS

- Turmeric
- Black Pepper
- Cinnamon
- Ginger
- Nutmeg
- Garlic
- Chili Flakes
- Fresh Basil
- Cardamom
- Clove
- Fennel Seeds
- Coriander Seed
- Paprika
- Cayenne
- Saffron
- Fresh Lemon Juice
- Fresh Lime Juice
- Maca
- Pumpkin Pie Spice

HYDRATING SIPS

- Filtered Water
- Bone Broth
- Vegetable Broth
- Sparkling Water
- Infused Water
- Green Tea
- Herbal Teas
- Coconut Water
- Aloe Vera Juice
- Cucumber Juice
- Celery Juice
- Dairy-Free Milk
- Kombucha



CLEAR SKIN SWAPS

Need to tweak a recipe to suit your dietary needs? No problem! While the recipes in this book are already tailored for skin health, sometimes you might find yourself needing to make adjustments in other meals. Below, you'll find a versatile guide of easy substitutions to help you customize any meal to better fit your dietary preferences and enhance your journey toward clearer skin.

SWAP THIS	FOR THAT
Dairy	Dairy-free milk products (almond milk, coconut milk, oat milk)
Chocolate	Carob or Cacao Nibs
White sugar	Honey, maple syrup, agave, monk fruit sweetener, coconut sugar
Eggs	Make a flax egg (mix 1 tbsp ground flaxseeds with 3 tbsp of water and let set for 15 minutes)
Chicken, fish, animal protein	Tofu, tempeh, lentils, chickpeas, black beans
Wheat flour	Almond flour, coconut flour, gluten-free oat flour, or gluten-free flour (make sure to check the proportions as they do not all have a 1:1 ratio)

ESSENTIAL NUTRIENTS FOR CLEAR SKIN

Healthy Fats and Oils

Inflammation is a key factor in acne outbreaks, and incorporating anti-inflammatory fats into your diet can help mitigate this. Use olive oil, flaxseed, avocado, and coconut oil liberally to reduce inflammation.

Additionally, nuts and seeds are excellent sources of healthy fats. 2 tablespoons of pumpkin seeds daily can boost your zinc intake, which has been shown to improve acne symptoms. Research indicates that higher consumption of fish leads to lower acne severity, while nuts have been linked to improved skin clarity.

Ground Flax

Ground flax is particularly beneficial for its ability to lower circulating testosterone levels, which can help reduce acne. It's also high in fiber. A daily intake of 2 heaping tablespoons of ground flax is recommended for its hormonal balancing effects.

Fiber

Aiming for at least 35 grams of fiber per day can significantly enhance hormone balance and reduce levels of circulating hormones. Focus on increasing your intake of soluble fiber from fruits and vegetables. This not only helps replace high-sugar foods in your diet but also supports overall skin health due to the increased intake of antioxidants.

Choose Foods that Balance Blood Sugar

Focus on incorporating foods that keep your blood sugar stable. These include whole grains, legumes, and most fruits and vegetables. Avoiding high-sugar snacks and refined grains, like white bread and candy, can help prevent the spikes in blood sugar that may trigger acne.



READY, SET, PREP

(Like a Pro)

01 Embrace Flexible Foundations

Start by prepping versatile base ingredients that can be used in multiple ways throughout the week. Cook a big batch of grains like quinoa or brown rice, roast a variety of vegetables, and prepare protein sources like grilled chicken or baked tofu. These can be mixed and matched to create different meals, giving you flexibility while reducing daily cooking time.

03 Schedule Prep Time

Treat meal prep like any other important appointment by scheduling it in your calendar. Choose a day and time each week that works best for you, and dedicate a few hours to getting your meals or ingredients ready. This commitment helps ensure that meal prep actually happens, making your week smoother and your meal choices healthier.

02 Smart Storage Solutions

Invest in quality storage containers that keep your prepped ingredients fresh and make your meals easily accessible. Clear containers help you see what you have at a glance, making it easier to assemble meals on busy days. Consider portioning out snacks or small meal components in individual containers for grab-and-go ease.

04 Target Your Weak Spots

Identify times in your week when you're most tempted to grab less healthy options—perhaps mid-afternoon or early morning. Focus on prepping healthy snacks or quick meals for these specific times first. This strategic approach helps you stay on track with your dietary goals by ensuring you have healthy choices at hand exactly when you need them most.



CHAPTER 1

BREAKFAST



CREAMY BLUEBERRY SMOOTHIE

PREP TIME: 5 MIN | SERVES: 1

INGREDIENTS

1 cup frozen blueberries
1 cup frozen cauliflower
1/2 cup unsweetened coconut yogurt
1/4 cup vanilla protein powder (ensure no whey or peanut protein)
1 tbsp chia seeds
1 lemon (small, juiced)
1 cup water

METHOD

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



DARK CHOCOLATE CHERRY OVERNIGHT OATS

PREP TIME: 8 HOURS | SERVES: 2

INGREDIENTS

1/2 cup unsweetened coconut yogurt

2/3 cup unsweetened almond milk

1 tbsp maple syrup

1 tsp vanilla extract

1 tbsp chia seeds

1 tbsp ground flax seed

1/2 cup gluten-free oats

2/3 cup cherries (pitted, chopped)

1oz dark chocolate (chopped)

1/4 cup vanilla protein powder (ensure no whey or peanut protein)

1/16 sea salt

METHOD

1. Whisk the unsweetened coconut yogurt, almond milk, protein powder, maple syrup, and vanilla together in a bowl.
2. Add in the remaining ingredients, with the option of keeping 1/4 of each the cherries and dark chocolate for garnish. Stir together until combined.
3. Divide the mixture evenly between jars. Top with the remaining cherries and chocolate (if reserved for garnish). Cover and place in the fridge overnight, or for at least eight hours. Enjoy!



SWEET POTATO & TURKEY HASH

PREP TIME: 40 MIN | SERVES: 4

INGREDIENTS

2 tbsp avocado oil (divided)

1 1/4 lbs extra lean ground turkey

2 tsp taco seasoning (divided)

2 sweet potato (divided, chopped to small cubes)

1 yellow onion (chopped)

1 red bell pepper (chopped)

2 avocado (medium, sliced)

METHOD

1. Heat a large pan over medium heat and add half of the oil. Add the turkey and cook through, about nine to 10 minutes, breaking it up as it cooks. Season with salt, pepper, and half of the taco seasoning. Remove and set aside.
2. Add the remaining oil to the pan. Once hot, add the sweet potato. Cook for about nine to 10 minutes or until mostly softened, stirring occasionally.
3. Add the onion and bell pepper. Season with the remaining taco seasoning, salt, and pepper. Cook for eight to 10 minutes, stirring occasionally or until the sweet potato is cooked through and fork tender.
4. Return the turkey to the pan to warm through and toss everything together. Divide evenly between plates and top with avocado. Enjoy!



SALMON, DILL & POTATO HASH

PREP TIME: 30 MIN | SERVES: 2

INGREDIENTS

2 tbsp extra virgin olive oil

3 red potato (medium, peeled, diced 1/2-inch pieces)

1 stalk celery (chopped)

1/2 yellow onion (chopped)

10 oz salmon fillet (skinless, chopped coarsely)

2 tbsp fresh dill (chopped, plus more for garnish)

2 tsp thyme (fresh)

Sea salt + black pepper (to taste)

METHOD

1. Heat the oil in a pan over medium heat. Add the potatoes, celery, and onion to the pan. Sauté for about one minute until they are coated with oil.
2. Cover the pan and cook for about five to seven minutes or until the potatoes are almost fork-tender. Stir halfway through.
3. Uncover the pan, increase the heat to medium-high, and add the salmon, dill, thyme, salt, and pepper.
4. Stir the mixture frequently for about five to eight minutes, allowing the potatoes to lightly brown and the salmon to cook through. Serve and enjoy!



BERRY BAKED OATMEAL

PREP TIME: 45 MIN | SERVES: 6

INGREDIENTS

2 cups gluten-free oats
2 cups unsweetened almond milk
2 tbsp maple syrup
1/2 cup unsweetened applesauce
1 tsp cinnamon
2 tbsp chia seeds
2 cup frozen berries
1/4 cup sliced almonds
1/2 cup vanilla protein powder (ensure no whey or peanut protein)

METHOD

1. Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
2. Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
3. Transfer to an 8x8" square baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!



CHICKEN & PEAR SAUSAGE WITH AVOCADO & COLLARD GREENS

PREP TIME: 20 MIN | SERVES: 3

INGREDIENTS

12 oz extra lean ground chicken

1/2 pear (medium, chopped)

1/2 tsp sea salt

1 tbsp parsley (finely chopped)

1 garlic (small, minced)

2 tbsp extra virgin olive oil (divided)

3 cups collard greens (chopped)

1 avocado (large, sliced)

METHOD

1. Heat a cast-iron pan over medium heat.
2. Add the chicken, pear, salt, parsley, garlic, and half of the oil to a bowl. Mix well to combine. Divide the meat mixture evenly into the number of servings, and form it into patties.
3. Place the patties in the pan and cook until lightly browned and cooked through, about three minutes on each side. Remove and set aside.
4. Add the remaining oil to the same pan. Once hot, add the collard greens and sauté for two to three minutes or until cooked down.
5. Divide the patties, collard greens, and avocado evenly between plates. Enjoy!



CHAPTER 2

LUNCH



SALMON QUINOA SALAD

PREP TIME: 30 MIN | SERVES: 1

INGREDIENTS

1/4 cup quinoa (dry)
6 oz salmon fillet
2 tbsp red onion (sliced)
2 tbsp lemon juice (fresh, divided)
1 cup cherry tomatoes (halved)
1/2 cup cucumber (chopped)
1 tbsp cilantro (minced)
Sea salt & black pepper (to taste)

METHOD

1. Cook the quinoa according to package directions.
2. Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
3. Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
4. Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
5. Divide the quinoa salad between servings and top with the salmon. Enjoy!



LENTIL MASALA SOUP

PREP TIME: 30 MIN | SERVES: 4

INGREDIENTS

1 1/2 tsp coconut oil
1/2 cup red onion
(finely diced)
4 garlic (cloves, minced)
1 tsp turmeric
1 tbsp garam masala
1 tsp sea salt
1 cup cilantro (finely diced)
4 cups organic vegetable
broth
3 cups diced tomatoes
1 cup dry red lentils
1 cup organic coconut milk
(canned, full fat)
4 cups kale leaves
(finely sliced)

METHOD

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!



MISO & SESAME CHICKEN COLESLAW SALAD

PREP TIME: 25 MIN | SERVES: 2

INGREDIENTS

1 tsp Tamari
3 tbsp water
1 tbsp sesame oil
2 tsp miso paste
1 tbsp rice vinegar
12 oz chicken breast
1 red bell pepper
(large, julienned)
2 cups coleslaw mix
2 stalks green onion
(thinly sliced)
1 tbsp sesame seeds
(black and white, toasted)

METHOD

1. Heat the grill to medium-high heat.
2. In a small bowl, whisk together the Tamari, water, sesame oil, miso, and vinegar. Separate 3/4 of the dressing into a large salad bowl and set aside. Brush the remaining dressing onto the chicken breast.
3. Cook the chicken on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Slice.
4. Add the bell pepper, coleslaw, and green onions to the large bowl with the dressing. Mix well. Top with slices of chicken and sesame seeds. Enjoy!



FISH TACO BOWL

PREP TIME: 20 MIN | SERVES: 3

INGREDIENTS

2 cod fillet

1/3 cup extra virgin olive oil
(divided)

1/4 tsp turmeric (ground)

1/4 tsp garlic powder

1/2 tsp sea salt (divided)

2 tbsp lime juice

1/4 cup cilantro (finely
chopped)

2 cup romaine lettuce
(chopped)

1 cup cherry tomatoes
(halved)

1 mango
(peeled and cubed)

1 avocado (sliced)

METHOD

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!



CITRUS, EDAMAME & KALE SALAD

PREP TIME: 15 MIN | SERVES: 2

INGREDIENTS

2 cup frozen edamame

4 cups kale leaves
(finely chopped)

1 carrot
(large, grated)

1 grapefruit
(peeled, seeded, chopped)

1/2 cup pecans

1 tbsp lemon juice

1 tbsp extra virgin olive oil

Sea salt & black pepper
(to taste)

METHOD

1. Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
2. Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!



SEASONAL RECIPE

APPLE & BEET QUINOA SALAD

PREP TIME: 20 MIN | SERVES: 2

INGREDIENTS

½ cup quinoa
1 apple (julienned)
2 beet (small, peeled, grated)
2 carrot (small, peeled, grated)
1 cup kale leaves (chopped)
1/3 cup dried unsweetened cranberries
1/4 cup orange juice
2 tbsp apple cider vinegar
1 tbsp dijon mustard
2 tbsps hemp seeds
1/2 tsp sea salt

METHOD

1. Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!



CHAPTER 3

DINNER



ROASTED SWEET POTATO & KALE SALAD WITH SALMON

PREP TIME: 35 MIN | SERVES: 2

INGREDIENTS

- 1 sweet potato (medium, cut into fries)
- 1 red bell pepper (medium, sliced)
- 3 tbsp extra virgin olive oil (divided)
- Sea salt & black pepper (to taste)
- 10 oz salmon fillet
- 1/4 tsp turmeric
- 1 tbsp lemon juice
- 2 cups kale leaves (chopped)
- 2 tbsp pumpkin seeds

METHOD

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
3. Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
5. In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
6. Divide the kale, salmon, and vegetables evenly between plates. Top with pumpkin seeds and serve with the dressing. Enjoy!



TEMPEH, MUSHROOM & ASPARAGUS STIR FRY

PREP TIME: 40 MIN | SERVES: 2

INGREDIENTS

1/2 cup brown rice
(dry, rinsed)

1 tbsp sesame oil

8 oz tempeh
(cut into cubes)

1 cup mushrooms (sliced)

1 cup asparagus
(chopped)

2 garlic
(clove, minced)

2 tbsp Tamari

1/4 cup cilantro (chopped)

1 stalk green onion
(chopped)

1 tsp sesame seeds
(toasted)

METHOD

1. Cook the rice according to the package directions. Set aside.
2. Meanwhile, heat the oil in a large pan over medium heat. Add the tempeh to the pan and cook for five minutes or until lightly browned.
3. Add the mushrooms and asparagus to the pan. Cook for another three to four minutes or until tender. Add the garlic and cook for one more minute, stirring.
4. Stir in the cooked rice, Tamari, cilantro, and green onions. Cook for an additional two to three minutes or until the rice is heated through.
5. Garnish with sesame seeds before serving. Enjoy!



CHICKEN & NOODLE GREEN CURRY

PREP TIME: 35 MIN | SERVES: 2

INGREDIENTS

1 tsp extra virgin olive oil
10 oz chicken breast
(boneless, skinless, cubed)
2 1/2 cup frozen vegetable
mix
2 tbsp green curry paste
Salt & pepper (to taste)
2 cups vegetable broth
1 cup canned coconut milk
5 oz gluten-free ramen
noodles (dry)
1/4 cup cilantro (optional
for garnish)

METHOD

1. Heat the oil in a pot over medium heat. Add the chicken and cook for about five minutes, stirring occasionally.
2. Add the vegetable mix and cook for another 10 minutes. Add the curry paste, salt, and pepper. Stir and cook for about two minutes.
3. Add the vegetable broth to the pot. Stir and turn the heat down to low. Cover the pot with a lid and simmer for about 10 minutes.
4. Uncover the pot. Add the coconut milk and the noodles. Simmer for five to seven minutes or until the noodles are cooked through.
5. Adjust the seasoning to your taste. Divide the soup between serving bowls. Top with cilantro and enjoy!



SESAME TROUT, BOK CHOY & QUINOA

PREP TIME: 20 MIN | SERVES: 4

INGREDIENTS

1 cup quinoa
(dry, uncooked)

2 cups water

4 rainbow trout fillet

8 cups bok choy
(baby, halved)

2 tbsp avocado oil

1/2 tsp sea salt

1 tbsp sesame seeds

METHOD

1. Preheat oven to 425°F (218°C).
2. Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
3. Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
4. Divide the quinoa, trout and bok choy onto plates. Enjoy!



ROASTED BROCCOLI CHICKPEA PASTA

PREP TIME: 30 MIN | SERVES: 2

INGREDIENTS

6 oz chickpea pasta
(uncooked)

2 cups broccoli (cut into
florets)

3 tbsp extra virgin olive oil
(divided)

Sea salt & black pepper
(to taste)

1 cup basil leaves

1/2 garlic (clove, minced)

2 tbsp hemp seeds

2 tbsp lemon juice

1 1/2 tbsp nutritional yeast

1/3 cup sun dried tomatoes
(drained, chopped)

METHOD

1. Cook the pasta according to the package directions. Drain, rinse well, and set aside to cool.
2. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
3. Place the broccoli on the baking sheet and toss with 1/3 of the oil. Season with salt and pepper. Roast for 15 minutes or until lightly golden. Set aside to cool.
4. Blend the basil, garlic, hemp seeds, lemon juice, nutritional yeast, and the remaining oil in a blender or food processor. Season with salt and pepper.
5. Combine the roasted broccoli, cooked pasta, sun dried tomatoes, and pesto in a large bowl. Toss to combine. Enjoy!



SEASONAL RECIPE

CRANBERRY SAUCE MEATBALLS

PREP TIME: 45 MIN | SERVES: 5

INGREDIENTS

1 lb Lean ground beef

1/4 cup Extra Virgin
Olive Oil (divided)

4 Garlic (clove, minced,
divided)

Sea Salt & Black Pepper
(to taste)

1/2 Yellow Onion
(finely chopped)

2 cups Frozen Cranberries

1 cup Water

2 tbsps Maple Syrup

2 tbsps Italian Seasoning

METHOD

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, add the ground beef, half of the oil, half of the garlic, salt, and pepper. Mix well to combine. Form the beef into meatballs, about 1 1/2 inches in diameter, and place on the baking sheet. Bake for 20 minutes or until cooked through.
3. While the meatballs are in the oven, heat the remaining oil in a large skillet over medium heat. Add the onion and sauté for two to three minutes. Add the remaining garlic and sauté for another 30 seconds.
4. Stir in the cranberries, water, maple syrup, and Italian seasoning. Cook for four to six minutes. The cranberries will start to pop. Reduce the heat and cook for another 10 to 12 minutes or until the sauce is thickened.
5. Add the cooked meatballs to the sauce and toss to coat them. Enjoy!



CHAPTER 4

SIPS & SNACKS



HIBISCUS ROSE SPRITZ

PREP TIME: 1 HOUR | SERVES: 2

INGREDIENTS

2 cups water

1 tbsp hibiscus tea

1/2 tsp monk fruit
sweetener

1/16 fl oz rose water

6 ice cubes
(as needed)

1/3 navel orange
(juiced, plus slices)

1/2 cup sparkling water
(as needed)

METHOD

1. Bring the water to a boil and steep the hibiscus tea for about 10 minutes. Mix in the sweetener and rose water. Add the tea to a pitcher and refrigerate until cold.
2. When ready to serve, fill a glass with ice and garnish with a slice of orange. Add the sparkling water, orange juice, and hibiscus tea. Stir gently and enjoy!



VIRGIN STRAWBERRY MOJITO

PREP TIME: 10 MIN | SERVES: 2

INGREDIENTS

1/2 cup strawberries
(chopped)

1/4 cup mint leaves

1 lime (juiced)

2 tsp maple syrup

2 ice cubes (large)

1 1/2 cups sparkling water

METHOD

1. Divide the strawberries, mint, lime juice, and maple syrup into glasses. Use a muddler to mash and combine the flavors.
2. Add the ice cubes then top with sparkling water. Enjoy!



SEASONAL RECIPE

LEMON GINGER SALTY MOCKTAIL

PREP TIME: 35 MIN | SERVES: 6

INGREDIENTS

1 Cup Ginger (fresh, sliced)
6 cups Water
1/4 tsp Sea Salt
1/4 cup Raw Honey
1/2 cup Lemon Juice
1/2 cup Apple Cider Vinegar
12 Ice Cubes
1 cup Sparkling Water (or to taste)
2 tbsps Mint Leaves (or to taste)

METHOD

1. In a medium saucepan, bring the sliced ginger and water to a boil. Turn off the heat and let it sit for 20 to 30 minutes.
2. In a large jar or lidded glass container, combine the salt, honey, lemon juice, and vinegar.
3. Strain out the ginger and add the liquid to the glass container. Mix well to combine all ingredients.
4. Pour the ginger mixture into a glass filled with ice. Top with sparkling water.
5. Stir, top with mint (optional) and enjoy!



BULLETPROOF HOT CHOCOLATE

PREP TIME: 20 MIN | SERVES: 4

INGREDIENTS

1/2 cup Water
1/2 cup Canned
Coconut Milk (full fat)
1 tbsp Butter
1 tbsp Cacao Powder
1/2 oz Collagen Powder
1/2 tsp Monk Fruit
Sweetener

METHOD

1. In a pot, bring the water and coconut milk to a slow boil.
2. Pour into a blender along with the rest of the ingredients and blend until frothy.
3. Taste and add more sweetener if desired. Pour into a mug and enjoy!



PEACH & JALAPENO GUACAMOLE

PREP TIME: 15 MIN | SERVES: 4

INGREDIENTS

2 avocado (large, halved, pits removed)

1 lime (large, juiced)

2 garlic (clove, minced)

1/4 tsp sea salt

1/2 peach (medium, diced)

1/2 jalapeno pepper (seeds removed, finely chopped)

3 tbsp red onion (finely chopped)

3 tbsp cilantro (finely chopped)

METHOD

1. Add the avocado, lime juice, garlic, and salt to a bowl and mash with a fork.
2. Mix in the peach, jalapeño, onion, and cilantro. Taste and add more salt or lime juice if desired. Enjoy!



APRICOT PROTEIN BLENDER MUFFINS

PREP TIME: 55 MIN | SERVES: 12

INGREDIENTS

1 cup vanilla protein powder (ensure no whey or peanut protein)
2 cups almond flour
2 tsp baking powder
1/2 tsp sea salt
1/4 cup coconut oil (room temperature)
1/3 cup raw honey
2 eggs
1 1/3 cups oat milk
4 apricot (fresh, small, chopped)

METHOD

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray. In a mixing bowl, combine the protein powder, almond flour, baking powder, and sea salt.
2. Add the coconut oil and raw honey to a blender. Blend on low for a few seconds until well combined. Add the eggs and blend for a few seconds, then slowly add in the dry ingredients as you blend until a batter starts to form.
3. Add in the oat milk 1/4 cup at a time and continue to blend on low until all of the milk is added and your batter is well combined. Add to a bowl and stir in the chopped apricots.
4. Divide the mixture evenly between the muffin cups of the prepared muffin tray. Bake for 35 minutes, or until an inserted toothpick comes out clean. Remove the muffins from the oven and allow them to cool completely. Enjoy!



NO BAKE STRAWBERRY CHEESECAKE BITES

PREP TIME: 8 HOURS | SERVES: 8

INGREDIENTS

1/2 cup gluten-free oats
1 cup cashews
(raw, soaked for at least
one hour, rinsed, divided)
2 tbsp coconut oil (melted)
1/2 tsp vanilla extract
1/8 tsp sea salt
1/2 cup coconut cream
1/4 cup coconut water
(from the coconut cream
can)
1 1/2 cup frozen
strawberries
2 tbsp lemon juice

METHOD

1. Line a muffin tray with muffin liners or use a silicone muffin tray.
2. In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
3. Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
4. In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
5. Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!



CINNAMON PROTEIN ENERGY BITES

PREP TIME: 35 MIN | SERVES: 14

INGREDIENTS

1/3 gluten-free oats

1/4 cup oat flour
(gluten free)

1/4 vanilla protein powder
(ensure no whey or
peanut protein)

1/4 cup ground flax seed

2 tbsp chia seeds

1 1/2 tsp cinnamon

1/2 cup almond butter

1/4 cup maple syrup

1 tbsp unsweetened
almond milk (optional;
if needed)

METHOD

1. In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
2. Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!



SEASONAL RECIPE

STUFFING BITES

PREP TIME: 35 MIN | SERVES: 6

INGREDIENTS

5 1/4 ozs Sourdough Bread
(broken into pieces or
Gluten Free Bread)

1 Egg (large)

2 tbsps Dried
Unsweetened Cranberries

1 tsp Dried Rosemary

1 tsp Dried Thyme

1/2 tsp Sea Salt

1/3 cup Pecans

1 tbsp Extra Virgin Olive Oil

METHOD

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Add all of the ingredients to a food processor and process until you get a coarse texture.
3. Use a teaspoon to scoop out the mixture and roll into balls. Place them on the prepared baking sheet.
4. Bake for 15 to 20 minutes or until the stuffing bites have browned lightly. Enjoy!

AND THAT'S A WRAP

WE'RE SO GRATEFUL TO BE ON THIS JOURNEY WITH YOU

Thank you so much for bringing this cookbook into your kitchen and your journey. It's been wonderful to share these skin-nourishing recipes with you, and we hope they bring you as much joy and wellness as they've brought us.

Remember, you have everything you need to feel fantastic in your own skin. Keep playing with the recipes, tweaking them to fit your life, and embracing the process. Your path to clear, glowing skin is uniquely yours, and we're cheering you on every step of the way.

Stay connected, and let's keep sharing our successes, big and small, as we move forward.
You're not alone in this!

Warmest wishes,

The Face Reality Team