
SKIN CLARITY

THE CLEAR KITCHEN GUIDE™

A practical Nigerian food and meal-planning guide for balanced habits that support your overall wellbeing and skincare routine.

INSIDE THIS GUIDE

Build balanced meals from familiar foods.
Shop with a plan and reduce waste.
Make busy-day meals easier.
Observe food and skin patterns without guilt.

BY TOLU ADEBAYO

Practical guidance • Flexible meals • No food guilt

IMPORTANT INFORMATION

Before You Begin

This guide provides general food-planning education. It does not diagnose, treat, or cure acne, and it is not a substitute for individual advice from a qualified healthcare professional or dietitian.

Research on diet and acne is evolving. Some dietary patterns have been associated with acne in some studies, but there is no universal acne diet. Do not stop prescribed treatment or start a restrictive diet based on this guide.

If you have allergies, a chronic medical condition, are pregnant, are under 18, or have a history of disordered eating, seek tailored advice before making significant dietary changes.

This is a practical guide to balanced eating and planning—not a guarantee of clearer skin.

Published by Skin Clarity

Author: Tolu Adebayo

© 2026 Skin Clarity

YOUR READING MAP

Contents

Use this guide as a reference. Choose the chapters that match your needs and adapt all examples to your household, budget, health needs, and preferences.

CHAPTER	FOCUS
WELCOME TO THE CLEAR KITCHEN	Food support, not food fear
HOW TO USE THIS GUIDE	Start with what you already eat
WHAT THE EVIDENCE CAN AND CANNOT SAY	A measured approach to acne and food
THE BALANCED PLATE	A simple structure for everyday meals
CARBOHYDRATES WITHOUT FEAR	Choose variety and satisfying combinations
PROTEIN FOR SATISFYING MEALS	Affordable choices can work well
VEGETABLES, FRUIT & COLOUR	Small additions are worthwhile
FATS, OILS & COOKING	Balance matters more than fear
HYDRATION & DRINKS	Keep the advice realistic
BREAKFAST IDEAS	Simple options for different mornings
LUNCH IDEAS	Build a filling midday meal
DINNER IDEAS	Make evenings easier
SNACKS THAT FIT REAL LIFE	Convenience can be part of a balanced plan
A SMART NIGERIAN SHOPPING LIST	Plan around meals you will actually cook
BUDGETING & FOOD WASTE	Get more value from what you buy
MEAL PREP WITHOUT SPENDING ALL SUNDAY	A small amount of preparation can help
A SAMPLE 7-DAY MEAL FRAMEWORK	Use it as a template, not a prescription
HOW TO OBSERVE FOOD AND SKIN PATTERNS	Record without turning meals into a test
FOODS, SUPPLEMENTS & ONLINE CLAIMS	Be careful with cure promises
FOOD AND SKIN: QUESTIONS TO ASK	Use calm, specific questions
A SIMPLE 14-DAY KITCHEN RESET	Choose two habits and repeat them
MY WEEKLY KITCHEN PLANNER	Make a plan that fits your household
WHEN TO ASK FOR PERSONAL ADVICE	Food needs are not identical
FINAL WORD: A CLEARER, CALMER KITCHEN	Practical beats perfect
QUICK REFERENCE & SAFETY	Keep these principles close

CHAPTER 01 / WELCOME TO THE CLEAR KITCHEN

Food support, not food fear

Welcome to The Clear Kitchen Guide™. This guide helps you make practical food choices that support general wellbeing while you manage acne-prone skin. It is designed around familiar Nigerian foods, flexible budgets, and everyday schedules—not expensive ingredients or strict rules.

Food is only one possible influence on acne, and research does not support a single universal acne diet. Skin is affected by many factors, including hormones, genetics, inflammation, products, medicines, and individual circumstances. You do not need to blame yourself or remove every food you enjoy.

The goal is a balanced, sustainable pattern of eating—not a promise that food will cure acne.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 02 / HOW TO USE THIS GUIDE

Start with what you already eat

Read the guide once, then choose one or two practical changes. You might add a vegetable to lunch, prepare beans ahead of a busy day, keep fruit available, or build a more regular meal pattern. You do not need to change your entire kitchen in one weekend.

Use the shopping lists and meal examples as adaptable templates. Substitute foods based on availability, allergies, preferences, religious or cultural practices, and household needs. If you have diabetes, kidney disease, food allergies, an eating disorder history, or another condition requiring dietary care, seek advice from a qualified clinician or dietitian.

- Pick a few meals you enjoy and can repeat.
- Plan around your budget and cooking facilities.
- Keep convenient options for busy days.
- Notice patterns calmly; avoid labelling foods as universally bad.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 03 / WHAT THE EVIDENCE CAN AND CANNOT SAY

A measured approach to acne and food

Some research has explored whether high-glycaemic dietary patterns or certain dairy intake are associated with acne in some populations. Findings are not the same for everyone, and association does not prove that a food causes acne in an individual.

A balanced eating pattern supports general health, but it should not replace appropriate acne treatment. If you notice a consistent pattern after a particular food, record it over time and discuss it with a healthcare professional rather than starting a restrictive diet immediately.

Be wary of confident claims that sugar, milk, oil, pepper, or one specific Nigerian meal causes every breakout. Skin conditions are complex, and online advice often turns uncertain evidence into rigid rules.

You can explore your own patterns without fear, shame, or unnecessary food restriction.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 04 / THE BALANCED PLATE

A simple structure for everyday meals

A useful starting point is to include a source of vegetables or fruit, a source of protein, and a carbohydrate or starchy food that gives you energy. Add fats in amounts that fit your preferences and needs. This is a flexible structure, not a strict medical prescription.

In a Nigerian context, the components might be rice with beans and vegetables; yam with egg and a side of vegetables; eba with okra or vegetable soup and fish; or moi moi with fruit. Portions depend on appetite, activity, health needs, and the household.

Try to make meals satisfying. Extreme restriction can leave you hungry, fatigued, and preoccupied with food, making habits harder to sustain.

PART OF THE MEAL	EXAMPLES
Vegetables / fruit	Ugu, okra, carrots, tomatoes, garden egg, oranges, pawpaw
Protein	Beans, eggs, fish, chicken, lentils, moi moi
Energy foods	Rice, yam, potatoes, oats, maize, millet, garri
Fats / flavour	Groundnuts, seeds, avocado, modest cooking oil, herbs and spices

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 05 / CARBOHYDRATES WITHOUT FEAR

Choose variety and satisfying combinations

Carbohydrates are a normal source of energy. You do not need to eliminate rice, yam, plantain, bread, garri, or other staples to care for your skin. The overall meal pattern and your individual health needs matter more than treating one food as forbidden.

Where practical, pair starchy foods with protein and vegetables. Beans with rice, egg with yam, or vegetables alongside a swallow-based meal can create a more varied plate and may help a meal feel satisfying.

If you want to explore whether a particular eating pattern affects your skin, avoid changing many foods at once. Keep the experiment modest and make sure you still eat enough.

No single carbohydrate is automatically a skincare failure.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 06 / PROTEIN FOR SATISFYING MEALS

Affordable choices can work well

Protein foods help make meals satisfying and support many normal body functions. Useful options can include beans, lentils, eggs, fish, chicken, groundnuts, soy foods, and other locally available choices.

Choose options that fit your budget, access, cooking time, and dietary needs. Dried beans may be economical when prepared in batches; eggs can be convenient; canned fish may help on busy days when appropriate and affordable.

Protein powders and supplements are not required for most people to build balanced meals. Some supplements can interact with medicines or be unsuitable for particular health conditions, so ask a qualified professional before using them for a skin concern.

- Add beans to rice or stew.
- Keep boiled eggs refrigerated and use them safely.
- Prepare a pot of beans or lentils for more than one meal.
- Choose a variety of protein sources over time.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 07 / VEGETABLES, FRUIT & COLOUR

Small additions are worthwhile

Vegetables and fruit contribute fibre, vitamins, minerals, and variety. They do not act as instant acne medicine, but including them regularly supports a balanced eating pattern.

Use what is affordable and in season. Ugu, spinach, okra, tomatoes, carrots, cabbage, garden eggs, oranges, bananas, pawpaw, watermelon, and other available produce can all be part of a varied diet.

Frozen or appropriately stored produce can be useful where fresh produce is difficult to buy frequently. Wash produce under safe running water and store it in ways that reduce spoilage.

Start with one extra serving you genuinely enjoy instead of trying to overhaul every meal.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 08 / FATS, OILS & COOKING

Balance matters more than fear

Dietary fats provide energy and help the body absorb certain vitamins. Cooking oils, groundnuts, seeds, avocado, and fats naturally present in foods can all fit into a balanced eating pattern.

Fried foods are not a universal direct cause of acne. If you want to change how often you fry foods for broader health or budget reasons, do so gradually and choose cooking methods you enjoy, such as boiling, grilling, steaming, or stewing.

Avoid demonising traditional meals. A useful question is whether your overall pattern provides variety, satisfaction, and enough food—not whether one meal is perfectly “clean.”

If you have a medical condition requiring specific fat or salt guidance, follow advice from your clinician or dietitian.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 09 / HYDRATION & DRINKS

Keep the advice realistic

Water is a sensible everyday drink, especially in hot weather or after sweating. Individual fluid needs vary with activity, climate, health, pregnancy, and medicines. There is no need to force excessive amounts of water to “flush toxins” or cure acne.

Sweetened drinks can contribute substantial added sugar. If reducing them suits your goals, consider replacing some servings with water or unsweetened drinks rather than creating an all-or-nothing rule.

Tea, coffee, and familiar drinks may fit into a balanced routine depending on ingredients and personal health needs. Be mindful of very high caffeine intake and follow medical advice if you have a condition affected by caffeine.

Hydration supports normal body function; it is not a guaranteed acne treatment.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 10 / BREAKFAST IDEAS

Simple options for different mornings

Breakfast does not need to be elaborate. Choose an option that fits your appetite, schedule, budget, and access to food. If you do not usually eat early, you can adapt the plan around when you are hungry.

IDEA	PRACTICAL COMBINATION
Quick	Oats with banana and a small handful of groundnuts
Protein-focused	Boiled eggs, whole-grain bread, and tomato
Make-ahead	Moi moi with fruit
Traditional option	Boiled yam with egg or beans
No-cook	Plain yoghurt if tolerated, oats, and fruit

Food tolerance varies. If a particular food seems linked to symptoms for you, record the pattern without assuming it is the cause. Choose alternatives that meet your nutritional needs.

The best breakfast is one you can access, enjoy, and repeat when it suits you.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 11 / LUNCH IDEAS

Build a filling midday meal

MEAL TEMPLATE	HOW TO ROUND IT OUT
Rice and beans	Add vegetables and a protein or stew you enjoy
Jollof rice	Include vegetables or a side salad when practical
Yam or potatoes	Pair with egg, fish, beans, or another protein
Beans porridge	Add vegetables or fruit elsewhere in the day
Swallow and soup	Include vegetables and a protein source in the soup

These are examples, not rigid rules. Portion sizes should reflect appetite, activity, health needs, and personal circumstances. A meal does not need to be photogenic or expensive to be useful.

If work makes lunch unpredictable, prepare a simple option in advance or identify affordable places where you can buy a meal that feels satisfying.

Planning one dependable lunch can reduce last-minute stress without requiring meal-prep perfection.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 12 / DINNER IDEAS

Make evenings easier

Dinner can use the same balanced structure as other meals. Consider preparing a base food and a protein in batches, then adding vegetables or a quick side when you serve it.

- Vegetable soup with a swallow and fish or beans.
- Rice with beans and a tomato-based stew.
- Boiled plantain with egg sauce and vegetables.
- Beans with ripe plantain and a vegetable side.
- Yam porridge with leafy vegetables and a protein source.

If you are tired, frozen vegetables, leftover beans, eggs, or safely stored leftovers may help. Cool leftovers promptly, refrigerate them, and reheat thoroughly according to food-safety guidance.

A repeatable dinner plan can be more valuable than a long list of recipes you rarely have time to cook.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 13 / SNACKS THAT FIT REAL LIFE

Convenience can be part of a balanced plan

Snacks are optional and depend on hunger, schedule, activity, and health needs. If you do snack, combine convenience with satisfaction rather than using snacks to compensate for restrictive meals.

- Fruit that is in season.
- Roasted groundnuts, where safe for your allergies.
- Boiled egg stored and handled safely.
- Corn, boiled or roasted.
- Plain yoghurt if tolerated and affordable.
- A small sandwich with egg, beans, fish, or another filling.

Packaged snacks can also fit into an overall pattern. You do not need to label every snack good or bad. Look at the bigger picture and your personal needs.

If you have food allergies, check labels carefully and avoid cross-contact.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 14 / A SMART NIGERIAN SHOPPING LIST

Plan around meals you will actually cook

Before shopping, check what is already at home. Choose a few meals for the coming days and buy ingredients that can be used in more than one dish. This can reduce waste and help control spending.

CATEGORY	FLEXIBLE OPTIONS
Staples	Rice, yam, oats, maize, garri, potatoes
Protein	Beans, eggs, fish, chicken, lentils
Vegetables	Ugu, tomatoes, okra, cabbage, carrots
Fruit	Bananas, oranges, pawpaw, watermelon, seasonal fruit
Flavour	Onion, garlic, ginger, peppers, herbs
Convenience	Canned fish or beans, frozen vegetables, where suitable

Adjust this list to your household size, budget, local availability, storage space, and medical needs. Buy perishables in quantities you can store safely and use before spoilage.

A shopping list works best when it is built from meals—not from a trend or a fear of certain foods.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 15 / BUDGETING & FOOD WASTE

Get more value from what you buy

Set a realistic budget before shopping and prioritise foods that can be used in several meals. Beans, eggs, seasonal produce, and staple foods may be useful choices depending on local prices.

- Plan two or three meals around the same ingredients.
- Cook beans or grains in batches and portion safely.
- Freeze suitable leftovers if you have reliable freezer storage.
- Use older safe produce first and avoid keeping food beyond safe limits.
- Keep a short list of affordable emergency meals.

Do not sacrifice enough food to afford a skincare trend. If money is tight, focus on nourishing meals that fit your circumstances rather than buying specialty powders, detox drinks, or expensive “skin foods.”

The guide is meant to make food feel more manageable, not more expensive.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 16 / MEAL PREP WITHOUT SPENDING ALL SUNDAY

A small amount of preparation can help

Meal preparation can be as simple as washing produce, cooking beans, boiling eggs, portioning leftovers, or chopping ingredients for one or two meals. You do not need a full week of identical containers.

Choose one preparation task that saves time during your busiest period. Store cooked foods promptly and safely; do not leave perishable food at room temperature for long periods. When in doubt about food safety, discard it.

- Prepare a protein or bean dish for more than one meal.
- Wash and dry produce appropriately before storage.
- Keep ready-to-use staples accessible.
- Label leftovers with the date when helpful.
- Make one backup meal for an unexpectedly busy day.

Meal prep should reduce stress. If it becomes another burden, simplify it.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 17 / A SAMPLE 7-DAY MEAL FRAMEWORK

Use it as a template, not a prescription

DAY	BREAKFAST	LUNCH	DINNER
Mon	Oats and banana	Rice, beans, vegetables	Vegetable soup, swallow, fish
Tue	Egg and bread	Beans porridge	Yam with egg sauce
Wed	Moi moi and fruit	Jollof rice and vegetables	Beans with plantain
Thu	Oats or leftovers	Yam and fish	Rice, beans, stew
Fri	Boiled yam and egg	Beans and vegetables	Soup with a staple
Sat	Fruit and eggs	Rice with protein	Plantain, beans, vegetables
Sun	Breakfast of choice	Family meal	Leftovers used safely

This framework is illustrative. Swap meals freely, adjust portions to your needs, and use foods your household enjoys. If you need a therapeutic diet, a clinician or dietitian can help adapt the framework.

Notice how the plan uses ingredients more than once. Reuse can save time and reduce waste without requiring every meal to be identical.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 18 / HOW TO OBSERVE FOOD AND SKIN PATTERNS

Record without turning meals into a test

If you suspect a food pattern, record what you ate, the approximate timing, other relevant changes, and what happened to your skin. Remember that acne lesions may develop over time, so the meal immediately before a breakout may not be the cause.

Avoid removing several food groups at once. If you are considering a significant dietary restriction, consult a qualified clinician or dietitian first, especially if you have a medical condition, are pregnant, are under 18, or have a history of disordered eating.

	SKIN OBSERVATION	OTHER CONTEXT
	_____	_____
	_____	_____
	_____	_____

Use observations to ask better questions—not to create a list of forbidden foods.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 19 / FOODS, SUPPLEMENTS & ONLINE CLAIMS

Be careful with cure promises

Supplements marketed for acne may contain high doses of vitamins, minerals, herbs, or other ingredients. These can cause side effects, interact with medicines, or be unsuitable for particular people. More is not automatically better.

Avoid detoxes, cleanses, and products that promise to remove acne toxins. Acne is not evidence that your body needs a special cleanse. Ask a qualified professional before using supplements for skin concerns.

If a creator recommends a supplement, look for credible evidence, clear ingredient amounts, safety information, and realistic claims. Be cautious when a seller uses dramatic before-and-after images or says that medical treatment is unnecessary.

Do not replace prescribed acne treatment with a supplement without speaking with the prescriber.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 20 / FOOD AND SKIN: QUESTIONS TO ASK

Use calm, specific questions

- Am I eating enough across the day?
- Do my meals include a variety of foods over time?
- Is there a repeated pattern, or did I notice one coincidence?
- Am I removing foods without a clear reason?
- Would a dietitian or clinician help me make this safer?

These questions move attention away from blame and toward practical support. You can improve meal structure without claiming that every food has a direct effect on acne.

If food worries are becoming intrusive or causing guilt, anxiety, or social avoidance, consider seeking support. Your wellbeing matters as much as your skincare goals.

A supportive eating pattern should leave room for pleasure, culture, flexibility, and enough nourishment.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 21 / A SIMPLE 14-DAY KITCHEN RESET

Choose two habits and repeat them

Days 1–3: review your usual meals and identify one easy addition, such as fruit, vegetables, or a convenient protein.

Days 4–7: make a short shopping list based on meals you enjoy. Prepare one ingredient ahead if it helps.

Days 8–10: notice whether the plan fits your budget and schedule. Adjust portions, ingredients, and cooking effort as needed.

Days 11–14: review which habits felt helpful. Keep the ones you can maintain and let go of the ones that made life harder.

This reset is about organisation and balanced eating. It is not an acne cure or a restrictive elimination diet.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 22 / MY WEEKLY KITCHEN PLANNER

Make a plan that fits your household

Three meals I can repeat

- Meal 1: _____
- Meal 2: _____
- Meal 3: _____

Shopping and preparation

- Ingredients already available: _____
- Items to buy: _____
- One preparation task: _____
- Backup meal for a busy day: _____

My flexible goal

This week, I will focus on: _____

I will make this easier by: _____

Leave space for changes. A useful plan can adapt to real life.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 23 / WHEN TO ASK FOR PERSONAL ADVICE

Food needs are not identical

A general meal guide cannot account for every health condition, medicine, allergy, pregnancy, cultural practice, or nutritional requirement. If you need a specific diet for a medical condition, ask a qualified clinician or dietitian to help you plan safely.

Seek professional advice before major dietary restrictions, especially for children and teenagers, during pregnancy, with chronic illness, or if food choices are causing distress. If acne is painful, scarring, persistent, or affecting your wellbeing, a dermatologist or qualified clinician can discuss treatment directly.

Food choices can support health, but they should not become a substitute for appropriate care. You can work on nutrition and skincare at the same time, using evidence-informed guidance for each.

Personalised advice is especially valuable when the consequences of a dietary change could be significant.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 24 / FINAL WORD: A CLEARER, CALMER KITCHEN

Practical beats perfect

The Clear Kitchen Guide™ is here to help you build meals around familiar foods, plan with your budget, and approach food-and-skin questions without fear. You do not need a perfect pantry or a strict menu.

Choose one small habit, repeat it, and adjust when your circumstances change. Include foods you enjoy, use local ingredients where practical, and avoid products or diets that promise guaranteed acne clearance.

Your skin deserves thoughtful care. So does your body, your time, your culture, and your peace of mind.

With care,

Tolu Adebayo

Skin Clarity

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.

CHAPTER 25 / QUICK REFERENCE & SAFETY

Keep these principles close

- Eat enough and aim for variety over time.
- Build meals with familiar staples, protein, and produce when available.
- Do not label one food as the cause of everyone's acne.
- Avoid unnecessary elimination diets and detox products.
- Keep a calm record if you suspect a repeated pattern.
- Seek professional advice for individual dietary or skin concerns.

This guide is educational and does not diagnose or treat acne. Evidence about diet and acne is evolving, and individual responses vary. For personalised care, consult a qualified healthcare professional or registered dietitian.

Copyright © 2026 Skin Clarity. Author: Tolu Adebayo. All rights reserved.

SKIN CLARITY TAKEAWAY • Choose practical, balanced habits; avoid food fear and seek individual advice when needed.