



## Your Beauty Begins in the Kitchen

A lovingly curated guide to the foods that nourish your skin, your hormones, and your glow from the inside out.

Before you dive into the good stuff, here's a quick snapshot of the staples I recommend keeping stocked so you can create meals that support radiance, longevity, and that "Is she doing something different?" kind of beauty:

### Choose Quality When You Can:

- In season and/or local fruits & veggies.
- Organic fruits & veggies on the [EWG's Dirty Dozen List](#).
- Wild-caught seafood.
- Organic, pasture-raised/pastured, grass-fed, and/or cage-free dairy, eggs, and meat products.

### Trusted Sourcing:

[eatwild.com](http://eatwild.com)

[localharvest.org](http://localharvest.org)

A simple shift in your grocery cart can transform how you feel, how you age, and how you glow. Let's begin.



## VEGETABLES

- Organic Spinach
- Organic Kale
- Organic Dandelion Greens
- Organic Arugula
- Organic Romaine Lettuce
- Organic Celery
- Organic Sweet Pepper, All Colors
- Organic Onions, Purple for Color
- Organic Tomato
- Carrots, Rainbow Carrots for Color
- Cucumber
- Parsnips
- Radishes
- Beets
- Turnip
- Jicama
- Rutabaga
- Sweet Potato, Yams
- Cauliflower
- Broccoli
- Asparagus
- Brussels Sprouts
- Bok Choy
- Collards
- Fennel
- Okra
- Endive
- Artichoke
- Green Beans
- Cabbage
- Radicchio
- Squash
- Zucchini
- Eggplant
- Micro Greens
- Broccoli Sprouts
- Watercress
- Scallions

- Shallots
- Leeks
- Garlic
- Ginger
- Jalapeño
- Sea Vegetables

## FRUITS

- Organic Raspberries
- Organic Blueberries
- Organic Blackberries
- Organic Strawberries
- Organic Apples
- Organic Pear
- Organic Peaches
- Organic Nectarines
- Oranges
- Grapefruit
- Lemon
- Lime
- Watermelon
- Cantaloupe
- Melon
- Mango
- Kiwi
- Bananas
- Plums
- Figs
- Coconut
- Pomegranate
- Dragon Fruit
- Pineapple
- Avocado
- Aloe
- Persimmons



## HERBS, SPICES & SAVORY TASTES

- Fresh Cilantro
- Fresh Parsley
- Fresh Dill
- Fresh Rosemary
- Fresh Sage
- Fresh Mint
- Fresh Basil Fresh Turmeric
- Oregano
- Redmond Salt
- Black Pepper
- Cayenne Pepper
- Chili Flakes
- Cumin
- Thyme
- Curry
- Mustard Seed
- Cinnamon
- Everything But the Bagel
- Nutritional Yeast
- Miso Paste
- Kimchi
- BRAGG Apple Cider Vinegar
- BRAGG Liquid Aminos
- White Vinegar
- Balsamic Vinegar
- Organic, Gluten-Free Broth
- Hummus
- Fresh Salsa
- Grain Free Tortilla Chips & Snacks
- Grain Free Tortillas
- Pickles

## GRAINS

- Quinoa
- Black, Red, Wild or Brown Rice
- Rice Pasta
- Rice Cakes
- Gluten-Free Oats
- Farro
- Amaranth
- Sourdough Bread
- Sprouted Bread

## PROTEIN

- Collagen Powder
- Fresh Ocean Fish: Salmon, Halibut, Haddock, Cod, Sole, Pollack, Tuna, Sea Bass, and Mahi Mahi
- Wild Caught Shrimp
- Water Packed Tuna
- Sardines
- Anchovies
- Cornish Game Hens
- Turkey
- Duck & Duck Eggs
- Wild Game
- Organic Pasture
- Raised Eggs Organic
- Bone Broth

## DAIRY & SUBSTITUTES

- Plain Organic Greek Yogurt
- Plain Goat Milk Yogurt
- Plain Coconut Milk Yogurt
- Kiefer
- Goat or Sheep Cheese
- Unsalted Grass-Fed Butter
- Organic Ghee
- Coconut Cream
- Unsweetened Coconut Milk
- Unsweetened Almond Milk
- Nut Milk Cream Cheese

## OILS & FATS

- Avocado Oil
- Extra Virgin Olive Oil
- Coconut Oil
- MCT Oil
- Olives



## LEGUMS

- Lentils
- Black Beans
- Chickpeas
- Garbanzo Beans
- Kidney Beans
- Chickpea Pasta
- Lentil Pasta

## NUTS & SEEDS

- Almonds
- Walnuts
- Pecan
- Pistachios
- Macadamia Nuts
- Pumpkin Seeds
- Chia Seeds
- Ground Flax Seeds
- Sunflower Seeds
- Hemp Hearts
- Almond Butter
- Sunflower Butter
- Cashew Butter
- Tahini

## SWEET TEMPTATIONS

- Stevia Dates
- Monk Fruit
- Maple Syrup
- Organic Honey
- Organic Vanilla
- Almond Flour
- Coconut Flour
- Oat Flour
- Canned Pumpkin
- Dark Chocolate
- Cacao Powder & Nibs

## BEVERAGES

- Organic Tea: Green, Dandelion, Camomile, Rose, etc.
- Matcha
- Water: Spring, Filtered, or Structured
- Organic Mineral or Sparkling Water
- Coconut Water
- Organic Wine
- Organic Coffee
- Swiss Water Decaf-Coffee

## CONDIMENTS

Suggested brands:

- Primal Kitchen
- Rao's Homemade
- BRAGG
- Sir Kensington's
- Chosen Foods
- Siete





### **Ready to take your beauty even deeper?**

This guide is just the first spark — the beginning of a fuller, more aligned way of caring for your skin, your energy, and your presence in the world.

If you're craving personalized support, I'd love to work with you:

#### **Makeup Services**

For makeup lessons, events, or camera-ready moments — I bring 23 years of artistry, clean-beauty expertise, and a calming Taurus energy that makes getting glam feel like therapy with a makeup brush.

**[Book your session and let's create a look that feels like your most magnetic self.](#)**

#### **Holistic Beauty Strategy + The Beauty Flow Method**

If you're ready to age well, regulate your nervous system, rebuild your skin health, and truly glow from the inside out...I offer 1:1 support, programs, and rituals that weave together wellness, nutrition, face yoga, gua sha, mindset work, and modern beauty.

**[This is where your lifelong radiance is built — gently, intentionally, from within.](#)**

Let's work together.

Your glow already lives inside you — I'm here to help you bring it forward.

