

Recipes for skin health



Chia & Berry Protein Pot



Why it works: Supports hydration, elasticity and collagen formation.



Serves 1



0 mins

INGREDIENTS

- 2 tbsp chia seeds
- Unsweetened almond or dairy milk
- Handful berries
- Greek yoghurt or plant protein yoghurt
- Almond or cashew butter

Optional upgrades:

- Sprinkle cacao nibs
- Add ground flaxseed
- Grated dark chocolate (85%)

DIRECTIONS

- Soak chia seeds overnight in milk.
- Top with yoghurt and berries.
- If you choose to add flaxseeds, grind them immediately before serving

Packed with Vitamin C, Vitamin E, EFAs, Zinc, Calcium

Miso-glazed salmon with lentils, veg & lemon herb oil



Why it works: Supports barrier function, reduces inflammatory flares & helps with repair



Serves 2



37 mins

INGREDIENTS

- 2 salmon fillets
- 1 tbsp white miso paste
- 1 tsp raw honey or maple syrup
- 1 tsp tamari
- 1 tin green or Puy lentils, rinsed
- Carrots or squash, chopped
- Red onion
- Olive oil

Lemon herb oil (optional but recommended):

- Olive oil
- Lemon zest
- Parsley or dill
- Pinch sea salt

DIRECTIONS

- Mix miso, honey and tamari. Brush over salmon.
- Roast vegetables with olive oil at 190°C for 25 minutes.
- Add salmon for the final 12 minutes.
- Warm lentils and stir through a little olive oil and lemon zest.
- Finish with herb oil.

Inspired variations:

- Add a spoon of sauerkraut or kimchi for gut and skin support
- Swap salmon for trout or mackerel

Packed with Vitamin D, Vitamin E, Selenium, Zinc, EFAs, Vitamin C, Copper

Smashed Avo & Sardines on Toast with Pickled Red Onion



Why it works: Excellent for dry, inflamed or itchy skin, and for supporting sebum balance.



Serves 1



5 mins

INGREDIENTS

- 1 slice rye or sourdough bread (or gluten free bread)
- 1 tin sardines in olive oil
- ½ ripe avocado
- Lemon juice
- Pickled red onion (shop-bought or homemade)
- Black pepper and fresh herbs

Optional flavour boosts:

- Capers
- Dijon mustard stirred into the avocado
- Chilli flakes if tolerated

DIRECTIONS

- Toast bread.
- Mash avocado with lemon juice.
- Top with sardines and herbs.

Packed with Vitamin D, Calcium, Selenium, Zinc, EFAs, Vitamin E, Copper

Harissa Chicken, Sweet Potato & Greens Traybake



Why it works: Supports cell turnover, wound healing and immune balance, useful for eczema and psoriasis.



Serves 3-4 ⌚ 45 mins

INGREDIENTS

- Chicken thighs or breasts
- 2 sweet potatoes, cubed
- Broccoli or kale
- Harissa paste/smoked paprika
- Olive oil
- Garlic, rosemary and thyme

Tahini drizzle (optional):

- Tahini
- Lemon juice
- Garlic
- Warm water to loosen

DIRECTIONS

- Coat chicken and sweet potatoes in olive oil and harissa.
- Roast at 190°C for 35 minutes.
- Add greens for final 10 minutes.
- Drizzle with tahini sauce.
- Add toasted flaked almonds for crunch.

Packed with Vitamin A, Vitamin C, Zinc, Selenium, Vitamin B6

Gingered Beef, Red Cabbage and Sesame Stir-fry



Why it works: Helpful for acne, wound healing and immune resilience.



Serves 2



15 mins

INGREDIENTS

- Thinly sliced beef strips
- Red cabbage
- Carrots
- Mangetout or green beans
- Spring onions
- Ginger and garlic
- Tamari or coconut aminos

Optional upgrades:

- Finish with toasted sesame seeds
- Add a squeeze of lime
- Serve over cauliflower rice or buckwheat

DIRECTIONS

- Stir-fry beef quickly in olive or avocado oil.
- Add vegetables, ginger and garlic.
- Finish with tamari or coconut aminos.

Packed with Zinc, Iron, Vitamin B12, Selenium, Vitamin C

Spiced Chickpea, Tomato & Spinach Stew with Yoghurt & Seeds



Why it works: Supports collagen production and antioxidant protection.



Serves 3



15 mins

INGREDIENTS

- 1 tin chickpeas
- 1 tin chopped tomatoes
- Spinach
- Onion and garlic
- Cumin and coriander
- Smoked paprika

To serve (recommended):

- Full-fat Greek yoghurt or coconut yoghurt
- Toasted pumpkin or sunflower seeds
- Fresh coriander

Inspired variations:

- Add aubergine or courgette
- Stir through a little harissa or preserved lemon

DIRECTIONS

- Gently cook onion and garlic.
- Add spices, tomatoes and chickpeas.
- Simmer and stir in spinach at the end.
- Serve with yoghurt of your choice, seeds and coriander.
- Add additional vegetables of your choice, such as aubergine and courgettes.

Packed with Copper, Zinc, Vitamin C, Vitamin E, B Vitamins

Book your free consultation with me today

How can I help?



My name is Hilda, the Founder of HSH Coaching. Being a Health & Wellness Coach, I help people restore their health and get back to a version of them, they thought they'd lost. I specialise in Weight Management and how to live life after GLP-1s, Stress and Anxiety, Blood Sugar Balancing and regaining your Confidence back. If you're experiencing any symptoms, or just feel unwell and unhealthy, get in touch with me today. Book yourself a free health chat and find out how together, we can get you back to the best version of yourself.

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