

FAT TO FIT  
30  
SEASON 2



**SKIN-FIRST  
ANTI-AGEING  
DIET + LIFESTYLE  
BLUEPRINT**

by  Fitelo

# INDEX

- 01 Introduction: The Skin-First Philosophy**
- 02 How to Use This Blueprint**
- 03 The 4 Biggest Skin-Agers (And What to Do)**
- 04 Daily Anchors (Non-Negotiables)**
- 05 Daily Food-Group Checklist**
- 06 Cooking Methods That Keep Skin Calm**
- 07 Weekly Upgrades for Glow & Resilience**
- 08 Foods to Limit or Avoid Common triggers that age skin faster**
- 09 Supplements (Use to Fill Gaps, Not Replace Food)**
- 10 Lifestyle Playbook: The Skin-First System**
- 11 A Simple 1-Day Sample Plan (Indian-Friendly)**
- 12 30-Day Skin-First Challenge- Weekly Habit Tracker**
- 13 Quick Troubleshooting Guide**

# 01 - The Skin-First Philosophy

A practical, long-term system to improve skin quality (glow, firmness, barrier, even tone) by targeting the real drivers: sun exposure, blood sugar spikes, chronic stress, and poor sleep.



## THE BIG PICTURE:

If you fix **Sun + Sugar + Stress + Sleep**, your skincare products work better, your inflammation drops, and your face looks younger - even before fancy treatments.

## 02 - How to Use This Blueprint

- Follow the Daily Anchors checklist 80-90% of days.
- Add the Weekly Upgrades for extra collagen support and glow.
- Use the Avoid/Limit list to remove the biggest skin-agers first.
- Pick 2-3 lifestyle changes and lock them in for 30 days, then add more.



## 03 - The 4 biggest skin-agers (and what to do)

- **Sun:** UV is the #1 accelerator of wrinkles and pigmentation. Use daily broad-spectrum sunscreen and protective clothing.
- **Sugar + refined carbs:** Frequent spikes can increase glycation and inflammation, making collagen less flexible. Prioritize protein + fiber and keep sweets occasional.
- **Stress:** Chronic cortisol can worsen acne, redness, dullness, and sleep. Build small daily stress 'off-ramps.
- **Poor sleep:** Sleep is repairing time for barrier and collagen. Consistency matters as much as total hours.

## 04 - Daily Anchors (non-negotiables)

These are the highest-return habits for skin quality. Treat them like a checklist.

ANCHOR	TARGET	EXAMPLES (PICK WHAT FITS YOUR DIET)
<b>Protein per meal</b>	25-40 g, 2-3 meals/day	Eggs, chicken, fish, paneer/tofu, Greek yogurt/curd, dal + rice, rajma/chole, whey/plant protein if needed
<b>Vitamin C + colorful plants</b>	1 vitamin C fruit + 3 colors/day	Amla, guava, citrus, kiwi; leafy greens, tomatoes, bell peppers, carrots, beetroot, berries
<b>Healthy fats for barrier</b>	2 servings/day	Olive oil/mustard oil (not overheated), walnuts, almonds, flax/chia (1-2 tbsp), avocado, seeds
<b>Fiber + steady carbs</b>	25-40 g fiber/day	Vegetables 2-3 bowls, legumes, millets, oats, quinoa, fruits whole (avoid juice), psyllium if needed
<b>Fermented/gut support</b>	1 serving/day	Curd, kefir, kanji, idli/dosa batter, homemade pickles in moderation
<b>Hydration</b>	Pale-yellow urine	Water through the day; add electrolytes if you sweat a lot; avoid sugary drinks

**Shortcut rule:** Start every meal with **protein + vegetables**. Add carbs last. This one change improves blood-sugar control and reduces cravings.

## ***05 - Daily food-group checklist***

- ✓ **Protein:** 2-3 servings/day (or 1.6 g/kg/day if training hard).
- ✓ **Vegetables:** 400-600 g/day (at least 2 bowls). Include 1 bowl leafy greens most days.
- ✓ **Fruit: 1-2** servings/day (prefer whole fruit over juice).
- ✓ **Healthy fats:** nuts/seeds + quality oil daily.
- ✓ **Carb quality:** millets, legumes, sweet potato, brown rice/atta; limit bakery/maida.
- ✓ **Micronutrients:** mix of zinc, selenium, copper sources (seeds, nuts, legumes, eggs/seafood).

## ***06 - Cooking methods that keep skin calmer***

- Prefer boiling, steaming, stewing, pressure-cooking most days.
- Keep deep-fried and very high heat grilled foods occasional.
- Use acidic marinades (lemon/curd) for paneer/chicken/fish to improve tenderness and reduce harsh browning.
- Choose oils that match cooking method: ghee/mustard for Indian cooking, olive oil for low-heat or finishing

# 07 - Weekly Upgrades (for glow and resilience)

If your daily anchors are consistent, these weekly foods are the next level.

FREQUENCY	FOOD GROUP	WHY IT HELPS SKIN	EXAMPLES
<b>2-3x/week</b>	Omega-3 rich foods	Supports barrier lipids and helps calm inflammation	Fatty fish (salmon, sardine, mackerel); veg: chia/flax daily + walnuts
<b>3-5x/week</b>	Legumes/beans	Fiber + polyphenols support gut-skin axis and stable glucose	Rajma, chole, lobia, masoor, moong, sprouts
<b>3-5x/week</b>	Cooked tomato & red/orange veg	Carotenoids support glow and oxidative defense	Tomato curry/soup, carrots, pumpkin, red peppers
<b>1-2x/week</b>	Zinc/copper foods	Repair and collagen cross-linking support	Pumpkin seeds, sesame, cashew; eggs/seafood if non-veg
<b>1-2x/week</b>	Berries / pomegranate	Polyphenols support even tone and glow	Berries, pomegranate, jamun (seasonal)
<b>Optional</b>	Collagen-rich soups	May support skin hydration when paired with protein + vitamin C	May support skin hydration when paired with protein + vitamin C

## 08 - Foods to limit or avoid (biggest skin-agers)

You do not need perfection - you need awareness. If you reduce these, skin usually improves fast.

- **Sugary drinks:** soft drinks, sweet coffee, packaged juices
- **Daily desserts:** mithai, cakes, pastries, ice cream
- **Refined carbs:** maida-heavy snacks, white bread, cookies
- **Ultra-processed foods:** chips, instant noodles, packaged 'diet' snacks
- **Deep-fried foods:** repeated oil frying, frequent fast food
- **Alcohol (especially binge):** dehydration + sleep damage
- **Smoking/vaping:** collagen breakdown and dullness
- **High-salt packaged food:** puffiness and barrier stress
- **Very spicy + oily combos:** can trigger acne/rosacea in some
- **Late-night heavy meals:** worsens sleep and inflammation

**Simple rule:** Keep sweets to **1-3 times/week**, not daily. If you want something daily, use fruit + curd + nuts.



# 09 - Supplements *(use to fill gaps, not replace food)*

Supplements work best when daily anchors are already consistent. If you have medical conditions, pregnancy, or take blood thinners, check with your clinician first.

SUPPLEMENT	TYPICAL APPROACH	WHO BENEFITS MOST	NOTES / CAUTIONS
<b>Omega-3 (EPA/DHA)</b>	If you do not eat fatty fish 2-3x/week: consider a daily omega-3	Dry skin, inflammation, low fish intake	Take with meals. Choose reputable brands. Consult if on blood thinners.
<b>Collagen peptides</b>	2.5-10 g/day for 8-12 weeks	Fine lines, dryness, workouts/weight loss phases	Pair with vitamin C foods. Not a substitute for protein.
<b>Vitamin D3</b>	Use based on lab results and clinician advice	Indoor lifestyle, low sun exposure, low levels	Dose depends on baseline blood level.
<b>Magnesium (glycinate)</b>	200-400 mg at night (if needed)	Sleep quality, stress, muscle recovery	Can loosen stools at higher dose. Avoid if severe kidney disease.
<b>Zinc (short course)</b>	10-15 mg/day for 6-8 weeks if needed	Acne-prone, low dietary zinc	Do not megadose long-term; excess can affect copper.
<b>Probiotic / prebiotic fiber</b>	As needed; start low	Bloating, irregular stools, acne linked to gut issues	Food first: curd/kefir + fiber. Not everyone needs capsules.

# **Supplements** *(What not to do)*

- Do not stack many supplements at once. Add one, monitor for 2-3 weeks.
- Avoid megadoses of fat-soluble vitamins (A, E) unless prescribed.
- Be cautious with 'detox' teas, laxatives, and aggressive diuretics - they can worsen skin and sleep.

**Priority order:** Sunscreen + sleep + protein + fiber. Supplements come last.



# **10 - Lifestyle Playbook** *(the skin-first system)*

If you do only one thing from this page: protect your skin from sun daily and sleep consistently.

## **1 Sun protection (daily)**

- Broad-spectrum sunscreen SPF 30-50 every morning (face, neck, ears).
- Reapply if outdoors, sweating, or after washing.
- Add hat/sunglasses and seek shade during strong sun.

## **2 Sleep (repair mode)**

- Aim 7.5-8.5 hours with consistent sleep/wake time.
- Caffeine cutoff 8-10 hours before bed; keep dinner lighter.
- Morning sunlight for 5-10 minutes to set your body clock.

## **3 Strength training + walking**

- Strength train 3-4 days/week (full body).
- Walk 7,000-10,000 steps/day or 30-45 minutes most days.
- Cardio (zone 2) 2-3x/week supports circulation and insulin sensitivity.

## **4 Stress 'off-ramps'**

- 10 minutes/day: breathing, prayer, meditation, journaling, or a quiet walk.
- Take 2 minutes before meals: slow breathing reduces stress eating.
- Protect your evenings: less phone, more wind-down.

## **5 Hydration + alcohol**

- Drink to pale-yellow urine; add electrolytes if you sweat a lot.
- Alcohol: keep occasional. Sleep damage shows on skin the next day.

## **6 Habits that destroy collagen**

- Smoking/vaping: one of the fastest ways to age skin. If applicable, plan to quit.
- Constantly picking acne or rubbing the face increases marks and inflammation.

# 11 - A simple 1-day sample plan

(Indian-friendly)

TIME	MEAL	SKIN-FIRST OPTION
<b>Morning</b>	Hydration	Water + (optional) lemon; if training, add electrolytes
<b>Breakfast</b>	Protein + C	Eggs/paneer/tofu + veggie omelette; or curd bowl + fruit (amla/guava) + seeds
<b>Lunch</b>	Protein + 2 bowls veg	Dal/rajma/chicken/fish + salad + cooked sabzi; carbs after protein (roti/rice/millet)
<b>Snack</b>	Protein/fat snack	Roasted chana + nuts; or Greek curd; or protein shake if needed
<b>Dinner (light)</b>	Protein + cooked veg	Soup/stew + protein; avoid heavy sweets and ultra-processed snacks at night
<b>Before bed</b>	Sleep routine	Dim lights, no heavy food, calm breathing 2 minutes



# 12 - 30-day Skin-First Challenge

## (printable)

Pick 5 habits. Do them daily for 30 days. Take a front-face photo on Day 1 and Day 30 in the same lighting.

### Choose 5: (circle or mark)

- Sunscreen every morning
- Protein at 2-3 meals
- 1 vitamin C fruit + 3 vegetable colors
- 7.5+ hours sleep (consistent timing)
- 10k steps or 30-45 min walk
- Strength training 3-4x/week
- No sugary drinks
- Sweets only 1-3x/week
- 10 minutes stress reset
- Hydration to pale-yellow urine

HABIT	MON	TUE	WED	THU	THU	SAT	SUN
Habit 1 (write your pick)							
Habit 2 (write your pick)							
Habit 3 (write your pick)							
Habit 4 (write your pick)							
Habit 5 (write your pick)							

# 13 - Quick troubleshooting

- **Dryness/peeling:** increase omega fats + hydration; reduce ultra-processed foods; check harsh cleansers; ensure adequate calories.
- **Acne flare:** check frequent sugar/refined snacks; reduce greasy fast food; ensure gut regularity; consider zinc short-course with clinician guidance.
- **Pigmentation:** sunscreen consistency + vitamin C fruit daily; reduce picking; manage sleep and stress.
- **Puffy face:** reduce salty packaged foods; improve sleep; prioritize whole foods.

## Medical note

This guide is educational. If you have diabetes, kidney disease, thyroid issues, are pregnant, or are on blood thinners, discuss major diet or supplement changes with your clinician.



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