

Combatting Ozempic Face: Foods for Radiant Skin

Rapid weight loss reduces facial fat and increases oxidative stress, making skin look thinner. The fix is collagen-supporting protein and antioxidants.

RADIANT-SKIN ESSENTIALS

- Vitamin C is non-negotiable — it's the collagen cofactor.
- Hydrate aggressively. Skin elasticity follows water.
- Lycopene reduces UV-related aging by ~25%.
- Omega-3s reduce inflammation that ages skin.

1. Citrus Herb Grilled Chicken Salad

Why it works. Citrus delivers vitamin C for collagen; chicken provides the amino acids.

INGREDIENTS

- 2 chicken breasts
- 4 cups greens
- 1 orange + 1/2 grapefruit, segmented
- Mint, parsley, lemon dressing

HOW TO MAKE IT

- 1 Marinate chicken 15 min.
- 2 Grill 6 min per side.
- 3 Slice over greens with citrus.
- 4 Drizzle dressing.

2. Antioxidant Vegetable & Lentil Soup

Why it works. Bell pepper, carrot, tomato deliver C, beta-carotene, and lycopene.

INGREDIENTS

- 1 cup red lentils
- 1 red bell pepper

- 2 carrots
- 1 cup diced tomato
- 4 cups broth
- 1 tsp turmeric

HOW TO MAKE IT

- 1 Soften aromatics 4 min.
 - 2 Add lentils, veg, broth.
 - 3 Simmer 20 min.
 - 4 Finish with basil.
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3. Berry & Spinach Protein Smoothie Bowl

Why it works. Berries deliver polyphenols that fight skin-aging oxidative stress.

INGREDIENTS

- 1 cup frozen mixed berries
- 1 handful spinach
- 1 scoop protein
- 1/2 cup Greek yogurt

HOW TO MAKE IT

- 1 Blend all ingredients.
 - 2 Pour into a bowl.
 - 3 Top with chia and almonds.
 - 4 Eat with a spoon.
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4. Lycopene-Rich Tomato & Baked Fish Tray

Why it works. Cooked tomatoes have 5x more bioavailable lycopene than raw.

INGREDIENTS

- 2 white fish fillets
- 2 cups cherry tomatoes
- 1 zucchini
- Olive oil, basil, garlic

HOW TO MAKE IT

- 1 Heat oven to 425°F.
 - 2 Toss veg with oil and herbs.
 - 3 Add fish on top.
 - 4 Bake 18 min.
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5. Cucumber & Dill Yogurt Dip with Chicken Skewers

Why it works. Cucumber is 96% water; Greek yogurt adds protein and probiotics for nutrient absorption.

INGREDIENTS

- 1 lb chicken, cubed
- 1 cup Greek yogurt
- 1/2 cucumber, grated
- Dill, garlic, lemon

HOW TO MAKE IT

- 1 Marinate and skewer chicken.
 - 2 Grill 4 min per side.
 - 3 Mix yogurt, cucumber, herbs.
 - 4 Serve with dip.
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