

Nourish & Repair

Recipes for Healthy Skin and a Happy Gut

Welcome to Nourish & Repair

Recipes for Healthy Skin and a Happy Gut



Hi there, I'm Ashleigh, founder of Vayda Organics and a qualified Public Health Nutritionist. If you've been struggling with skin concerns like rosacea, acne, or premature ageing, you're not alone, and you're in the right place.

At Vayda Organics, we believe the best results come from supporting your skin inside and out. Our skincare is designed to repair and strengthen your barrier, while the recipes in this book are here to nourish your body from the inside, calming inflammation, balancing hormones, and supporting gut health so your skin can thrive.

Ashleigh xx

Making These Recipes Work for You

Everyone's body is unique. If you know you have histamine intolerance, allergies, or sensitivities to certain foods, please feel free to adjust the recipes to suit your needs.

You can:

Swap ingredients for alternatives you tolerate well (e.g. swap spinach for kale, or tahini for sunflower seed butter).

Leave out any single ingredient that doesn't work for you.

Skip that recipe entirely if it's not a good fit for your body.

Listening to your body is one of the most important parts of a skin-healing journey, and there's no one-size-fits-all approach.

These recipes are here to inspire you, not restrict you.

Friendly Note:

The recipes and tips in this guide are here to educate and inspire you, not to replace personalised medical advice. If you have a health condition, allergies, or are on medication, it's always a good idea to check in with your doctor or health professional before making big changes to your diet.

Gut Health & the Skin Connection

Your gut is home to trillions of bacteria, often called your microbiome, that play a huge role in your digestion, immunity, and even how your skin behaves.

When your gut bacteria are in balance, they help keep inflammation under control, support nutrient absorption, and maintain a healthy immune system.

When the gut is out of balance, a state called dysbiosis, or if the gut lining becomes more permeable (leaky gut), inflammatory molecules can enter the bloodstream. This can lead to:

More frequent rosacea flare-ups and facial redness.

Increased acne breakouts triggered by systemic inflammation.

Dull, dry, or irritated skin because fewer nutrients are being absorbed.

The recipes in this guide are designed to nourish your gut bacteria and restore balance, which can make a noticeable difference in your skin over time.

Fibre-rich foods like quinoa, cauliflower, and vegetables feed your good bacteria, encouraging a diverse, thriving microbiome.

Fermented foods like kimchi (in the Kimchi Beef Bowl) introduce beneficial probiotics that help crowd out harmful bacteria.

Polyphenols and antioxidants from blueberries, herbs, and spices reduce inflammation in the gut and calm systemic inflammation that shows up on the skin.

Balanced macronutrients (protein, fats, and complex carbs) keep blood sugar stable, which helps regulate gut motility and supports healthy digestion.

Think of your gut as your skin's best friend. When you look after it, you're creating the foundation for clearer, calmer, and more resilient skin.

Hormone Health & Skin Balance

Hormones are your body's messengers, and they control everything from oil production to how quickly your skin renews itself. When they're balanced, your skin is often clearer, calmer, and more radiant. But when they fluctuate or get out of balance, it can show up quickly on your face.

Here's how hormonal shifts can affect your skin:

Acne & Breakouts: Androgens (like testosterone) can stimulate your oil glands to produce more sebum, which can clog pores and lead to acne.

Rosacea & Flushing: During perimenopause and menopause, declining oestrogen makes blood vessels more reactive, causing more intense flushing and broken capillaries.

Premature Ageing: Hormonal drops can slow collagen production, making fine lines and wrinkles more noticeable.

The good news is that what you eat has a powerful impact on hormone balance.

Protein at every meal supports steady blood sugar, which reduces insulin spikes, a major trigger for excess androgen production and breakouts.

Healthy fats (avocado, olive oil, tahini, coconut milk) provide the building blocks for hormones and help reduce inflammation.

Fibre-rich foods help your body eliminate excess oestrogen, keeping your hormones balanced.

Cruciferous vegetables like cauliflower support liver pathways that metabolise and clear used hormones from the body.

Meals like the Tahini Chicken Salad and Tex-Mex Breakfast Bowl offer a perfect balance of protein, fibre, and healthy fats to keep your hormones steady and your skin happy.

Balanced hormones mean less stress on your skin, fewer flare-ups, and a healthier glow at every stage of life.

Nervous System & Stress Support

Your skin and your nervous system are deeply connected. When your body senses stress, it releases hormones like cortisol and adrenaline, which can directly affect your skin.

Here's what happens when stress levels stay high:

Inflammation rises, making redness, rosacea flare-ups, and acne worse.

Skin barrier repair slows down, leading to dryness, irritation, and sensitivity.

Oil production increases, which can trigger breakouts.

Blood flow is redirected away from the skin to your vital organs, leaving your complexion looking dull and tired.

Calming your nervous system isn't just good for your mind, it's a powerful way to protect your skin. The recipes in this guide are designed to keep your blood sugar steady and provide key nutrients that help your body cope with stress.

Magnesium-rich foods (spinach, nuts, seeds) help regulate the stress response and relax your muscles.

Protein and healthy fats slow the release of glucose into your bloodstream, preventing the cortisol spikes that come with blood sugar crashes.

Antioxidants from colourful fruits and vegetables (like blueberries and beetroot) help reduce oxidative stress that can damage skin cells.

Pairing these nourishing meals with simple lifestyle habits, like deep breathing, gentle movement, and good sleep can make a big difference in calming your skin and restoring its natural glow.

Liver & Detox Support

Your liver is one of your hardest-working organs, it filters and clears hormones, toxins, and waste products from your body every single day. When your liver is supported with the right nutrients, it can do its job more efficiently, which can have a direct effect on your skin.

If the liver becomes overburdened, excess hormones and inflammatory compounds can stay in circulation longer than they should. This can:

Make hormonal acne worse.

Contribute to flare-ups of redness or rosacea.

Speed up the visible signs of skin ageing.

The good news? Food is one of the most powerful ways to support healthy detoxification.

Beetroot (like in the Beetroot Brownies) contains betalains that help the liver's detox enzymes work more effectively.

Leafy greens and cruciferous vegetables (like spinach and cauliflower in these recipes) contain compounds that assist with the breakdown of excess oestrogen.

Citrus and herbs like parsley, dill, and coriander help flush out toxins naturally.

By regularly including these foods, you're giving your liver the tools it needs to clear out what doesn't serve you, leaving your skin clearer, calmer, and brighter.



A Realistic, Nourishing Approach

This isn't about restrictive diets or complicated rules.

Each recipe is labelled with helpful abbreviations so you can quickly see if it's gluten-free, dairy-free, vegan, nut-free, high-protein, and so on - making it easy to choose recipes that suit your needs.

GF: Gluten-Free

DF: Dairy-Free

V: Vegan

N: Nut-Free


LC: Low-Carb

HP: High-Protein

MP: Meal-Prep Friendly

Q: Quick

They're designed to be family-friendly, satisfying, and easy to make. Small, consistent changes in what you eat can make a big difference to your skin over time and these recipes are the perfect place to start.





Pantry Staples

To make these recipes easy and enjoyable, it helps to always keep a few essentials on hand in your kitchen.


These staples include:

Olive oil for cooking and extra virgin olive oil for dressings.

A variety of vinegars (such as white or red wine vinegar, and apple cider vinegar) to add acidity and balance flavours in marinades, sauces, and condiments.

Sea salt or Himalayan salt, along with freshly ground black pepper for simple, nourishing seasoning.

Having these basics ready to go means you'll be able to create flavourful, skin-supportive meals without any extra fuss.



Tex-Mex Breakfast Bowl

Serves 4 | 15 Minutes

3.2 oz. (90g) dry quinoa

1 lb. (450g) lean ground turkey

1 oz. (30g) taco seasoning

4 eggs

1 avocado, mashed

4 tbsp. salsa

1 green onion, sliced

1 tbsp. cilantro, chopped

lime wedges, to serve

Cook the quinoa according to package instructions.

Heat 1 tsp. olive oil in a non-stick skillet over medium heat and add the ground turkey and taco seasoning. Mix to combine and sauté until the turkey is cooked all the way through, then remove from the skillet and set aside. In the same skillet, fry the eggs until done to your liking.

Assemble the breakfast bowls by dividing the cooked quinoa, turkey and mashed avocado equally between 4 bowls. Top each bowl with a tablespoon of salsa and a fried egg, then garnish with green onions and cilantro. Serve immediately with lime wedges.

Storage: The cooked turkey and quinoa can be stored in individual containers in the refrigerator until you are ready to assemble the bowls, making it perfect for meal prep.

GF	DF	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	448kcal	25g	33g	24g

Kimchi Beef Cauliflower Bowl

Serves 2 | 40 Minutes

- 1 small cauliflower, florets
- 1 tsp. Chinese five spice
- 12 oz. (340g) 95% lean ground beef
- 1 clove garlic, minced
- ½ tsp. root ginger, minced
- 6 tbsp. kimchi
- 1 green onion, sliced

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Add the cauliflower, Chinese five spice, 1 tbsp. of olive oil, salt and pepper into a large bowl. Toss to combine, then spread over the prepared baking sheet. Roast the cauliflower in the oven for 20-25 minutes, or until browned.

Meanwhile, heat 1 tbsp. of olive oil in a pan over medium heat. Add the ground beef, garlic and ginger, and season with salt and pepper. Cook the beef for 5-7 minutes, breaking it up as it cooks, until it is cooked through.

Divide the cauliflower, beef and kimchi equally between 2 bowls and garnish with the sliced green onion. Serve immediately.

GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	449kcal	16g	40g	25g

Tahini Chicken Salad

Serves 4 | 10 Minutes

1 lb. (450g) chicken breast, cooked, shredded

3.5 oz. (100g) celery, diced

2.6 oz. (75g) red grapes, halved

0.5 oz. (12g) parsley, chopped

2.3 oz. (65g) hazelnuts, chopped

1.4 oz. (40g) golden raisins, chopped

Place all the salad ingredients in a bowl, and stir to combine. Add all the sauce ingredients in a jar, season with salt and 1 tsp. of black pepper, and mix well.

Add the sauce to the salad ingredients and mix until everything is evenly coated in the sauce. If required, adjust the seasoning, and serve.

For the tahini dill sauce:

2.1 oz. (60g) tahini

4 tbsp. lemon juice

4 tbsp. white wine vinegar

2 tbsp. fresh dill

1 tbsp. Dijon mustard

½ tbsp. adobo sauce

GF	DF	LC	MP	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	434kcal	19g	40g	22g

Peanut Chicken with Coconut Rice

For the ginger peanut chicken:

- 1.3 lbs. (570g) boneless, skinless chicken thighs, cut into bite-sized pieces
- 1-inch (2.5cm) piece of ginger, grated
- 3 green onions, thinly sliced (white parts and green parts separated)
- zest & juice of 1-2 limes
- 2 tbsp. brown sugar
- 2-3 cloves garlic, minced
- 2 oz. (60g) roasted peanuts, chopped
- 0.5 oz. (10g) cilantro, chopped
- 1 oz. (30g) spinach (or bok choy)

For the coconut rice:

- 7.5 oz. (210g) Jasmine rice
- 12 fl oz. (360ml) water
- 14 oz. (400g) can full fat coconut milk

Serves 4 | 25 Minutes

In a bowl, mix the chicken thighs with the ginger, green onions (white parts only), lime zest, brown sugar, 1 1/2 tsp. salt, and 1 tbsp. olive oil. Cover the bowl and set aside to marinate for 20 minutes (or up to 2 hours if time allows).

To make the coconut rice, add the rice, water, coconut milk and a pinch of salt to a large pot, and stir to combine. Place the pot over a medium-high heat, and bring to a boil, before turning to low and simmering the rice until cooked.

Heat a large non-stick skillet over medium-high heat, add the marinated chicken and cook until the chicken starts to caramelize. Once the chicken is cooked through, turn the heat down, add the garlic and peanuts and sauté for 5 minutes.

Now stir through the cilantro, remaining green onion and spinach. Squeeze the lime juice into the skillet and check the seasoning, adding more salt and pepper if required.

Serve the chicken over the coconut rice. Garnish with more green onions, chopped peanuts and cilantro (optional).

GF	DF	MP	HP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	668kcal	58g	37g	32g

Blueberry Tahini Protein Smoothie

Serves 1 | 5 Minutes

- 5 fl oz. (150ml) almond milk, unsweetened
- 3.5 oz. (100g) blueberries
- 1 oz. (30g) vanilla protein powder

½ banana

1 tsp. tahini

1 tsp. ground cinnamon

½ tsp. vanilla extract

GF	DF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	285kcal	34g	26g	5g

Beetroot Chocolate Brownies

Serves 9

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55 Minutes

3.2 oz. (90g) 70% dark chocolate

2.7 oz. (75g) butter

2.5 oz. (70g) coconut sugar

9.9 oz. (280g) cooked beetroot, chopped

4.9 oz. (140g) all-purpose flour

¼ tsp. baking soda

½ tsp. baking powder

2 tsp. unsweetened cocoa powder

8.8 oz. (250g) applesauce

Preheat the oven to 375°F (190°C). Line a 7x9-inch brownie pan with baking paper, or use a silicone brownie pan.

Finely chop the chocolate and melt in a small bowl along with the butter. Once melted, stir in the sugar and set aside. Puree the beetroot in a food processor, and set aside.

Add the flour, baking soda, baking powder and cocoa powder to a large mixing bowl and stir well to combine.

Now add the applesauce, pureed beetroot and melted chocolate. Stir until all ingredients are well combined. Then pour the batter into the prepared pan. Place the pan onto the middle rack of the oven and bake for 40 minutes.

Remove from the oven, and allow the brownies to cool completely in the pan. Once cool, cut into squares and serve.

MP

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	31g	2g	11g

My Promise to You

You deserve to feel confident in your skin. This is your starting point, and I hope it inspires you to see food as a powerful part of your skin-healing journey. Pair these recipes with a simple, barrier-repairing skincare routine and you'll be supporting your skin from every angle.

Ashleigh xx

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