

Best Looksmaxing Meals

In this Looksmaxing Guide, I'll show you the exact meals I personally use every day to debloat my face, stay sharp, and maintain a clean, healthy, and attractive look. These meals aren't theory — they're what actually works. Definitely try them out."

BREAKFAST OPTION 1

Debloat Protein Porridge (Jawline-Safe)

Ingredients:

- 40g oats (dry)
- Water (not milk)
- 1 scoop clean vegan protein (no sugar, no maltodextrin)
- ½ kiwi or small handful blueberries
- 1 tsp chia seeds
- Cinnamon

*my recommendation protein powder:

[Vegan Protein](#)

Why it works:

- Oats = slow carbs → stable insulin
- Berries/kiwi = low fructose, antioxidant
- No dairy → no bloating
- High fiber → gut calm = face calm

Macros (approx):

- Calories: ~420 kcal
- Protein: ~30 g
- Carbs: ~45 g
- Fat: ~9 g

BREAKFAST OPTION 2

Adonis Eggs & Avocado Plate

Ingredients:

- 3 whole eggs (4–5 if bigger body size)
- ½ avocado dip (smashed avocado, pepper, very few celtic sea salt, majoran/basil)
- Olive oil (small amount to cook)
- Side-meal: Watermelon with lemon & blueberries and if needed oatmeal (recipe 1)

Why it works:

- Eggs = hormone + skin support
- Avocado = potassium + healthy fats
- Cooked veggies = no gut irritation

Macros (approx):

- Calories: ~520 kcal
 - Protein: ~28 g
 - Carbs: ~12 g
 - Fat: ~38 g
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BREAKFAST OPTION 3

Looksmax Pancakes (No Bloat Version)

Ingredients:

- 2 eggs
- 2 scoops vegan protein powder (vanilla)
- Chia seeds
- Small amount almond milk
- Small amount Cinnamon
- *Olive or coconut oil (minimal, for pan)*

Optional topping:

- Watermelon, honeymelon, kiwi or blueberries

Why it works:

- No wheat, no sugar
- Protein + slow carbs
- Safe even for acne-prone guys

Macros (approx):

- Calories: ~480 kcal
 - Protein: ~26 g
 - Carbs: ~40 g
 - Fat: ~24 g
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LUNCH OPTIONS

LUNCH OPTION 1

Lean Beef & Rice (Post-Workout Ideal)

Ingredients:

- 150–180 g lean beef
- 100 g cooked white rice
- Broccoli or carrots (cooked)
- Olive oil

Why it works:

- Beef = zinc + testosterone
- White rice post-workout = low bloat, fast refill
- Cooked veggies = digestion-friendly

Macros (approx):

- Calories: ~600 kcal
 - Protein: ~40 g
 - Carbs: ~55 g
 - Fat: ~18 g
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LUNCH OPTION 2

Tuna Avocado Bowl (Debloat Focus)

Ingredients:

- 1 can tuna in water (drained)
- ½ avocado
- Cucumber
- Spinach
- Olive oil + lemon

Why it works:

- Tuna = clean protein, low inflammation
- Potassium + hydration → facial de-puffing
- No sodium overload (if drained)

Macros (approx):

- Calories: ~480 kcal
- Protein: ~38 g

- Carbs: ~10 g
 - Fat: ~28 g
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LUNCH OPTION 3

Chicken Bowl (Jawline Support)

- Chicken Breast
- Zucchini + carrots (cooked)
- White rice (moderate portion)
- Olive oil (1 tsp)

Why it works:

High zinc + iron → testosterone support

Cooked veggies → no bloating

Carbs timed midday → no facial water retention

LUNCH OPTION 4

Salmon & Sweet Potato Plate

- Fresh salmon (not smoked)
- Sweet potato (baked)
- Spinach (lightly cooked)

Why it works:

Omega-3s reduce inflammation

Sweet potato = clean carbs

Excellent for skin & facial sharpness

LUNCH OPTION 5

Chicken Avocado Bowl

- Grilled chicken breast
- Avocado (½)
- Cucumber + zucchini
- Olive oil + lemon

Why it works:

Stable blood sugar

Healthy fats for hormones

Very low bloat risk

LUNCH OPTION 6

Egg & Veggie Lunch Plate

- 3 eggs (only if breakfast was a porridge)
- Zucchini + broccoli
- Sweet potato or quinoa (small portion)

Why it works:

Choline + cholesterol → hormone support

Keeps face lean & skin clear

LUNCH OPTION 7

Turkey & Veggie Plate

- Fresh turkey breast (not deli)
- Carrots + spinach
- Olive oil drizzle

Why it works:

Very lean protein

Low sodium

No inflammation

DINNER OPTIONS (Keep light & anti-inflammatory)

DINNER OPTION 1

Chicken & Zucchini Plate

Ingredients:

- 150 g chicken breast
- Zucchini or cucumber (cooked or raw if tolerated)
- Olive oil
- Herbs (no sauces)

Why it works:

- Light protein = no night bloating
- No carbs late → no morning puffiness

Macros (approx):

- Calories: ~420 kcal
 - Protein: ~35 g
 - Carbs: ~8 g
 - Fat: ~18 g
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 DINNER OPTION 2

Salmon & Greens (Skin Upgrade)

Ingredients:

- 150 g fresh salmon
- Spinach or broccoli (cooked)
- Olive oil or lemon

Why it works:

- Omega-3s = anti-acne + anti-inflammation
- Perfect before sleep

Macros (approx):

- Calories: ~520 kcal
- Protein: ~32 g
- Carbs: ~10 g
- Fat: ~34 g
- Alcohol
- Soft drinks
- Energy drinks
- Processed cheese
- Deli meats
- Heavy sauces

Because **even if calories fit** → **your face pays the price.**

 DINNER OPTION 3

Turkey & Avocado Plate (Hormone + Jaw Support)

Ingredients:

- 150 g fresh turkey breast (pan-seared or grilled)
- ½ avocado

- Cucumber or zucchini (lightly cooked preferred)
- Olive oil
- Herbs / salt (Celtic sea salt only)

Why it works:

- Lean protein → stable blood sugar, no facial swelling
- Avocado fats → hormone support = better skin & structure
- Low-carb, low-sodium → zero next-day puffiness

Macros (approx):

- Calories: ~480 kcal
 - Protein: ~38 g
 - Carbs: ~9 g
 - Fat: ~26 g
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DINNER OPTION 4

Lean Beef & Carrots (Structure Builder)

Ingredients:

- 150 g lean beef (5–10% fat, grass-fed if possible)
- Carrots (steamed or lightly pan-cooked)
- Olive oil
- Herbs (no sauces)

Why it works:

- Zinc + iron → testosterone & facial structure support
- Cooked carrots → gut-friendly, anti-inflammatory
- Satisfying but clean → no late-night cravings

Macros (approx):

- Calories: ~500 kcal
 - Protein: ~34 g
 - Carbs: ~12 g
 - Fat: ~28 g
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DINNER OPTION 5

Egg & Spinach Bowl (Ultra-Light, Debloat Focus)

Ingredients:

- 3 whole eggs
- Spinach (cooked, not raw)
- Olive oil or coconut oil
- Herbs / pepper

Why it works:

- Eggs = complete protein + choline for skin & brain
- Very light digestion → flat face in the morning
- Perfect on rest days or during debloat phases

Macros (approx):

- Calories: ~430 kcal
 - Protein: ~30 g
 - Carbs: ~6 g
 - Fat: ~30 g
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✗ STRICT DINNER NO-GOS (REMINDER)

Avoid at dinner time:

- Alcohol
- Soft drinks
- Energy drinks
- Processed cheese
- Deli meats
- Heavy sauces

👉 Even if calories fit — **your face pays the price.**

 FINAL LOOKSMAX REMINDER

This plan is not about:

- bulking
- cheating aesthetics
- short-term pumps

It's about **revealing the face you already have** by removing:

- inflammation
- water retention
- hormonal chaos

Run this for **14–21 days** and you'll see:

- tighter face
- sharper jawline
- clearer skin
- better energy