

LOOKSMAXING FOODS — GOs & NO GOs

SALT & SEASONING

✅ GO

-  Celtic Sea Salt
-  Himalayan Salt (small amounts)
-  Fresh herbs (basil, parsley, rosemary)

❌ NO GO

-  Table Salt
 -  Iodized / refined salt
 -  Seasoning mixes (hidden sodium, sugar)
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MILK & DAIRY

✅ GO

-  Unsweetened Almond Milk
-  Unsweetened Coconut Milk (carton, not can)

❌ NO GO

-  Cow Milk (all fat levels)
-  Oat Milk
-  Sweetened plant milks
-  Cheese (especially processed cheese)
-  Butter
-  Cream / cream cheese

👉 **Reason:** Dairy + insulin spikes = facial bloating + acne risk
Almond milk is the **safest option** for debloat & skin.

BREAD & GRAINS

✅ GO

-  Sweet Potatoes
-  White Rice (moderate, post-workout)
-  Quinoa (small portions)

❌ NO GO

-  White Bread
-  Wheat Bread
-  Bagels
-  Pastries
-  Gluten-heavy products

👉 Bread is **not looksmaxing-friendly** → inflammation + water retention.

VEGETABLES

✅ GO

-  Spinach
-  Kale
-  Cucumber
-  Carrots
-  Broccoli
-  Swiss Chard
-  Zucchini

❌ NO GO

-  Corn
-  White Potatoes (fried/processed)
-  Garlic (raw, excessive)
-  Onion (raw, excessive)
-  Tomatoes (if acne-prone)

👉 GO veggies = low inflammation, high potassium, skin-supportive

FRUITS

✅ GO

-  Banana (yellow green - calcium)
-  Kiwi
-  Oranges
-  Lemon
-  Cantaloupe
-  Coconut (fresh / water)
-  Blueberries
-  Watermelon

❌ NO GO

-  Banana (brown yellow - sugar)
-  Grapes
-  Pineapple (can inflame acne)
-  Mango
-  Apples (too fructose-heavy)
-  Strawberries (histamine)
-  Cherries

👉 GO fruits = **low fructose + high potassium** → debloat + jawline

PROTEINS

✅ GO

-  Chicken breast
-  Grass-fed beef
-  Wild-caught salmon
-  Tuna (fresh)

❌ NO GO

-  Deli meats
-  Bacon
-  Sausages
-  Fast food meat



GO



NO GO



Eggs (if no acne reaction)



Processed meats



DRINKS



GO



NO GO



Water



Soft drinks



Coconut Water



Fruit juice



Green Tea



Alcohol



Dandelion Tea



Energy drinks



Black Coffee (no sugar)



Coffee with milk/syrups



Oils



GO



NO GO



Olive Oil (cold, minimal)



Sunflower Oil



Coconut Oil (small amounts)



Soybean Oil



Avocado Oil



Corn Oil



Fish Oil (Omega-3)



Butter



Margarine



Sweets



GO



NO GO



90% Dark Chocolate (small)



Candy



looksmax comform Berries



Cookies



Raw Honey (small)



Cake



Donuts



Ice cream

FINAL RULE (VERY IMPORTANT)

If a food causes:

- facial puffiness
- acne
- redness
- water retention

✗ It is NOT looksmaxing-compatible — even if “healthy”.

Looksmaxing food is **not about trends**.
It's about **how your face reacts**.

You wonder why the following foods/drink are NOT optimal for looksmaxing? ...

Oat Milk

Why it's a NO-GO:

- High in **processed carbohydrates**
- Spikes **insulin** → insulin increases **water retention**
- Often contains **seed oils** (rapeseed/canola)
- Can worsen **acne** due to glycemic load

 Result:

- ✗ Puffy face
- ✗ Softer jawline
- ✗ Higher inflammation risk

Looksmax verdict: ✗ Avoid

Butter

Why it's problematic (in excess):

- High in **saturated fats**
- Can increase **inflammation** if digestion isn't optimal
- Dairy-derived → may trigger **acne** in sensitive individuals

➡ Result:

⚠ Not ideal during debloat / face-sharpening phases

Looksmax verdict: ❌ Avoid regularly (small amounts are not catastrophic, but not optimal)



Corn

Why it's a NO-GO:

- High **glycemic load**
- Often genetically modified
- Can cause **gut inflammation**
- Poor nutrient-to-calorie ratio

➡ Result:

❌ Water retention

❌ Inflammation

❌ No aesthetic benefit

Looksmax verdict: ❌ Avoid



White Potatoes (fried / processed)

Why processed potatoes are bad:

- Fried = seed oils + starch = inflammation
- High insulin spike
- Causes **water retention under facial skin**

➡ Result:

❌ Puffy cheeks

❌ Softer face

❌ Acne risk

Important:

!! Boiled potatoes in moderation are *neutral*, but fried/processed are a NO.

Looksmax verdict: ❌ Avoid fried / processed

GARLIC — RAW vs COOKED (LOOKSMAX VERDICT)

✗ Raw garlic (especially excessive)

Problem:

- Extremely irritating to the gut lining
- High sulfur compounds → gas & bloating
- Triggers water retention in many people
- Gut stress = facial puffiness + dull skin

Result:

- Puffy face (especially lower cheeks & jaw)
- Temporary inflammation

Looksmax verdict: ✗ Avoid raw or excessive amounts

✓ Cooked garlic (lightly cooked)

What changes when cooked:

- Heat **breaks down sulfur compounds**
- Much easier to digest
- Far less bloating
- Still provides antioxidants & immune benefits

Best way to use:

- Lightly sautéed
- Cooked into meals (not burned)
- Small to moderate amounts

Looksmax verdict: ✓ Looksmax-conform when cooked properly

👉 Rule:

Raw garlic = ✗

Cooked garlic = ✓ (moderation)

ONION — RAW vs COOKED (LOOKSMAX VERDICT)

✗ Raw onion

Problem:

- High FODMAP food
- Causes gas & gut fermentation
- Leads to water retention
- Very common cause of next-day facial swelling

Result:

- Puffy lower face
- Soft jawline
- Distended midsection

Looksmax verdict: ✗ Avoid raw onion

✓ Cooked onion (well-cooked)

What cooking does:

- Reduces FODMAP impact
- Breaks down harsh fibers
- Much easier on digestion
- Less water retention

Best way to use:

- Well sautéed
- Slow-cooked
- Avoid half-raw / crunchy onion

Looksmax verdict: ✓ Looksmax-conform in small, cooked amounts

👉 Rule:

Raw onion = ✗

Cooked onion = ✓ (small amounts)

Tomatoes (if acne-prone)

Why tomatoes can be problematic:

- Nightshade family
- Can increase inflammation in acne-prone individuals
- Histamine response for some men

➡ Result:

⚠ Potential acne flare-ups

Looksmax verdict: ⚠ Conditional — avoid if acne-prone

2. 🍞 Is bread allowed at all?

Short answer:

Mostly NO.

Why bread is bad for looksmaxing:

- Refined carbs → insulin spikes
- Gluten → inflammation (even without celiac disease)
- Causes **water retention** in face
- Triggers acne for many men

➡ Result:

❌ Puffy face

❌ Softer jawline

❌ Worse skin

Is there *any* exception?

- **Very small amounts of:**
 - Sourdough
 - Gluten-free bread (clean ingredients)

But even then:

➡ It provides **zero benefit** for looksmaxing.

Looksmax verdict: ❌ Best avoided completely

3. 🐟 Is canned tuna good for looksmaxing?

YES — with conditions

Why tuna is GOOD:

- Very high **lean protein**
- Low fat → no facial bloating
- Supports muscle + jaw definition
- High in **selenium** (skin & hormone support)

The problem:

- Mercury accumulation if eaten excessively

Safe looksmax protocol:

- **2–3 cans per week max**
- Choose:
 - **Tuna in water!**
 - BPA-free cans if possible

➡ Result:

- ✓ Lean face
- ✓ Muscle definition
- ✓ No inflammation (if limited)

Looksmax verdict: ✓ YES (moderation)

Tuna in Water vs. Tuna in Oil (Looksmaxing Verdict)

✓ **Tuna in Water — LOOKSMAX APPROVED**

Why it's good:

- **Zero added fats** → no hidden inflammatory oils
- **Lower calories** → easier to stay lean = sharper face
- **High protein** → supports muscle, skin, hair, jawline
- **No seed oils** → avoids acne & facial inflammation
- **No extra sodium (if you choose low-sodium)**

➡ Result:

- ✓ Leaner body
- ✓ Less facial puffiness
- ✓ Cleaner skin
- ✓ Better jawline visibility

Best choice:

- **Tuna in water**
- **Low-sodium**
- Drain before eating

⚠️ Tuna in Oil — NOT IDEAL

Why it's a problem:

- Most canned tuna in oil uses **cheap vegetable/seed oils** (soybean, sunflower, canola)
- These oils are **pro-inflammatory**
- Inflammation =
 - ❌ acne
 - ❌ facial water retention
 - ❌ bloated lower face
- Higher calories make staying lean harder

➡ Result:

- ⚠️ Softer facial features
- ⚠️ Increased risk of breakouts
- ⚠️ More puffiness over time

Even “olive oil” tuna is often:

- Low-quality refined olive oil
- Mixed with seed oils
- Still unnecessary added fat

4. 🥚 Eggs — how many should a looksmaxer eat?

Eggs are one of the **BEST** looksmax foods

Benefits:

- Complete protein
- High choline → skin & hormone health
- Supports testosterone
- No insulin spike

Optimal intake:

- **2–4 eggs per day**
- Prefer:
 - Organic
 - Free-range

When to be careful:

- If you notice acne → reduce yolks slightly

Best protocol:

- 2 whole eggs + 1–2 egg whites (daily)
or
- 3–4 whole eggs if skin tolerates it



Result:



✓ Sharper face



✓ Better skin



✓ Higher testosterone

Looksmax verdict:  STRONGLY YES

5. 🍈 Why Cantaloupe / Honeydew Melon is GOOD (even though it's sweet)



Cantaloupe (Honeydew Melon)

Why it's looksmax-friendly:

- High **potassium**
- Very high **water content**
- Natural **diuretic**
- Low calorie density
- Reduces sodium-related bloating

Important difference:

Sweet ≠ bad

Insulin-spiking + inflammatory = bad

Melon is:

- Low glycemic load
- Anti-bloating

Looksmax verdict:  STRONG GO
