

JANE MUKAMI'S 30 DAY
COMPLETE NUTRITION GUIDE

EAT | GET CLEAN | LEAN

*A Healthy Way
to a Leaner
You!*

- ✓ 30 Day Nutrition Plan
- ✓ Healthy Recipe Ideas
- ✓ Complete Shopping List



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LETTER FROM THE AUTHOR

WELCOME TO THE EAT CLEAN GET LEAN NUTRITION GUIDE!



I write this book with much love and passion, because I always proclaim the importance of nutrition for healthy living.

After deciding to reclaim my life by getting healthier and losing weight, I wasted 2008 and 2009 working out extremely hard and following different diets that I assumed were healthy. To my surprise and frustration, my body remained the same and I eventually discovered that what I assumed was healthy eating was not even close.

Before we dive any further, let me make sure you understand that this is not a diet.

This is also not a drastic method for weight loss, because drastic results come with drastic consequences.

This is a nutrition plan whose rules can be replicated and followed to form a lifestyle change.

Eating habits are simply that: habits that can be modified and cultivated if one is willing and committed to change. It takes 21 days of consistency to form a habit, so after following this program for 30 days you can easily develop a new routine.

This *Eat Clean Get Lean Nutrition Guide* eliminates the guesswork and/or assumptions that I wish I had known about sooner. I lay it all out for you, so all you have to do is follow along and adhere to the rules.

Changing your eating habits can be a challenge because your body has been programmed and accustomed to ingesting a wide array of items, the majority of which do not support good health.

Your surroundings play a huge role, which is evident by looking at the items in the grocery stores and supermarkets. The sections containing healthy fruits, vegetables, and meats are small and usually tucked away in corners or located around the perimeter. These areas are tiny compared to the vast space filled with unhealthy items; rows upon rows are packed with a myriad of sugary, salty processed foods.

We develop huge dependence on these unhealthy items, so be prepared to suffer withdrawals. The body resists by craving the bad items even more, requiring you to fight back by staying compliant to the plan and to yourself.

Your level of commitment will be tested and you'll either sink or swim. You WILL fight back and stay on track with this program until your body resets and adapts to the clean sources of fuel. One thing is guaranteed: you will feel much better than before!

Fact: 80% of reducing body fat and becoming healthier comes from what you eat; the other 20% comes from your exercise program and mindset.

There are 365 days in a year, but I'm asking you to be bold and take control of your life by adhering to this program for just 30 days.

You've dedicated your life to family, relationships, careers, and education, and now it's time you commit to a better, healthier you!

I look forward to reading your testimonial in the next 30 days!

Jane Mukami – fitkenyangirl

*“Let food be thy medicine
and medicine be thy food.”
~ Hippocrates ~*

CHAPTER 1:

CLEAN EATING

WHAT IS CLEAN EATING?

Clean eating refers to the consumption of natural foods and elimination of man-made/processed foods.

WHAT ARE PROCESSED FOODS?

These are any items whose source is not directly linked to nature. These items don't occur naturally and go through activities that might include chemicals and additives that diminish their nutritional value. Effects from their denatured or chemically altered foods include

- Headaches
- Acid reflux
- Fatigue
- Mood Swings
- Depression
- Diabetes
- Eczema

Here is a quick way to identify natural foods.

*If it does not....
Grow from the earth,
Grow from trees and plants,
Have a mother,
Fly,
Swim,
....then it is not a natural food.*

The items below have a natural connotation but are not to be consumed:

- 1.** Deli meats: sausages, bacon, smoked turkey or chicken, or roast beef. These items do come from animals; however, they have to go through some process to be created.



- 2.** Wheat: wheat, although grown from a grain, is not a healthy item for the following reasons:

- a.** The wheat grown today has been manipulated in laboratories over time to make it yield more crops and stay drought- and pest-resistant. The manipulation alters the DNA of the grain.
- b.** Wheat goes through intensive processing to form flour. This involves removing of the germ, the only part that might have little nutrition. This leaves flour devoid of nutrients and adds no nutritional value to our bodies.
- c.** Wheat causes a lot of ailment stemming from gluten. Note that wheat, amongst all other grains, such as rye, barley, oats, millet, etc., has the highest amount of gluten. Gluten is the main cause of
 - i.** Celiac disease, an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine;
 - ii.** Coeliac disease, also known as gluten intolerance, is damage of the lining of the small intestine, which greatly reduces the ability of the gut to absorb adequate nutrients from food. In the worst cases, this can lead to severe malnutrition; and
 - iii.** Wheat exacerbates most ailments, such as irritable bowel syndrome (IBS), food allergies, etc.



CHAPTER 2:

FOOD GROUPS

Nutrients are substances needed for growth, metabolism, and other body functions. There are Macronutrients and Micronutrients.

1. MACRONUTRIENTS

There are nutrients that provide calories or energy. Since “macro” means large, **macronutrients** are nutrients needed in large amounts. There are 3 types of macronutrients:

1. Carbohydrates
2. Protein and
3. Fats

1. Carbohydrates

Carbohydrates have 4 calories per gram and are the body’s main source of fuel. There are different types of carbohydrates: simple carbohydrates, complex carbohydrates, and fibrous carbohydrates.



- **Simple carbohydrates** are made up of 1-2 molecules. Examples are sucrose (regular sugar), fructose (fruit sugar) and lactose (milk sugar). For weight loss, it’s advised to minimize consumption of simple carbohydrates.
- **Complex carbohydrates** are long complex chains of simple carbohydrates; hence they are called complex carbohydrates. Carbohydrates should be consumed in moderation for weight loss or in sugar-sensitive people, because they spike blood sugar.

When a complex carb, such as wheat, is refined it loses its complex structure and is reduced to a simple carb. This makes it no longer a healthy option because the body will process it as it would a simple carb, such as sugar. This then makes all byproducts of wheat (pastas, cakes, cookies, etc.) not healthy options.

Examples of complex carbs are rice, sweet potatoes, and all wheat/grain products, etc.

- **Fibrous carbohydrates** are rich sources of vitamins, minerals, phytochemicals, and other nutrients and tend to be green vegetables. They are full of fiber, which passes straight through the gut and is not absorbed. They are great “colon cleansers” and are essential for keeping the digestive process running clean and healthy. Fibrous carbohydrates are very low in calories and are very filling. Fibrous carbohydrates keep the blood sugar constant with no spikes. Examples of fibrous carbohydrates are cabbage, broccoli, apples, squash, spinach, lettuce, cucumber, green beans, kale, pumpkin, beans and other pulses.



2. Protein

Protein has 4 calories per gram and is important for tissue repair, growth, immune function, making essential hormones and enzyme, and preserving lean muscle, and is a source of energy when carbohydrates are not available.

Healthy sources of protein include fish, turkey, chicken, egg whites, and, for red meat, lean cuts of beef, bison, venison, tofu, beans and other pulses.



Note: Beans and other pulses are rich in protein compared to other vegetables but they do have higher amounts of carbohydrates than protein. This is why they are listed in both the carbohydrate and protein sections as examples.

3. Fats

Although fat has gotten a bad rap in the past, healthy fats are extremely important. The body needs fats for energy, to help in absorption of other nutrients, and for overall body functionality. They should be consumed in moderation for weight loss.

Fats are classified as follows:

Unhealthy fats

Saturated fats are found in animal and dairy products. They are usually solid at room temp and visibly found in animal products such as chicken skin, solid fat on steak or pork, and cheese.

Transfatty acids are man-made fats made through the chemical process of hydrogenation. They taste good and prolong the shelf life of goods on grocery store shelves.

Examples: most vegetable oils, margarine, cake mixes and frostings, waffle and package mixes, ice cream, non-dairy creamers, frozen burgers, beef sausages, beef hot dogs and ground beef, cookies, donuts, etc.



Healthy fats

Monounsaturated fats are considered good fats and found in avocados, almonds, cashews, peanuts, etc. Cooking oils are made from plants or seeds, such as sunflower, canola, soybean, olive, sesame, and peanut oils.

Polyunsaturated fats are found in fish, sesame seeds, pine nuts, Brazilian nuts, etc. Polyunsaturated fats contain healthy omega 3 and 6 found in fish, sesame, flaxseed, and chia seeds.



2. MICRONUTRIENTS

Micronutrients are nutrients that our bodies need in smaller amounts and include vitamins and minerals. Micronutrients are vital to development, disease prevention, and well-being. Micronutrients are not produced in the body and must be derived from the diet.



Healthy sources of micronutrients are fruits, vegetables, nuts, legumes, etc.

Water

Over 50% of the body is made up of water, making hydration an integral part of a healthy diet. Here are six reasons to drink more water:

1. Excess weight can be water weight. Just like food, the body will retain water when it feels as though it is not getting enough. The best way to keep the body from retaining the water is by increasing water intake.
2. Sweating during a workout robs your body of water. Drinking water helps replace that which is lost through sweating and respiration. It also helps in energy transformation during a workout.
3. Cleansing: Working out and burning fat and calories creates byproducts in the body that need to be eliminated. This elimination only happens with a good enough supply of water.



4. Drinking water burns calories. Water does not get a free pass in the body just because it's water. The body has to work in order to absorb it. For that, calories are burned. The more water consumed, the more work created for the body.
5. Appetite suppressant: Your body will send a signal of hunger when really it is thirsty. Next time you feel hungry, take a glass of water and wait 20 minutes. Chances are you were not hungry, just thirsty.
6. Optimize body functions: Water is extremely important for kidneys function; however, when kidneys are functioning at sub-optimal level they receive assistance from the liver.

Thermic Effect

Thermic effect refers to energy required to digest, absorb, and store the nutrients in the food. Research shows that protein has the highest thermic effect of about 20-35% burned through processing. Carbohydrates burn 5-10% and fats burn 0-5%.

Let's eat less **CRAP**

- C** - Carbonated drinks (example: sodas)
- R** - Refined sugar (sugar)
- A** - Artificial sweeteners
- P** - Processed foods (cookies, cakes, bacon, sausages).



Let's eat more real **FOOD**

- F** - Fruits
- O** - Organic meat, if available
- O** - Omega 3 from fish, nuts, avocado
- D** - Drink water.



CHAPTER 3:

RULES AND GUIDELINES

To be successful in the *Eat Clean Get Lean* program you will be required to make some changes. These changes will include feeding your body quality fuel, nourishing your body from a cellular level, and boosting your metabolism for a healthier body.

Not following the rules will mean not making the most of this program and sabotaging your progress.

- a.** Elimination - The *Eat Clean Get Lean Nutrition Guide* eliminates foods considered to be the worst offenders. These foods include
 - Sugar
 - Alcohol
 - Caffeine products
 - Processed foods
 - Wheat Products
- b.** Protein - Overconsumption of red meat, especially the fatty kind, is not good for your health. The *Eat Clean Get Lean Guide* allows for consumption of beef a couple of times a week, but this must be a lean cut of beef. Make sure you trim the fat before preparation and stick to the portion rules.
- c.** Carbohydrates - The *Eat Clean Get Lean Guide* provides two servings per day.
 - For those who workout in the morning or do not workout at all, you should only consume carbohydrates at breakfast and lunch and none for dinner.
 - For those who workout in the evening, do not add an extra carb at dinner. Instead, switch one of two servings (breakfast or lunch) and have it at dinner.
- d.** Vegetables - The *Eat Clean Get Lean Guide* has provided a short list of vegetables, also known as fibrous carbs, but all vegetables are OK for this program. Use any vegetable combinations you would like and ensure that half your plate is always covered in vegetables. Feel free to eat as many veggies as you want at every meal.

- e. Vegetarian meals - The *Eat Clean Get Lean Nutrition Guide* has meals which will not have any meat as a source of protein. This is intentional and will instead require consumption of pulses such as beans, lentils, etc. with vegetables.
 - The reason these cannot be consumed with carbohydrates such as rice is because pulses, although high in protein, are also high in carbohydrates. For the sake of weight loss, we will only consume pulses with vegetables. There are so very many types of pulses, so feel free to use whichever ones you have access to.
- f. Hydrate - Water is life. The goal is to consume at least three liters of water a day. Start by gradually increasing your water intake. If already consuming at least 3 liters a day then slowly increase your intake by 1/2 a liter a day
- g. Lemon water - Drink 500ml of water and lemon first thing in the morning and 500ml of water and lemon after dinner or right before bedtime.
- h. Meal frequency - Eating every 2.5 to 3 hours helps speed up your metabolism, keeps you full throughout the day, and counters overeating, hence reducing the number of overall calories consumed. You must eat five times a day as instructed in the program. Skipping a meal or snack is not an option. In order to lose weight, your body needs food, not starvation.
- i. Portion control - For the *Eat Clean Get Lean Program* the following items are needed for your success:

1. A kitchen scale.

A kitchen scale will be required for accurate portion measure. The measurements below are estimates and ranges to help you understand portion control better. (oz = ounces; g = grams)



2. Measuring cups

Measuring cups are important measuring tools. The easy to use type are the scoops.





- Women

1. Protein/meat - between 4-5 oz/113-140g measured using a kitchen scale.
2. Carbohydrates such as rice and oats will be 1/2 a cup, while potatoes, squash, sweet potatoes, and yams will be 4 oz/115g (measured on a kitchen scale).
3. Vegetables will be 1.5 cups minimum. You can fill up on as many vegetable as you like.
4. Healthy Fats - nuts, a handful. Avocado 3 oz/85 g.



- Men

1. Protein/meat - between 5-6 oz/140-170g measured using a kitchen scale.
2. Carbohydrates such as rice and oats will be 3/4 a cup, while potatoes, squash, sweet potatoes, and yams will be 5.5 oz/155g (measured on a kitchen scale).
3. Vegetables will be 2 cups minimum. You can fill up on as many vegetable as you like.
4. Healthy Fats - nuts, a handful. Avocado 4 oz/85 g.

Note: All the above portions are taken after cooking right before serving the food onto your plate or container.

- j. Substitution - Due to different preferences and access to different types of foods, the *Eat Clean Get Lean Guide* does offer a bit of flexibility and ability to substitute.
- You can pick the breakfast options that work for you and repeat them over and over instead of changing them every single day
 - You can substitute the listed type of carbohydrate for another. For example: Chicken + Rice + Vegetables; you can have potatoes, sweet potatoes, or squash instead of the rice, as long as you stick to the portion measurement in b. above.
 - You can eat chicken or fish for any other protein sources that I've listed, such as liver and kidneys.
 - You are not allowed to use beef as a substitute for other protein options in order to keep consumption at a minimum.**
- k. Sugar replacement - No sugar will be consumed for the next 30 days. If you must, use stevia, agave nectar, or raw honey.
- l. Cooking methods - Choose cooking methods that require no cooking oil, such as grilling, roasting, baking, skillet, or non-stick pots and pans. Vegetables should be lightly steamed or sautéed. Reduce the amount of salt intake both during cooking and while eating.
- m. Cooking oils - Should you choose to sauté or stew your food, use minimal cooking oil, preferably coconut oil. Olive oil is a good option for low-heat cooking and salads.

- n.** Seasoning - For great tasting food, use herbs and spices. Stay away from bouillon cubes, such as chili cubes or Royco, etc.
 - herbs - garlic, ginger, cilantro, basil, parsley, lemon grass, rosemary
 - spices - turmeric, sage, cayenne pepper, paprika, kelp, curry, dill, thyme
- o.** Working out - Working out accelerates weight loss, especially when a clean and healthy nutrition program such as *Eat Clean Get Lean* is involved. You are encouraged to commit to physical activity at least four times a week.
- p.** Vitamins and Minerals are vital for the many biochemical functions of the body.

The good news is we can get most of the major ones by eating the right foods however due to a myriad of reasons - poor farming conditions, food storage and preparation methods - by the time the food becomes a meal on our plate, the nutrient quality and quantity is usually degenerated.

This the requires that we supplement by taking a daily multivitamin to ensure that you are get all the vitamins and minerals that the body requires to perform at optimum.
- q.** Progress Tracking tools - you will need a weighing scale and a tape measure.



On **Day 1** morning while on an empty stomach, take your weight.

- Also take measurements of your bust, waist, and hips in inches.
- Take your before pictures and write down your measurements.

On **Day 31** morning while on an empty stomach, take your weight.

- Also take measurements of your bust, waist, and hips in inches.
- Take your after pictures and write down your measurements.

CHAPTER 4:

THE PLAN

A. FOOD ITEMS

Breakfast foods

You MUST have breakfast. Breakfast should be a combination of carbohydrates and protein. Below is the list of items combined for your breakfast options. It's highly recommended that you stick to the layout provided in the *Eat Clean Get Lean Guide*.

If for any reason you prefer to change up the items and stick to one or two breakfast items, then ensure they are from the list below and adhere to the portion control rules.

- | | | |
|--------------------------------------|---|---|
| <input type="radio"/> Weetabix | <input type="radio"/> Yams | <input type="radio"/> Green smoothie 1 |
| <input type="radio"/> Oatmeal | <input type="radio"/> Eggwhite omelette | <input type="radio"/> Green smoothie 2 |
| <input type="radio"/> Sweet potatoes | <input type="radio"/> Yogurt | <input type="radio"/> Previous night's dinner |
| <input type="radio"/> Muesli | <input type="radio"/> Oatmeal pancakes | |

Note: Feel free to pick different options as long as they are in the same food group.

Example: You can have sweet potatoes instead of weetabix, muesli or oatmeal because all of these are carbohydrates.

Remember to adhere to the portions.

Snacks

Here is a list of all the snacks in the *Eat Clean Get Lean Guide*. Stick to the snacking items as illustrated in the daily details.

- | | | |
|-------------------------------|-------------------------------------|--|
| <input type="radio"/> Yogurt | <input type="radio"/> Nuts | <input type="radio"/> Green smoothie 1 |
| <input type="radio"/> Salad 1 | <input type="radio"/> Banana | <input type="radio"/> Green smoothie 2 |
| <input type="radio"/> Salad 2 | <input type="radio"/> Rice Cakes | |
| <input type="radio"/> Apple | <input type="radio"/> Peanut butter | |

Lunch

Lunch meals will always consist of carbohydrates, protein, and vegetables. The only exception to this rule is for those who workout in the evening and prefer having the lunch carbohydrate portion after their evening workout.

Here is a list of some healthy lunch items:

- Chicken + rice + vegetables
- Lentils + vegetables
- Fish + potatoes + vegetables
- Beans + vegetables
- Beef + butternut squash + vegetables
- Kidneys + rice + vegetables
- Liver + sweet potatoes + vegetables
- Fish salad + baked potato
- Chicken salad + quinoa

Note: If liver and kidneys are not accessible, please stick to chicken, fish, and beef. Beef should not be consumed more than three times a week.
Stick to the vegetarian meals listed on this plan

Ethnic Kenyan foods

Because I am Kenyan, I have included a few common Kenyan meals as part of the *Eat Clean Get Lean Guide*. These meals will be denoted by a Kenyan flag.

These meals include:

- Ugali, Matoke, Pilau, Mukimo, can be a source of carbohydrate and substituted for rice, and potatoes
- Githeri + vegetables

Note: Beans, Lentils and Githeri should always be consumed with vegetables.

Dinner

Dinner for those who do not workout in the evening (past 5:00 p.m.) should ONLY be protein and vegetables, no starch. For those who workout past 5:00 p.m., adhere to the carbohydrate portions provided and eat at least two hours prior to bed.

Here is a list of some dinner combinations that constitute a healthy dinner:

- Chicken + vegetables
- Lentils + vegetables
- Fish + vegetables
- Beans + vegetables
- Beef + vegetables
- Kidneys + vegetables
- Liver + vegetables

Note: If liver and kidneys are not accessible, please stick to chicken, fish and beef. Beef should not be consumed more than three times a week.
Stick to the vegetarian meals listed on this plan.






B. SHOPPING LIST: THE TABLE OF FOODS.

The food lists below show all the foods listed by foods groups. I had the pleasure of living in two different cultures (Kenyan + American) and have combined foods from both.

The foods marked with a small Kenyan flag are Kenyan foods; however, feel free to try out the recipes located in the "Recipes" section of this book.

FOOD LIST

STARCH

- ☐ Rice
- ☐ Potatoes
- ☐ Sweet Potatoes
- ☐ Yams
- ☐ Cassava
- ☐ Butternut Squash
- ☐ Lentils
- ☐ Beans
- ☐ Githeri 
- ☐ Ugali 
- ☐ Matoke 
- ☐ Mukimo 
- ☐ Pilau 
- ☐ Muesli
- ☐ Oatmeal
- ☐ Weetabix
- ☐ Maize/Corn Flour

FRUITS

- ☐ Banana
- ☐ Mango
- ☐ Apple
- ☐ Avocado
- ☐ Cantaloupe

VEGETABLES

- ☐ Kale
- ☐ Spinach
- ☐ Managu/African Night shade
- ☐ Terere/Vegetable Amaranth
- ☐ Green Beans
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Asparagus
- ☐ Tomatoes
- ☐ Onions
- ☐ Cucumber
- ☐ Lettuce

PROTEIN

- ☐ Chicken
- ☐ Tilapia/Cod fish
- ☐ Liver
- ☐ Beef/Goat
- ☐ Kidneys
- ☐ Lentils
- ☐ Beans/Legumes
- ☐ Eggs

HEALTHY FATS

- ☐ Avocado
- ☐ Nuts

SNACKS


- ☐ Yogurt
- ☐ Apple + Nuts
- ☐ Apple Only
- ☐ Banana
- ☐ Green Smoothie
- ☐ Nuts
- ☐ Salad 1 - Tomato, Cucumber Avo
- ☐ Salad 2 - Lettuce, Apple, Grapes, Tomatoes, Carrots
- ☐ Rice Cakes
- ☐ Peanut butter

OTHER ITEMS

- ☐ Coconut Cooking Oil
- ☐ Lemons
- ☐ Milk
- ☐ Balsamic Vinegar

DAY 1



**Remember to take your weight and measurements first thing in the morning and while on an empty stomach.

BREAKFAST	MEN	WOMEN
Eggwhites Weetabix Milk or Water	6 3 pieces 1/2 cup	4 2 pieces 1/2 cup
SNACK #1	MEN	WOMEN
Apple Nuts	1 Handful	1 Handful
LUNCH	MEN	WOMEN
Chicken Rice or <i>Pilau</i>  Vegetables	5-6 oz/140-170g, 3/4 a cup, 2 cups	4-5 oz/113-140g, 1/3 a cup, 1.5 cups
SNACK #2	MEN	WOMEN
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER	MEN	WOMEN
Beans Vegetables	1.5 cups 2 cups	1 cups 1.5 cups

DAY 2

BREAKFAST	MEN	WOMEN
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Yogurt	300ml/10 oz	300ml/10 oz
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cups 1.5 cups
SNACK #2		
Rice Cakes Tablespoons of Peanut Butter	3 2	2 1
DINNER		
Beef Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 3

BREAKFAST	MEN	WOMEN
Eggwhite omelette (see recipe)	1 serving	1 serving
SNACK #1		
Salad 1 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Fish or <i>Liver</i>  Potatoes or <i>Ugali</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups


DAY 4

BREAKFAST	MEN	WOMEN
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Banana	1	1
LUNCH		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Apple	1	1
DINNER		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups



DAY 5

BREAKFAST	MEN	WOMEN
Oatmeal Egg whites Milk or Water	3/4 a cup 4 1/2 cup	1/3 a cup 2 1/2 cup
SNACK #1		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
LUNCH		
Fish Rice Vegetables	5-6 oz/140-170g 3/4 a cup 2 cups	4-5 oz/113-140g 1/3 a cup 1.5 cups
SNACK #2		
Yogurt	300ml/10 oz	300ml/10 oz
DINNER		
Chicken Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups


DAY 6

BREAKFAST	MEN	WOMEN
Oatmeal pancake (see recipe)	1 serving	1 serving
SNACK #1		
Salad 2 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Lentils or <i>Githeri</i>  Vegetables	3/4 a cup 2 cups	1/3 a cup 1.5 cups
SNACK #2		
Banana	1	1
DINNER		
Liver Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 7

BREAKFAST	MEN	WOMEN
Weetabix Egg whites Milk or Water	2 6 1/2 cup	2 4 1/2 cup
SNACK #1		
Yogurt	300ml/10 oz	300ml/10 oz
LUNCH		
Chicken or <i>Kidneys</i>  Rice or <i>Matoke</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300ml/10 oz	300ml/10 oz
DINNER		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups



DAY 8

BREAKFAST	MEN	WOMEN
Eggwhite omelette (see recipe)	1 serving	1 serving
SNACK #1		
Salad 2 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Beef Butternut squash or <i>Mukimo</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300ml/10 oz	300ml/10 oz
DINNER		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups



DAY 9

BREAKFAST	MEN	WOMEN
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Apple only	1	1
LUNCH		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Banana	1	1
DINNER		
Chicken Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 10

BREAKFAST	MEN	WOMEN
Oatmeal Egg whites Milk or Water	3/4 a cup 2 1/2 cups	1/3 a cup 2 1/2 cups
SNACK #1		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
LUNCH		
Fish Rice or <i>Ugali</i>  Vegetables	5-6 oz/140-170g 3/4 a cup 2 cups	4-5 oz/113-140g 1/3 a cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Beef or <i>Kidneys</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 11

BREAKFAST	MEN	WOMEN
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Salad 1 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Fish or <i>Kidneys</i>  Rice Vegetables	5-6 oz/140-170g 3/4 a cup 2 cups	4-5 oz/113-140g 1/3 a cup 1.5 cups
SNACK #2		
Yogurt	300ml/10 oz	300ml/10 oz
DINNER		
Chicken or <i>Liver</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups


DAY 12

BREAKFAST	MEN	WOMEN
Oatmeal pancake (see recipe)	1 serving	1 serving
SNACK #1		
Banana	1	1
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300ml/10 oz	300ml/10 oz
DINNER		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups


DAY 13

BREAKFAST	MEN	WOMEN
Weetabix Egg whites Milk	2 6 1/2 cup	2 4 1/2 cup
SNACK #1		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
LUNCH		
Chicken Potatoes Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Salad 2 (see recipe)	1.5 cups	1.5 cups
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 14

BREAKFAST	MEN	WOMEN
Muesli Egg whites Milk or Water	3/4 a cup 6 1/2 cup	1/3 a cup 4 1/2 cup
SNACK #1		
Apple Nuts	1 Handful	1 Handful
LUNCH		
Chicken or <i>Liver</i>  Butternut Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
DINNER		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups

DAY 15

BREAKFAST	MEN	WOMEN
Oatmeal Milk or Water	3/4 a cup 1/2 cup	1/3 a cup 1/2 cup
SNACK #1		
Yogurt	300 ml / 10oz	300 ml/10 oz
LUNCH		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Liver  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups



DAY 16

BREAKFAST	MEN	WOMEN
Eggwhite omelette (see recipe)	1 serving	1 serving
SNACK #1		
Banana	1	1
LUNCH		
Beef Rice Vegetables	5-6 oz/140-170g 3/4 a cup 2 cups	4-5 oz/113-140g 1/3 a cup 1.5 cups
SNACK #2		
Apple only	1	1
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups


DAY 17

BREAKFAST	MEN	WOMEN
Oatmeal Pancake (see recipe)	1 serving	1 serving
SNACK #1		
Salad 1 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups


DAY 18

BREAKFAST	MEN	WOMEN
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
LUNCH		
Beans or <i>Githeri</i>  Vegetables	3/4 a cup 2 cups	1/3 a cup 1.5 cups
SNACK #2		
Salad 2 (see recipe)	1.5 cups	1.5 cups
DINNER		
Fish or <i>Liver</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups



DAY 19

BREAKFAST	MEN	WOMEN
Weetabix Milk or Water	3 1/2 cup	2 1/2 cup
SNACK #1		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
LUNCH		
Chicken Rice or <i>Mukimo</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Banana	1	1
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 20

BREAKFAST	MEN	WOMEN
Muesli Milk or Water	3/4 a cup 1/2 cup	1/3 a cup 1/2 cup
SNACK #1		
Salad 2 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Fish or Chicken or <i>Liver</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups



DAY 21

BREAKFAST	MEN	WOMEN
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
LUNCH		
Beef Matoke  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Salad 1 (see recipe)	1.5 cups	1.5 cups
DINNER		
Fish or Chicken or Kidneys  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups


DAY 22

BREAKFAST	MEN	WOMEN
Oatmeal Pancake (see recipe)	1 serving	1 serving
SNACK #1		
Banana	1	1
LUNCH		
Fish Potatoes Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups

DAY 23

BREAKFAST	MEN	WOMEN
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Apple Nuts	1 Handful	1 Handful
LUNCH		
Lentils or Beans or <i>Githeri</i>  Vegetables	3/4 a cup 2 cups	1/3 a cup 1.5 cups
SNACK #2		
Salad 2 (see recipe)	1.5 cups	1.5 cups
DINNER		
Fish or Chicken or <i>Kidneys</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups



DAY 24

BREAKFAST	MEN	WOMEN
Weetabix Milk or Water	3 1/2 cup	2 1/2 cup
SNACK #1		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
LUNCH		
Chicken or Fish or <i>Liver</i>  Rice Vegetables	5-6 oz/140-170g 3/4 a cup 2 cups	4-5 oz/113-140g 1/3 a cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Beef Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 25

BREAKFAST	MEN	WOMEN
Muesli Milk or Water	3/4 a cup 1/2 cup	1/3 a cup 1/2 cup
SNACK #1		
Yogurt	300 ml/10 oz	300 ml/10 oz
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Apple only	1	1
DINNER		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups



DAY 26

BREAKFAST	MEN	WOMEN
Oatmeal Milk or Water	3/4 a cup 1/2 cup	1/3 a cup 1/2 cup
SNACK #1		
Salad 1 (see recipe)	1.5 cups	1.5 cups
LUNCH		
Chicken or Fish or <i>Kidneys</i>  Rice or Potatoes or <i>Ugali</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Chicken Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 27

BREAKFAST	MEN	WOMEN
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
SNACK #1		
Yogurt	300 ml/10 oz	300 ml/10 oz
LUNCH		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Rice Cakes Tablespoon of Peanut Butter	3 2	2 1
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 28

BREAKFAST	MEN	WOMEN
Eggwhite Omelette (see recipe)	1 serving	1 serving
SNACK #1		
Green Smoothie 2 (see recipe)	300 ml / 10oz	300 ml / 10oz
LUNCH		
Beef Butternut or Rice or <i>Mukimo</i>  Vegetables	5-6 oz/140-170g 5.5 oz/155g 2 cups	4-5 oz/113-140g 4 oz/115g 1.5 cups
SNACK #2		
Salad 2 (see recipe)	1.5 cups	1.5 cups
DINNER		
Chicken or Fish or <i>Liver</i>  Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 29

BREAKFAST	MEN	WOMEN
Weetabix Milk or Water	3 1/2 cup	2 1/2 cup
SNACK #1		
Yogurt	300 ml / 10oz	300 ml / 10 oz
LUNCH		
Beans Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Chicken Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

DAY 30

BREAKFAST	MEN	WOMEN
Oatmeal Milk or Water	3/4 a cup 1/2 cup	1/3 a cup 1/2 cup
SNACK #1		
Apple only	1	1
LUNCH		
Lentils Vegetables	1.5 cups 2 cups	1 cup 1.5 cups
SNACK #2		
Green Smoothie 1 (see recipe)	300 ml / 10oz	300 ml / 10oz
DINNER		
Fish Vegetables	5-6 oz/140-170g 2 cups	4-5 oz/113-140g 1.5 cups

**Remember to weigh yourself tomorrow morning and take your measurements.

CHAPTER 5:

RECIPES

1. BREAKFAST RECIPES:

Oatmeal pancakes

INGREDIENTS:

- 3/4 cup for men and 1/2 cup women
- 2 egg whites
- 1/2 banana
- Water

COOKING INSTRUCTIONS:

- Add all the above ingredients in a blender.
- Blend to desired consistency.
- Use water for a lighter batter.
- Use a non stick pan or very little coconut oil.



Eggwhite omelette

INGREDIENTS:

- Eggwhites (6 for men and 4 for women)
- Vegetables (tomatoes, onions, spinach, peppers feel free to add any mix of vegetables available).

COOKING INSTRUCTIONS:

- Whisk the egg whites and veggies together.
- Cook with a non-stick pan or use minimal cooking oil.
- You can also bake the mixture.



2. SALAD RECIPES

Avocado, tomato, and cucumber salad

INGREDIENTS:

- Avocado (men 4oz/15g women 3oz/100g)
- 1/2 cup tomato
- 1/2 cup cucumber
- 4 tablespoonfuls Balsamic Vinegar

PREPARATION INSTRUCTIONS:

- Add the tomatoes, cucumber, avocado in a bowl and drizzle the balsamic vinegar.



Green salad

INGREDIENTS:

- 1 cup Lettuce or handful of lettuce or baby spinach
- 1/4 cup sliced grapes or strawberries
- 1 handful of any nuts

PREPARATION INSTRUCTIONS:

- Toss all ingredients in 1 bowl and mix with dressing.



DRESSING

INGREDIENTS:

- 1/4 onion
- 1/4 cup balsamic vinegar
- 1/4 slice red or green pepper
- 1 clove garlic

PREPARATION INSTRUCTIONS:

- Add all ingredients in blend and blend. You can add some water to your preferred consistency.

3. GREEN SMOOTHIE RECIPES

Smoothie 1 - Mango, kale, pineapple

INGREDIENTS:

- 1 cup/handful of spinach
- ½ cup mango
- ½ cup pineapple
- 300 ml/10 oz of water

PREPARATION INSTRUCTIONS:

- Blend all ingredients.
- Serve.



Smoothie 2 - Mango, spinach, banana

INGREDIENTS:

- 1 cup/handful of spinach
- ½ cup mango
- ½ cup banana
- 300 ml/10 oz of water

Note: You can mix both spinach and kale in the same smoothie.

PREPARATION INSTRUCTIONS:

- Blend all ingredients.
- Serve.



4. ETHNIC KENYAN FOODS

The one thing I Love about being Kenyan is our delicious ethnic food. All the Kenyan foods below fall under the Carbohydrates category.

The amount you cook is not limited but remember to measure the cooked food prior to putting it in your plate or container.

All these carbs have the same measure except Pilau which for Men is 3/4 cup and Women is 1/2 a cup.

Matoke, Githeri, Mukimo, Ugali

○ Men 5.5 oz/155g

○ Women 4 oz/115g

There are a lot of different ways to make some of these dishes hence my recipes will be very basic.

Note: I do not include salt in any of my cooking. Should you need salt, sprinkle a little amount on your plate serving right before eating.

Salt consumption should be minimized for health reasons.



1. Matoke

Matoke is simply sauteed raw banana.

INGREDIENTS:

- Peeled, diced and washed raw bananas
- Onions
- Tomatoes
- Sliced or shredded/grated Garlic
- Sliced or shredded/grated Ginger
- Cilantro/dania
- Coconut Oil



COOKING INSTRUCTIONS:

- Add a small amount of coconut oil in the cooking pot
- Cook the onions until slightly brown
- Add tomatoes, ginger and garlic
- Add the raw bananas
- Lower heat
- Cover and let cook until soft
- Add Cilantro just before ready

To serve measure your allocated portion

- Men - 5.5 oz/155 g
- Women - 4 oz/115 g

2. Githeri

Githeri is a mix of maize/corn and beans or peas. I recommend a 2:1 ratio for this meal.

Example:

- 1 cup of beans and 1/2 cup of maize/corn
- 2 cups of beans and 1 cup of maize

This is because besides beans being rich in protein, they have twice as much carbohydrates hence why we need to keep the maize portion low.

INGREDIENTS:

- Maize/corn
- Beans
- Onions
- Tomatoes
- Shredded or grated garlic
- Shredded or grated ginger



COOKING INSTRUCTIONS:

- Add the maize and beans to pot and add water to cover. Seasoning with salt and pepper is optional
- Bring to boil over until cooked soft
- Add a small amount of coconut oil in the cooking pot
- Cook the onions until slightly brown
- Add tomatoes, ginger and garlic
- Add the boiled maize/corn, beans
- Lower heat you can add some water (optional)
- Cover and let cook until ready

To serve measure your allocated portion

- Men - 5.5 oz/155 g
- Women - 4 oz/115 g

3. Pilau

Pilau is a rice dish that is well seasoned. Pilau is of middle eastern or indian decent and has become a staple in Kenya.

There are different variations of how to make it and this is my healthy version.

INGREDIENTS:

- Pilau masala
(from local grocery store)
- washed rice
- chopped onion
- shredded/grated ginger
- shredded/grated garlic
- diced tomatoes
- coconut oil
- water - 1:2 ratio - rice to water



COOKING INSTRUCTIONS:

- Add a small amount of coconut oil in the cooking pot
- Cook the onions until slightly brown
- Add tomatoes, ginger, garlic and pilau masala and cook until it forms a nice pasty brown base
- Add the rice and stir to mix it up very well
- Add water - rule of thumb 1:2 ratio - 1 cup of rice needs 2 cups of water
- Cover and bring to boil
- Once boiling, reduce heat and allow to simmer while covered
- After about 5 to 7 minutes stir to then cover and continue simmering
- After another 5 to 7 mins Check to ensure no dryness. If this happens add a bit more water and stir 1 more time
- Let it cook again and should be done shortly there after.

To serve measure your allocated portion

- Men - 5.5 oz/155 g
- Women - 4 oz/115 g

4. Mukimo

Mukimo is a mash of beans or peas with potatoes, pumpkin leaves and corn. This can be a very carbohydrate heavy meal hence my special modification which follows certain ratios.

The ratio to make this healthy will be as follows:

1:1/4:1/4 - 1 cup of potatoes to 1/4 cup beans or peas and 1/4 cup maize.

INGREDIENTS:

- Maize/corn
- Beans/pes
- Potatoes
- Pumpkin leaves
- Onions

COOKING INSTRUCTIONS:

- Add the maize/corn, potatoes, pumpkin leaves and beans to pot and add water to cover.
- Bring to boil over until cooked soft
- Pour out the water and mash this mixture until a good consistency is achieved
- Once mashing is done this is ready for consumption however, We love to sautee this mix.
- Add a small amount of coconut oil in the cooking pot
- Cook the onions until slightly brown
- Add in the Mukimo mix and make sure it mixes well with the onion mix.
- Mukimo is ready for serving



To serve measure your allocated portion

- Men - 5.5 oz/155 g
- Women - 4 oz/115 g

5. Ugali

Ugali is common in different parts of the world but under different names. The other difference might be the type of cereal the flour is made from.

In Kenya Ugali is made from maize flour/corn meal and water. The end product is a stiff white, barely has any taste dumpling that's eaten with other accompaniments.

It's Ugali in Kenya, Pap in South Africa, How Water Corn Bread in the US, Fufu in west and central Africa, Mealie Meal in southern Africa.

INGREDIENTS:

- Maize flour/corn meal
- Water

COOKING INSTRUCTIONS:

- Heat water until the water boils.
- Add a handful of maize flour to the boiling water and stir
- After the water reaches a boil again, add more maize flour and stir slowly
- Hold off on stirring for about 20 seconds let it cook
- Repeat stirring, adding the flour and pausing until a thick consistent mixture is formed.
- Let the ugali sit on fire until it starts hardening evenly
- Turn the ugali onto a serving plate.



To serve measure your allocated portion

- Men - 5.5 oz/155 g
- Women - 4 oz/115 g

CONGRATULATIONS

CONGRATULATIONS!! You have completed the *Eat Clean Get Lean Program*!!

Let me let you in on a secret; the rules you just learned from this program about portion control, food timing, snacking etc these are rules that you can keep for the rest of your life.

Health is a never ending journey and the trick is to know when to tighten the rules and when to relax them just a little.

The goal is to always be prepared, plan ahead and make sure that you are sticking to these rules at least 90% of the time.

The body is very smart and the moment you completely abandon all the rules, you will find yourself back at the starting point. The good news is you can now use this program as your nutrition blueprint and simply change the meals around and repeat make it your permanent lifestyle plan.

Now that you have some insight on what to do on nutrition, this would be the ideal time to incorporate physical activity. Working out helps expend extra calories, increases your energy, gives mental clarity, focus and many benefits.

Working out does not have to be drastic. Start where you are and with what you have. Walking 30 minutes a day 3 times a week and slowly building that up over time is enough and will count towards better health. The most important thing is you get started and stay consistent.

Good luck on your fitness journey!



INVITATION TO MY FREE COMMUNITIES

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AWARD WINNING COMMUNITY FOR WOMEN WHO WANT TO CREATE A FIT AND HEALTHY LIFESTYLE

At 21 Days of Change we support, empower, encourage and challenge each other to get into the best shape of our lives and lead a healthy lifestyle. Come join us if you want to have fun while transforming your body.



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READ SOME OF THE RAVING REVIEWS AND TRANSFORMATIONS BELOW!

"Being in this group is the best thing ever! The encouragement, recipes, testimonies keep me going."

~ Member ~

"Thank you Jane Mukami for giving so many women hope. I'm more energized to when I eat clean and exercise. I can now run 10km gracefully. I've trimmed 3 inches. All my clothes are falling."

~ Member ~

"From 100kg to 81kg in a span of one year... Thanks to the encouragements I got from this group..!"

~ Member ~

"On my third week and am down to 106 kgs from 120 kgs"

~ Member ~

"One week of eating clean and working out, I can see some results"

~ Member ~

"This is exactly what lifestyle change in four 4 months has done to me. I started last year on 17th October 2015 with Jane Mukami's 10 day body detox, then got to the No Wheat Challenge, and coupled it up with No Carbs after 3pm. I have so far lost 18kg and still counting... the size 18/20 clothes are history! To be honest, its not been easy, but obviously POSSIBLE"

~ Member ~

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A SUPPORTIVE COMMUNITY TO HELP KEEP YOU ACCOUNTABLE

The 10 Day Body Detox community was created to help you stay motivated and accountable throughout the process. If you want to cleanse your body, feel great and lose some weight in the process then this is the place to be.



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READ WHY PEOPLE LOVE THE 10 DAY DETOX PROGRAM



Arufeni

I lost 4.7Kgs/10.4Lbs. I will definitely recommend the detox and I will do it again.



Michael

I lost 6.3Kgs/13.9Lbs. I would most definitely recommend you try it out.



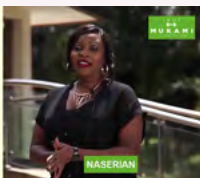
Shiku

I lost 3.6Kgs/7.9Lbs. It's been an amazing journey. I would definitely do this again.



Daniel

I lost 5Kgs/11Lbs. I would definitely recommend it to everybody out there.



Naserian

I lost 5Kgs/11Lbs. I feel so good about myself and I would definitely recommend it to everyone.



Richard

I lost 5Kgs/11Lbs. I would totally recommend this to anyone who wants to lose weight.



Faith

I lost 5Kgs/11Lbs. I actually thought I would lose less so I am pretty excited about that and I would definitely recommend this program to anybody else.

CLEANSE YOUR BODY

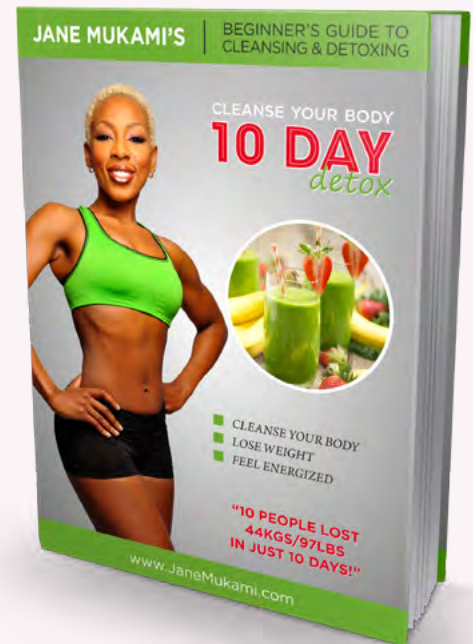
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FAQ's

- 1.** Does this mean I can never enjoy any of the food that the plan eliminated, such as alcohol, wheat products, or processed foods?
You can enjoy the unhealthy items in moderation. The goal is for you to learn firsthand, by sticking to the program, how great you feel and learn to not overindulge in the bad stuff.
- 2.** Eating all the meals on the plan is difficult. What do I do?
This might seem the case for some in week 1, but eat as much as you can for each meal. By week 2, your body will begin to adapt to the meal frequency and you will begin to feel hungrier.
- 3.** I work out in the evening. Should I follow the same program?
If working out in the morning, then consume one serving of carbohydrates after your workout and one more either during lunch or breakfast.
- 4.** What should I eat if vegan?
Replace all protein/meat with your regular vegan options, such as tofu, etc.
- 5.** What should I eat when eating at a restaurant?
When eating out, simply remember the following rules:
For lunch:
 - Order a balanced meal and focus on natural sources of starch, such as potatoes, rice, sweet potatoes, etc.
 - Stay away from fried foods and, instead, get baked, grilled, broiled, or sautéed/stewed foods.
 - Order lean cuts of protein, such as chicken breast instead of chicken with skin, fish fillets vs. fish with skin, and lean beef.For Dinner:
 - No carbs for those not working out or working out earlier in the day.
 - Adhere to the same rules as those provided above for lunch.

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STAY IN TOUCH!

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