

JANE MUKAMI'S

# EAT RIGHT TO GET YOUR BODY TIGHT

BEGINNER'S GUIDE TO CLEAN  
EATING AND WEIGHTLOSS

INCLUDES  
MY EASY  
& HEALTHY  
RECIPES



JANE  
  
**MUKAMI**  
FIT KENYAN GIRL

# COPYRIGHT & DISCLAIMER

## COPYRIGHT

No part of this document may be duplicated, transmitted, resold or reproduced in any form or by any means without prior written permission from the author and publisher.

Unauthorized duplication of this material in any form is strictly prohibited.

## DISCLAIMER

The ideas and suggestions shared in this E-book are for informational purposes only based on Jane Mukami's experience and opinion. This information is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding your health or any medical condition. Never disregard professional medical advice or delay seeking it because of something you have read in this e-book.

## ABOUT ME

Hi, I'm Jane Mukami, a Fit Kenyan Girl.

Believe it or not I'm a lot like you. I've walked in the same shoes feeling depressed by my weight and wondering why no one let me in on the 'secret pill' that could transform my body overnight.

A robust regimen combines nutrition, cardio and strength training for real results. Unfortunately, most fitness coaches or trainers out there only provide a SINGLE piece of the puzzle which wastes your time, effort and kills morale as you hop from one workout and/or nutrition plan to the next with no overall goal or comprehensive fitness strategy and no results.

Nutrition is of paramount importance and if this 1 piece cannot change, then working out is inconsequential.

This e-book is designed to guide you through the complex world of Clean Eating. It offers the clean eating solution that many people have been asking for, and so desperately need.

If you implement what I'm about to teach you as it pertains to nutrition, you can enjoy the beginning of a healthy lifestyle.

While I've done everything possible to give you a basic and concise guide, the information contained in this e-book is only as good as your implementation.

Also, bear in mind that to achieve your goal, some sacrifice will be required; you might not get to enjoy some food items that you truly love, however, once your goal is achieved, you can reintroduce those items and enjoy them from time to time BUT in moderation.

If at any point you feel overwhelmed, feel free to breakdown the rules given and focus on one rule per week or for as long as you need before moving on to the next.

The key to mastering the rules is to be extremely determined and keep taking action towards your goal.

I am always here to provide additional support if you get stuck, or need motivation to stay the course while working towards creating a healthy lifestyle.

Good luck to you on your fitness journey.

*Jane Mukami - Fit Kenyan Girl*

# TABLE OF CONTENTS

## **INTRO**

My Journey.....6

## **WHAT IS CLEAN EATING?**

Starchy Carbohydrates .....11  
 Protein .....12  
 Healthy Fats .....13  
 Fibrous Carbohydrates.....13

## **CLEAN EATING vs. DIETING**

Clean Eating in a Nutshell .....15  
 Dieting Explained .....16  
 Rules To Clean Eating.....17

## **KNOW YOUR FOOD**

Clean Fuel Sources .....22  
 Sample Eating Plans/Vitamins and Supplements.....24  
 Food Prep Guidelines .....25

# TABLE OF CONTENTS

## continued

### RECIPES

Egg White and Spinach Quiche.....	27
Flour-Less Oatmeal Protein Pancakes .....	28
French Toast .....	30
Protein Smoothie .....	32
Power Smoothie .....	33
Berry Smoothie .....	34
Balsamic Vinaigrette Dressing.....	35
Ginger Dressing.....	35

### WHY YOU NEED EXPERT ADVICE

How Jane Can Help You.....	36
----------------------------	----

## MY JOURNEY

2008 is the year I began searching for a better and a skinnier me.

I wasn't looking to get healthy; I just wanted the extra weight I had packed on over the years to vanish, to help my tight clothes fit better. What I thought would be a simple task turned out to be extremely daunting. I was frustrated when I realized that the instant gratification I was seeking came at a much higher price.

I thought I had it all figured out.

I had identified my problem to be the extra 12-14lbs I was dragging around. The obvious solution was to "eat better and work out". Regardless of all my efforts, I could not understand why I was not yielding the instant "fat melting" results I desired.

I was absolutely sure that I had the nutrition part figured out and that the missing piece was a good, effective workout routine. Armed with this knowledge, I engaged in any form of physical activity that I came across.

I remember working out three times a day, which consisted of running 6-8 miles in the morning, taking an aerobics/step class at lunch and kick boxing in the evening.

Although I would get some results, they were subpar at best and not sustainable

I was truly in pursuit of the perfect weight loss program and would not stop until I attained my goal however; I was physically exhausted and still frustrated because my weight wouldn't budge.

Finally, I met and began training with a Body Building trainer in 2010.

It was then that the proverbial scales fell from my eyes and I truly understood what proper working out and nutrition was; I discovered quickly that my notion of 'healthy eating' had been entirely wrong.

I had to quickly erase all I had learned the previous 2 years and learn the right meaning of clean eating. Prior to this experience, no one had ever told me that nutrition was a key contributor to how the body functioned, felt, and looked.

I learned that it wasn't only about WHAT items we eat, but also what TIME we eat these items.

In addition, I found out that some items I had considered healthy really contributed to more weight gain.

For the first time I learned that I was not supposed to eat until I felt full, but enough to reduce hunger and leave me feeling as though I could eat a little more.

I fully came to understand that for the body to burn fat, I had to create a calorie deficit by reducing calories consumed and working out.

I have a newfound respect for food after consistently watching how my body reacts daily from what was consumed several days earlier. I've seen how food changes the body both negatively and positively, and I am still amazed by the power of nutrition.

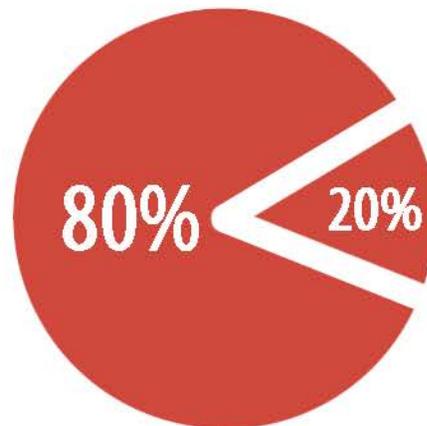
My life has not been the same since summer 2010 and I now understand that working out and eating clean are pivotal to a better quality of life.

The purpose of this e-book is to provide easy to read and digestible information that anyone can use to attain their fitness goals. I have broken down basic nutrition information based on everything I have come to understand, and the things that are working for ME.

If you follow the basic rules I will share, I guarantee the pounds will melt off, and you will also discover a better part of yourself that you didn't even know existed.

Although Nutrition is extremely important, I must point out that resistance training and cardio are the 2 other pieces of the equation. All 3 work in tandem to create a toned, well defined, healthy and fit body.

**Remember this ratio:  
Workout is 20% Nutrition  
is 80%**



## WHAT IS CLEAN EATING

*“The food you eat can be either the **safest and most powerful form of medicine** or the **slowest form of poison.**”*

*Ann Wigmore*

Clean Eating is intentional eating that involves understanding:

- 1 What clean fuel sources are.
- 2 How they affect the body.
- 3 How they should be consumed in order to burn the stubborn fat.
- 4 It's a choice to consume these clean fuel sources.

## STARCHY CARBOHYDRATES



Starchy Carbohydrates are **energy giving** foods and the body's **main source** of fuel.

- Examples of these are **grains, legumes, potatoes, rice, yams, oatmeal** etc.
- Good carbs are those that **digest slowly** and **have fiber**.
- Bad carbs are **products of processing** and are devoid of nutrients. These carbs usually **spike insulin** very fast and leave us feeling sleepy and hungry within a short period of time. Examples of these are **cakes, white bread, pasta** etc.

## PROTEIN



Protein is necessary for **growth, tissue repair** and **keeps us full longer.**

- Most animal products and bi-products such as **meats, milk, cheese** etc fall under the protein category.
- When we consume protein the body breaks it down into **essential amino acids** that can only be obtained from food and non-essential amino acids that the body makes on its own.
- Animal protein sources contain **ALL** essential amino acids, while protein from plants/legumes do not.

## HEALTHY FATS



Healthy fats are very important in providing **energy** and aiding in **nutrient absorption** of fat soluble vitamin A, D, E and K.S

- Healthy fat sources include **avocados, nuts, coconut oil, olive oil, and fish**

## FIBROUS CARBOHYDRATES



Fibrous carbohydrates are vegetables that are **extremely high in fiber** content but have **extremely low starchy carbohydrate** content.

## FIBROUS CARBOHYDRATES continued

- These carbs are packed with minerals, vitamins, and phytochemicals
- These promote cleansing of the colon and help you to have more frequent and healthier bowel movements
- They are important for stabilizing blood sugar levels.



**Examples:** Spinach, Kale, Green beans, Broccoli, Cauliflower, Asparagus, Cucumber etc.

# CLEAN EATING vs DIETING

## CLEAN EATING IN A NUTSHELL

Clean eating is a sustainable lifestyle change that has no start or end date and should help you lose weight and keep it off.

Over time we've programmed our bodies to react to the type of food and amount to eat.

Clean eating is supposed to reset our bodies and hormones to work as they ought to.

Changing our eating habits is the only way to support body functions and optimal well-being.

## DIETING EXPLAINED

- Dieting has a start and end date
- Dieting requires doing away with or consuming certain items for a given duration or time period
- Dieting is not sustainable
- Dieting might help you lose weight but will not keep the weight off once you revert back to your normal lifestyle

## RULES TO CLEAN EATING

These rules involve cutting off all food items that do not support healthy living. These foods can later be consumed in moderation AFTER successfully resetting your body, losing weight, and achieving your goal. There is a high possibility that you might not want items you used to eat once your body gets accustomed to the efficiency of clean fuel!

### 1 **Get your body on an eating schedule**

To get your body on an eating schedule, start by eating small frequent meals throughout the day. This will boost your metabolism and keep the body from storing everything you eat.

### 2 **Certain items must be completely cut off**

If you're serious about your health and fitness goals, you must abide by these rules:

## RULES TO CLEAN EATING continued

- X** No fried foods - we are working to burn fat and don't need extra fat consumed
- X** No wheat products - these are usually in the form of processed foods such as pancakes, cookies, cake, pasta, flat breads, naan, chapati.

Rule of thumb - **If man made it, don't eat it!**

- X** No dairy products - milk, cheese etc., most consumers are unaware that these cause inflammation and decrease immune response.
- X** No alcohol - most popular alcoholic beverages are high in calories, moreover when you consume alcohol, the body stops burning stored glycogen or fat and works off the alcohol first.

## RULES TO CLEAN EATING continued

### 3 Increase Water Intake

- This hydrates the body and gets the organs ready to absorb nutrients more efficiently.
- Always drink a liter (33 oz) of water upon waking, prior to breakfast. Drinking the water slowly, you might even take an hour to finish\*
- Drink the water slowly
- The only people exempt from this are those that have a fasted workout in the morning, since they consume water throughout their workout and before breakfast.

### 4 Get enough rest at night

- A minimum of 6 hours.

## RULES TO CLEAN EATING continued

- Rest is essential for growth and repair of the body.
- Studies have shown that not getting enough rest interferes with weight loss.

### 5 Carve out time to prepare meals in advance and in bulk.

Food preparation is a key component when it comes to ensuring that you always have the right types of food available at the right time.

- Not having clean meals on hand usually results in consumption of alternative food items which are often damaging.
- My recommendation is to prepare all meals in bulk during the weekend which will then leave no room for error during the week.

## RULES TO CLEAN EATING continued

- Planning ahead will keep life's daily stressors - such as having to work late, getting stuck in traffic, family emergencies or feeling unwell from interfering with decisions you make about meals since the healthy meals are readily available.
- When serious about your fitness goal, there is no room for error.
- 1 day of eating horribly can undo an entire week's progress. Once your morale tanks, it might justify falling off for another 2,3,7,14 days!

# KNOW YOUR FOOD

## CLEAN FUEL SOURCES

How do you identify clean fuel sources?

If it does not grow from the earth (vegetables and grains), swim (fish), fly (poultry) or walk (cows) . . . it is not a clean fuel source.

Protein	Vegetables	Carbohydrates	Fruit	Fats
Steak	Spinach	Red potatoes	Grapefruit	Coconut oil
Chicken breast	Broccoli	Sweet potatoes	Green Apples	Olive oil (uncooked)
Turkey	Asparagus	Squash	Watermelon	Avocadoes
Lean ground turkey/chicken/beef	Green beans	Rice	Cantaloupe	Nuts
Egg whites	Peppers	Pumpkin	Honeydew	
Tilapia	Kale	Yam	Strawberries	
Cod	Spinach	Butternut scotch	Blueberries	
Orange Roughy	Cabbage	Quinoa		
Halibut	Collard Greens	Oatmeal		
Grouper	Romaine Lettuce	Yucca		
Trout	Spring Mix			
Scallops	Cucumbers			
Cornish Hen	Zucchini			
Bison	Cauliflower			
Sea Bass	Brussel Sprouts			
Mushrooms				
Whey Protein				

## CLEAN FUEL SOURCES continued

**Whey protein** has become a common alternative protein source.

There are different types of whey protein in the market, and it's important to pay attention to the type you purchase.

For weight loss purposes, pick protein shakes with **low calories between 80 to 120 calories per serving**, 18 - 20 grams of protein, zero carbs, extremely low sodium, sugar and fat.

Also make sure there are minimum chemical additives such as corn syrup by taking time to read the ingredients list in its entirety.

Some brands that follow the criteria above are:

- Nectar brand protein
- Designer whey

## SAMPLE EATING PLAN

Nutrition needs vary greatly depending on time of day one works out.

Below are sample nutrition templates showing which macro nutrients should be consumed at what time of day. The samples below are for a person needing to lose weight or decrease body fat.

### **Morning Workout**

#### **Workout**

Meal 1: Carbohydrates + Protein

Meal 2: Snack

Meal 3: Protein + Vegetables

Meal 4: Snack

Meal 5: Protein + Vegetable

### **Afternoon Workout**

Meal 1: Scoop of protein

Meal 2: Snack

#### **Workout**

Meal 3: Protein + Vegetables + Carbohydrates

Meal 4: Snack

Meal 5: Protein + vegetables

### **Evening Workout**

Meal 1: Scoop of protein

Meal 2: Snack

Meal 3: Protein + Vegetables

Meal 4: Snack

#### **Workout**

Meal 5: Protein + Vegetables + Carbohydrates

### **Recommended Vitamins and Supplements:**

- Multivitamin
- Vitamin C
- Omega 3
- Probiotics

## FOOD PREP GUIDELINES

Sometimes people eat the right foods but prepare them in ways that can be extremely damaging.

Chicken and Fish are awesome protein sources but when fried they provide protein and a whole lot of monounsaturated fats that are dense with calories.

A salad is one of the cheapest and easiest foods to make, however salad dressings can turn them into worse meals due to high contents of sugar, salt, fat, corn syrup and other additives.

Healthy cooking is extremely basic and is done by either:

- Steaming for vegetables
- Baking for Turkey, Fish, Chicken, Sweet Potatoes
- Sautéing with minimal oil (coconut oil) – Note: Olive oil should never be used to cook. It should only be consumed raw

## FOOD PREP GUIDELINES continued

Fresh herbs, spices and seasoning with minimal salt are the best alternatives for flavoring food.

Herbs	Spices
Garlic	Turmeric
Ginger	Curry
Cilantro	Sage
Basil	Garlic
Parsley	Thyme
Lemongrass	Dill
	Kelp
	Cayenne Pepper

## RECIPES

### EGG WHITE AND SPINACH QUICHE



#### INGREDIENTS

4 egg whites (68 calories, 14g protein, 1g carbs, 0 fat)

2 slices of turkey bacon (60 calories, 5 g protein, 0 carbs, 5g fat)

2 cups of spinach (14 calories)

#### NUTRITIONAL VALUE:

Calories 144 calories, 19g Protein, 0 Carbs, 5g fat

#### DIRECTIONS:

Put all ingredients in a food processor or blender. Blend to preferred texture and pour into muffin or loaf baking tray. Preheat oven at 350 for 5 minutes and bake for 15 to 20 minutes

## FLOURLESS OATMEAL PROTEIN PANCAKES



### **INGREDIENTS:** (For 1 serving)

1/3 cup oatmeal (100 calories, 4g protein, 17g carbs, 2g Fat)

3 egg whites (51 calories, 7g protein, 0 fat, 0 carbs)

1/4 cup designer whey almond protein powder (25 calories, 5g Protein, 0 Fat, 1 Carbs)

2 pinches of cinnamon

Vanilla flavored stevia for sweetness

1 tbsp Coconut Oil (120 calories 14g fat)

### **NUTRITIONAL VALUE:**

235 calories, 16g protein, 18g carbs, 16g fat

### **DIRECTIONS:**

Beat together the oatmeal, egg whites, protein powder, cinnamon and stevia OR Put all ingredients in a food processor/blender. (continue on next page)

## FLOURLESS OATMEAL PROTEIN PANCAKES continued

### **DIRECTIONS:**

Beat or blend to preferred texture and use coconut on a non-stick frying pan or girdle.

### **Note:**

\*Add some baking powder for fuller looking pancakes. The recipe above produces lighter feeling pancakes similar to crepes.

\* The stevia and protein powder give the pancakes enough sweetness to where you do not require any syrup

## FRENCH TOAST



### INGREDIENTS

2 slices of ezeziel bread (160 calories, 8g protein, 30g carbs, 1g fat)

2 egg whites (34 calories, 7g protein, 0 carbs, 0 fat)

1/4 cup Original non flavored Almond milk (10 calories, .5g protein, .5g carbs, 1g fat)

Cinnamon

Vanilla Flavored stevia for sweetness

1/2 tbsp Coconut Oil (60 calories, 7g fat)

### NUTRITIONAL VALUE:

204 calories, 15.5g protein, 30.5 g carbs, 2g fat

(continue on next page)

## FRENCH TOAST continued

### DIRECTIONS:

Beat together egg whites, almond milk, cinnamon and stevia OR Put these ingredients in a food processor/blender.

Dip bread into mixture on both sides

Place bread in a frying pan with melted coconut oil and cook both sides for about a minute each side.

You can sprinkle more cinnamon while cooking for an extra cinnamon taste

## PROTEIN SMOOTHIE



### INGREDIENTS:

1 scoop designer whey protein (100 calories, 18g protein, 6 carbs, 2g fat)

1/4 cup oatmeal (75 calories, 3g protein, 14g carbs, 2g Fat)

1 tbsp all natural peanut butter (100 calories, 4.5g protein, 3g carbs, 8g fat)

### NUTRITIONAL VALUE:

275 calories, 25.5g protein, 23g carbs, 12g fat

### DIRECTIONS:

Blend all ingredients.

Add raw cocoa (optional)

## POWER SMOOTHIE



### INGREDIENTS:

- 1 scoop designer whey protein (100 calories, 18g protein, 6 carbs, 2g fat)
- 2 cups of kale (66 calories)
- 1/2 cup frozen pineapples (37 calories, 0g protein, 10g carbs, 0 fat)
- 4oz water
- 1/2 a cup of Ice

### NUTRITIONAL VALUE:

203 calories, 18g protein, 10g carbs, 2g fat

### DIRECTIONS:

Blend all ingredients.

Garnish with Strawberry (optional)

## **BERRY SMOOTHIE**



### **INGREDIENTS:**

1 scoop designer whey protein (100 calories, 18g protein, 6 carbs, 2g fat)

2 cups of kale (66 calories)

1/2 cup of frozen blueberries (41 calories, 0g protein, 10g carbs, 0g fat)

1/2 cup of frozen strawberries (25 calories, 0g protein, 11g carbs, 0g fat)

4oz water

### **NUTRITIONAL VALUE:**

203 calories, 18g protein, 10g carbs, 2g fat

### **DIRECTIONS:**

Blend all ingredients.

Add raspberries (optional)

## SALAD DRESSINGS



### INGREDIENTS:

Balsamic vinegar  
Mustard  
Olive oil

Stevia (natural sugar)  
Lemon

### DIRECTIONS:

Mix all ingredients in a food processor or use a protein shaker



### INGREDIENTS:

Lemon  
Stevia  
Rice vinegar

Olive oil  
Ginger

### DIRECTIONS:

Mix all ingredients in a food processor or use a protein shaker

# WHY YOU NEED EXPERT ADVICE

## HOW JANE CAN HELP YOU

Did you know that you can transform your body quickly through guidance and proven strategies – instead of spending years figuring them out on your own?

As a fitness enthusiast I have created and live a healthy lifestyle and my goal is to empower you with health and wellness education, resources and support so you can live a healthy lifestyle too.

Becoming fit and healthy requires discipline, commitment, the right support plus understanding of how the body works nutrition and much more. I can clue you in to how you can transform your body and share with you the tools and resources you need to help you accomplish your health and wellness goal.

If you are interested to **work with me personally** to help you transform your body and create a healthy lifestyle please send me and email at **[transform@janemukami.com](mailto:transform@janemukami.com)**