



THE CLEAR KITCHEN GUIDE

LOCAL MARKET GROCERY LIST AND
QUICK RECIPES FOR CLEARER SKIN

AUNTY ABBEY

BONUS SECTION

BONUS SECTION

THE CLEAR KITCHEN GUIDE™

You don't need a kitchen full of expensive foods.

Most of what your body needs can be found in your local market.

The goal is simple:

Fill your kitchen with foods that support your body and make healthy choices easier.

When healthy food is close by...

Healthy habits become easier.

Your Grocery List (Local Markets)

The next time you visit the market or supermarket, try buying more of these foods.

Vegetables

- ★ Ugu/ Pumpkin leaves
- ★ Spinach
- ★ Waterleaf
- ★ Cucumber
- ★ Carrots
- ★ Tomatoes

Fruits

- ★ Pawpaw
- ★ Oranges
- ★ Apples
- ★ Watermelon
- ★ Banana

- ★ Pineapple

Protein

- ★ Eggs
- ★ Fish
- ★ Chicken
- ★ Plantain

Healthy Carbohydrates

- ★ Sweet potatoes
- ★ Yam
- ★ Rice
- ★ Oats

Healthy Extras

- ★ **Green Tea; you can include this after using the spearmint for 1 week, Green tea in the morning then the spearmint at night.**
- ★ **Hibiscus Tea; You can include this after in your 3rd week, 3 times a week.**
- ★ Ginger
- ★ Lemon
- ★ Honey (optional)
- ★ Plain yoghurt
- ★ Oats

Don't Forget

- ✓ Water.

Sometimes the best thing for your skin costs almost nothing.

Quick Recipes For Busy Days

Healthy meals don't have to take hours.

Here are a few simple ideas.

Quick Recipes for Busy Days

Some days, you will be busy.

No problem. Try these quick meals.

NIGERIA	GHANA	SOUTH A.	CAMEROON	TANZANIA	UGANDA	KENYA
Moi moi & Pap	Red Red	Grilled Chicken & Mixed Vegetable	Koki Beans	Maharage & Rice	Beans Stew & Matooke	Maharagwe & Rice
Eggs & Vegetable Sandwich	Kontomire with Boiled eggs	Pilchards on Whole Wheat Toast	Grilled Fish & Greens	Grilled Fish & Vegetables	Boiled Eggs & Sweet Potato	Sukuma Wiki & Eggs
Beans & Plantain / Sweet Potato	Grilled Fish & Salad	Baked Beans & Eggs	Boiled Plantain & Eggs	Sweet Potato & Eggs	Grilled Fish & Greens	Grilled Fish & Spinach
Rice and Chicken sauce.	Boiled Yam and Eggs Stew	Sweet Potato & grilled Eggs	Vegetable Beans stew	Vegetable omelet	Groundnut Sauce and Veggies	Ndengu

NOTE; this isn't a must follow, just a guide on how to balance your meals.

Think meals time, think Protein, think Veggies, think Carbs. The goal is to eat healthy, just follow the formula we learnt in CHAPTER FIVE, Under Simple Plate Guide.

Skin-Loving Smoothies

These smoothies are easy to make and are a great way to include more fruits and vegetables in your diet. They won't cure acne on their own, but they can support your overall health as part of a balanced eating plan.

Smoothies & Ginger Shots

These drinks are simple, natural, and good for your skin.

They help:

- ★ Clear acne
- ★ Support your gut
- ★ Give you a natural glow

You can make them at home. No stress.

1. Glow Smoothie (For Clear, Bright Skin)

Ingredients:

- ★ 1 slice pawpaw
- ★ 1 orange
- ★ 1 small carrot
- ★ 1 cup water

How to make:

- ★ Wash and cut everything
- ★ Blend well
- ★ Drink fresh

Why it helps:

- ★ Pawpaw and orange help clear dark spots
- ★ Carrot helps repair your skin

2. Green Skin Smoothie (For Acne Control)

Ingredients:

- ★ Handful of ugu or spinach
- ★ 1 apple
- ★ 1 small cucumber
- ★ 1 cup water

How to make:

- ★ Wash well
- ★ Blend everything
- ★ Drink immediately

Why it helps:

- ★ Vegetables help clean your body
- ★ Helps reduce breakouts

3. Gut Cleanse Smoothie (For Digestion & Skin)

Ingredients:

- ★ 1 banana
- ★ 1 tablespoon oats
- ★ 1 teaspoon honey
- ★ 1 cup water or milk (optional)

How to make:

- ★ Blend all together
- ★ Drink in the morning

Why it helps:

- ★ Helps your stomach work well
- ★ Good gut = better skin

Simple Ginger Shot (For Acne & Gut Health)

Ingredients:

- ★ Fresh ginger (small piece)
- ★ 1 lemon
- ★ 1 teaspoon honey
- ★ Small water

How to make:

- ★ Blend or grate ginger
- ★ Add lemon juice and honey
- ★ Add small water and mix
- ★ Drink like a shot

Why it helps:

- ★ Ginger fights inflammation
- ★ Helps reduce pimples
- ★ Cleans your system

How to Use These

- ★ Take smoothies 3–4 times a week
- ★ Take ginger shot in the morning (2–3 times a week)

SKIN PROGRESS TRACKER

Don't depend on memory.

Track your progress.

Small improvements are easier to notice when you write them down.

Take one photo every week.

Every Week, Ask Yourself:

☐ Is my skin less oily?

Yes / No

☐ Am I getting fewer new pimples?

Yes /No

☐ Are old marks becoming lighter?

Yes No

☐ Am I drinking enough water?

Yes No

☐ Did I follow my routine most days?

Yes No

14-Day Observation

Don't expect perfection.

Look for progress.

Day 1

Take a clear picture.

Write down:

- ★ Oil level
- ★ Number of active pimples
- ★ Dark spots

Day 7

Notice:

- ★ Is your skin calmer?
- ★ Is oil reducing?
- ★ Any fewer new breakouts?

Day 14

Compare your pictures.

Even small improvements matter.

Your skin may already be changing.

Final Reminder

Your kitchen can become part of your skincare routine.

Simple food.

Simple habits.

Simple consistency.

You don't need to be perfect.

Just keep showing up for your skin, one day at a time.

Small steps today can lead to healthier, happier skin tomorrow.