

A Gentle CLEANSE

WITH *Kate Barnes*

Module 3 – Replenish. Meal Plan for Week 1.

Helping take the stress and guess work out of meal times with simple, delicious, cell loving foods.



Welcome to Module 3 of A Gentle Cleanse - Replenish.

One of the most difficult things to do is to make healthier lifestyle choices become habits i.e. just 'a way of life'.

It can take up to 60 days for new habits to become a more natural way of life.

Hello Replenish! A 4 week transition program for a gentle cleanse OR for anyone wanting an even gentler introduction to cleansing and re-energising our amazing bodies naturally - for life!

Replenish is an online program over 4 weeks that doesn't require additional time. Infact the aim is to create time for you to do more of what you love in your day. Kate hosts a weekly webinar that runs for 30 – 45 minutes, which is full of latest research, case studies and ancestral wisdom, and is extra. It's definitely worthwhile jumping onto these and listening in and a great chance to discuss your questions directly with Kate. It can be a bit like a mini consult!

Otherwise the weekly menu plans and shopping lists and online support actually save us time.

How it Works

- A private facebook group. To share information and questions. It gives us accountability and incredible support within our awesome community.
- Clear Goals. At the beginning we identify what our goals are for the 4 weeks ahead and our WHY? What keystone habits and actions are needed to act on and to create success.
- Weekly emails. An email is delivered each week with a menu plan for the week ahead, sharing links, recipes, handouts and resources needed for that week.
- A group call / webinar. Each week this is held to answer questions, share new information, case studies and to keep motivation and inspiration high.
- Access to Kate. For the entire 4 week program (except weekends), Kate will be posting in the facebook group and replying to questions.
- Identification of individual areas or issues where extra support is needed e.g. weight loss, self care, lowering stress, inflammation and/or detoxification.
- Food. Focus is on a clean diet with clean protein sources, healthy fats, fibre and natural sugars. The recommended foods and recipes are all gluten, refined sugar and dairy free.
- Supplements. Individual supplements may be considered if necessary.
- *A strong emphasis on digestive health, immune and mind health the whole way through the program.*

Imagine that by simply following my easy menu plans, along with some simple lifestyle recommendations and incredible support along the way, we create a wonderful new, healthy lifestyle for ourselves, and more than likely, our entire family.

Even if you haven't participated in the primary Cleanse component of A Gentle Cleanse, Replenish is a wonderful way to take part in a gentler transformation to kickstart a healthier lifestyle – for Life.



The best way to cleanse and detox is to incorporate healthy lifestyle habits and food choices, simply and deliciously each day.

Over 4 weeks we discover 4 elements to unlock our health freedom;

Week 1: Refresh from the inside out. Tuesday 7th of March.

includes digestive health and a closer look at releasing stubborn weight, leaky gut, inflammatory foods, supplementation, essential oils, movement, sunshine and fermented foods.

Week 2: Repair the terrain. Monday 13th March

Deeper detoxification, invisible toxins, heavy metals, immunity, water, inflammation, blood sugar balancing and liver and colon health.

Week 3: Re-energise and reconnect the whole. Monday 20th March

includes, nervous system and brain health, breathe, nature's medicine, hormonal health, self care, sleep, libido and stress management.

Week 4: Replenish and rediscover your passion. Monday 27th March.

Mind health and belief. Stimulating the senses. Community. The power of love. Energy Medicine.

Last questions and creating habits that become 'just a way of life'.

When we add in the right foods, the supplements we need and lifestyle choices that work for our unique needs, we gently detox and deeply nourish our cell-ves, every day, and our health begins to soar.

Module 2 of A Gentle Cleanse begins on Monday 27th of February.

Module 3 begins on Tuesday 7th of March. Join me for both modules, or one of them at <http://www.katebarnes.com.au/gentlecleanse>



Kate Barnes Health Coaching: Replenish Meal Plan, Monday 6th – Friday 10th March for a family of 4.

Just click on the recipe title to take you to the recipe on my site.

Green Smoothie variations: coconut water as the water base, 1 tbsp chia seeds for extra protein & satiety, 1 fresh, organic, raw egg, 1 tsp bee pollen, 1cm nib ginger, wedge of lemon, 1 tbsp almonds or cashews (activated) etc... **Still hungry after a meal?** 1 tsp of coconut oil or butter. Or veggie sticks + guacamole or pesto, leftover meat, ½ an avocado with squeeze of lemon & pinch of good quality sea salt.

DAY	Breakfast Green Smoothie	Breakfast options and if still hungry	Lunch + fermented foods	Dinner + fermented foods	Dessert or snack Ideas (If needed)
Saturday / Sunday – Preparation Day	Sunday Dinner; Lentil or Black Bean Spring Salad or Seasonal Vegetables with Tahini and Lemon Dressing . (recipe uses chick peas swap them for the other types of pulse, use shallots in place of green onion). Cook double or triple the amount for lunch the next day with a Zesty, Gluten and Dairy Free Lime or Lemon Pie (The best) .				
Monday	Green smoothie with a handful of dark leafy greens e.g. rocket, kale, spinach etc. small handful of parsley, coriander or basil, ½ beetroot (optional), 1 small lebanese cucumber, decent wedge of lemon, 1 Tbsp coconut oil (or ½ avocado, hemp seeds).	5 minute pots of power Bone stock tea or Tbsp of coconut butter or oil	Tinned sardines with steamed veggies or salad OR Poached egg with wilted greens Lunchboxes. Try using leftovers with a mix of vegetables.	Rustic Garden Love Frittata with salad or roasted vegetables and steamed greens e.g. kale, silver beet etc.	A Persian Love Bar OR Coconut and lemon macarons
Tuesday	As above or try variations listed	Gluten Free Apple Crumble . Great Breakfast or Snack. Bone stock tea or Tbsp of coconut butter or oil	Leftover Frittata Lunchbox: as above	Easy east meets west chicken Serve with steamed veggies or salad.	Olives marinated in olive oil OR vegetable sticks with nut butter OR Seed Crackers with Lemony Cashew Tahini Dip .
Wednesday	As above or try variations listed	Eggs i.e. poached, scrambled etc with wilted greens, fermented foods, avocado etc.	Leftover East Meets West Chicken or any of the above	Quinoa Pilaf served with favourite light protein source e.g. beans, fish, chicken, lamb and seasonal salad or steamed/roasted veggies.	Energiser Smoothie (love this smoothie)!
Thursday	As above or try variations listed	Apple and Cinnamon Breakfast Loaf or Muffins	Leftover xxxx or any of the above options	Crunchy almond miso salad on its own or with a sm. Amount of protein.	Chocolate Alternative! (only need a little bit ;)
Friday	As above or try variations listed	Bone stock tea or Tbsp of coconut butter or oil	Leftover xxxx or as above.	Wild Salmon Fillet (not conventionally farmed) with an array of steamed veggies or fresh salad + Garden Love Pesto and/or Avocado + Tomato + Garlic Salsa	Coconut Yoghurt with activated nuts and organic berries OR Avocado with lemon juice and sea salt

Kitchen Quickness and Readiness

1. Over the weekend, or whenever is convenient, do the shopping and prepare a couple of meals to have on hand and that are ready to go.
2. Cook once, eat twice or 3 times: Either as leftovers the next day, meat used in a different dinner the next night or freeze a meal.
3. Chop up vegetables as a snack & store for 3 or 4 days: Store in a glass pyrex container as snacks through the day, for green smoothies, for baking or steaming with meals etc: Carrots, cucumber, capsicum, snow peas, green runner beans, (whatever is in season & you all love).
4. If there's time on Sunday:
 - Prepare or make a snack or two e.g. the chocolate cupcakes and or the power muesli bars so they're ready to go. These snacks or desserts also freeze well.
 - Chop up vegies & store in glass containers for the week

Shopping List

Many of these ingredients you'll already have, do a quick check before you hit the shops!

Protein and meal basics

- Non farmed Salmon fillets for 4 (Big Fish in Bicton sell it fresh from NZ in Perth)
- 2 tins brown lentils or black beans
- 10 – 12 organic chicken pieces (eg wings and / or drumsticks)
- 2 cartons organic eggs

Fruit, Veg and Herbs

- 2 cups english spinach
- ½ cup mushrooms
- ½ cup asparagus if in season
- 2 carrots
- 1 zucchini
- 1 cabbage
- 2 lemons + ½ cup lime or lemon Juice
- large head of garlic
- approx. 2.5cm fresh ginger root
- 2 onions
- 1 red onion
- 4 bananas
- 6 organic apples

Additional seasonal salad or steamed veggies for adding to meals for e.g.

- lettuce
- tomatoes
- avocado
- fetta – goats or sheep (or homemade labne)
- cabbage
- green beans
- peas
- asparagus
- radish etc.

Basic smoothie ingredients for the week

- large bunch of dark, leafy greens eg spinach, chard, kale, rocket, bok choy etc...
- 2 bunches of herbs eg flat leaf parsley (and coriander if you like) Parsley will also be used in carrot and mushroom loaf and the bone stock (if making, otherwise buy 1 bunch).
- 10 med sized labanese cucumbers (includes q's for salads – if having, otherwise buy 6 only)
- 4 med sized beetroots (if using)
- 10cm long fresh ginger root
- Organic berries

Any other ingredients you like to add in (or leave out).

Bone stock ingredients (need 3 cups for recipes this week)

2.5kg marrow bones

2-3 celery sticks

3 large carrots

Herbs and Spices

- ½ cup coriander / cilantro
- ¼ cup basil
- 2 Shallots

Sweeteners if needed (choose your preference. Brown rice malt syrup better for baking. Honey better for raw, uncooked recipes)

- Pureed fruit
- Raw Unfiltered Honey
- Brown rice malt syrup
- 4 medjool dates (cashew dream cake)

Flours, nuts and seeds

- Pumpkin seeds / pepitas (1/3 cup pesto)
- 2 cups sunflower seeds
- 4 1/2 cups activated almonds
- ½ cup walnut pieces
- 160g unsalted cashews
- Quinoa
- 2 cups almond meal
- coconut flour
- chia seeds
- baking powder
- 1/3 cup dried cranberries or sultanas

Dairy and Alternatives

- parmesan cheese

Healthy fats and flavours to always have on hand – you may already have many of these available and don't need to buy again.

- Olive oil
- Butter
- Coconut oil
- 1 can coconut milk
- 1 can coconut cream
- Goat or sheep yoghurt
- ½ cup sun dried tomatoes (air dried or marinated in olive oil – optional)
- dessicated coconut
- 2 cups shredded coconut
- Unhulled tahini
- Brown rice vinegar
- Apple cider vinegar
- Tamari
- Sun dried tomatoes in olive oil or without preservatives or vegetable oils
- Toasted sesame oil
- Miso paste
- Cinnamon
- Vanilla powder or fresh vanilla pod
- Turmeric powder
- Cacao nibs
- Dulse flakes
- Favourite fermented foods
- Salt
- Pepper

Something about Kate

Kate is a Holistic Health Coach, with a Bachelor of Science, the founder of Kate Barnes Health Coaching and Ourhappychildren.com, with a thriving wellness practice. Kate gained her training as a Holistic Health Coach with the Institute of Integrative Nutrition, one of the largest nutrition schools in the world, based in New York. Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health. 'Being healthy is your natural state' is Kate's ethos. Simple. Life changing & fun.

"Eating nourishing foods, making empowered choices, not only changes the mind but your body too. Prevention is the cure and that our health is in our own hands - it's your choice." - Kate Barnes For more information visit her website: <http://katebarnes.com.au>.



Much of the 'advice' available to us today is being subtly shared by corporations run by billion dollar enterprises rather than the wisdom of elders and the knowledge of traditional cultures that is the key to our families health and longevity. The information and marketing messages we are bombarded with daily are confusing and overwhelming. Kate is on a mission to support parents to become 'reacquainted' with their inner knowing and empower them to learn WHY and HOW to make the best choices for themselves and their families wellbeing. In doing this her clients take back control of their health and build rock solid foundations of health in themselves and their families with practical, common sense, simple information that - before you know it - will be 'just a way of life' and a 'new normal'.

Visit her at www.katebarnes.com.au or find her on [facebook](#) and linkedin.