

A Gentle CLEANSE

WITH *Kate Barnes*

A Meal Plan for Transitioning

Easing back into a new, healthier lifestyle.



Ideas for meals and snacks.

Click on the recipe title to take you to the recipe on my site. The snacks and desserts aren't necessary. More for family members and if you need a sweet treat!

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 Salad and Quinoa with a lemon and tahini dressing . 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	Chicken, Fetta Burgers (swap the 2 slices of sourdough bread for ½ cup of almond or sunflower meal). 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 Chicken, Fetta Burgers or any of the above	Quinoa Pilaf served with favourite protein source e.g. beans, fish, chicken, lamb and seasonal salad or steamed/roasted veggies.	Chocolate chip cookies OR 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

Kate Barnes Health Coaching

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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

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
- 500g chicken mince
- 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
- head of garlic
- 1 onion
- 1 red onion
- bunch of spring onions
- 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

- 1 cup flat leaf parsley
- 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

- goats fetta cheese in olive oil or unmarinated
- 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
- 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](#).

