



# The Energy Checklist & Quiz.

Includes 7 of the best everyday energy boosting recipes.

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# Your Energy Checklist & Quiz.

Energy is the perfect test for assessing our overall vitality and wellbeing.

Unfortunately we get used to feeling a certain way, thinking 'it's normal and in fact it's probably not. For example thoughts like I'm tired because... 'I'm getting older, 'I've got lots on', 'it's part of being a mother' etc. Our lives are so full we don't even have time to question this lack lustre state of being which before we know it can escalate into a chronic illness.

When our energy is strong, it radiates to our loved ones and those who are close to us. Change our energy and we change the energy of those around us. If you know your energy could be better. You're right. It's time for a change.

## A 1 minute quiz.

Take this 1 minute quiz and discover how your energy rates and what you can do to quickly lift your vibe! Use the list as your checklist to take your energy and your wellbeing to new levels.

### Checklist Instructions:

1. Check the box for each choice you're already making.
2. Refer to the result /22 in the bottom right hand corner to check how your energy really is. That's it.

### How do you rate?

20 -22 Congratulations! Your energy is fantastic. You must be jumping out of your skin with vitality. Keep going with all the great choices you're making!!

15 – 20 High Vibe! You're making some wonderful healthy choices. To take your energy levels up a notch, choose one or two things you know will make a big difference.

11 – 15 Great. You're going okay and you know it could be better. With a few healthier 'upgrades' you'll feel the difference.

1 – 11 Low Vibe. It's time to take action. Start with upgrading the choices you're already making, prioritise time for your health and energy. It will gift you time and find support to make it happen.

Under 15: It's time to take action.

Quite often all it takes is 'upgrading' choices you're already making. It doesn't take extra time, it's not hard, it is a mindset reset. Start with one or two new choices. It might be adding in a regular exercise class or going for a walk a couple of times a week or spending more time outside. Whatever you choose. It's time. Make it happen. You won't regret it.

### A Guide.

Please note this is a general checklist and to be used as a guide only.

You may even find you're doing most things here but still aren't feeling as energetic as you know you can be. In which case, keep working with your health practitioner and work on broadening your practitioner team. Often it takes a team to help us find the answers we're looking for.

Alternatively please make an appointment for a free consult with me [here](#). And we can discuss options for your best way forward.

**It feels hard making new choices on our own. It's easier and more likely to happen with guidance and accountability. It's why I created get-up and GLOW! My vitality reset protocol for inner and outer radiance. 21 days to get-up and GLOW! Join me here at <http://www.katebarnes.com.au/getup&glowwithkate>**

# The Quiz & Checklist

- Conscious Diaphragmatic Breathing (30 seconds or more /day).
- Daily movement.
- Nutrients. Eating a wide variety of whole foods every day.
- Healthy finances.
- Healthy sleep patterns, bed before 10:30pm and sleep through.
- No stimulants e.g. Coffee and /or Alcohol.
- Love your career or what you do everyday.
- Regular meditation practice (5 minutes or more /day).
- Journalling.
- An early bird. Up with sunrise or before 6:30am.
- Energising social engagements.
- Safe sun exposure regularly.
- Staying well hydrated with mineralised water.
- Supplementing.
- Strong boundaries i.e. comfortable saying 'no thank you'.
- Comfortable speaking your truth and asking for help.
- Following your passion.
- Happy, fulfilling family relationships.
- Regular de-cluttering practice.
- Regular time with loved ones.
- Time outdoors in the morning every day.
- Taking time for being in the moment, stimulating the senses.



  
*Kate Barnes*

# FAVOURITE RECIPES FOR ENERGY TO GLOW.

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# Smoked Salmon, Avocado and Walnut Salad with Fresh Herbs

PREPARATION: 5 minutes SERVES: 2



## What

- 2 large handfuls of mixed greens (I used baby spinach or leafy greens fresh from the garden)
- 1 large avocado, halved, peeled and sliced into cubes
- 200 gram (approx) of smoked salmon, cut into bite size pieces (I used the 'wild' salmon from New Zealand. It can be bought at a number of whole food stores or if you're in Perth, WA Big Fish in Bicton, sell loads of it)
- 5-6 cherry tomatoes, halved
- a good handful of fresh garden herbs e.g. basil, coriander, thyme, oregano roughly chopped
- ½ cup of walnuts, lightly toasted and broken into pieces
- 1 red onion, halved and sliced thinly (optional)
- 2 tablespoons of olives in olive oil roughly chopped (or use capers)

## Dressing

- 1 medium sized lemon, zest and juice
- ¼ cup of extra virgin, cold pressed olive oil
- 1 teaspoon of additive free horseradish cream (optional)
- Sea salt, a good pinch
- Black pepper, to taste

## How

1. Place the leaves into a bowl or onto a platter. Arrange all of the other ingredients on top.
2. For the dressing place all of the ingredients into a jar and shake until combined or mix together well in a small bowl.
3. Drizzle over the salad, just before serving.

# A Sweet Broccoli Salad

PREPARATION: 5 minutes SERVES: 6 as a side or 2 as a meal.



- 1 medium sized head of broccoli, roughly chopped into small florets
- ½ cup sunflower seeds or roughly chopped almonds
- ¼ cup finely chopped red onion
- A good handful of spinach leaves
- ¼ cup italian flat leaf parsley finely chopped
- ¼ cup dried blueberries or naturally sweetened cranberries roughly chopped (optional)
- 1 red capsicum chopped
- 3 rasher of cooked nitrate free, pasture raised bacon roughly chopped and cooled (optional or use your favourite protein source e.g. chicken, lentils etc.)

## Mustard Dressing

- 1/3 cup extra virgin olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp Dijon mustard
- 1 tsp raw unfiltered honey (optional)
- 1 medium clove garlic, minced
- 1 pinch of good quality sea salt or himalayan salt

## How

1. Gently toast the sunflower seeds or almonds in a small pan until lightly brown and toasted (about 4 minutes). Leave to cool.
2. Add all the salad ingredients including the nuts and seeds into a serving bowl.
3. Place all the dressing ingredients into a small glass jar or bowl. Place the lid on the jar if using and give it a good shake or if using a bowl, whisk until well blended.
4. Pour the dressing over the salad and stir until all the ingredients are lightly coated with the dressing.
5. Serve and enjoy.

# Lemongrass, garlic and coconut fish curry

PREPARATION: 10minutes COOKING: 15 to 20 minutes SERVES: 4

What



- 1Tbsp coconut oil
- 4 stalks lemongrass, outer leaves removed and tops discarded and roughly chop the pale part of what's left
- 2 cm piece of ginger, washed
- 5 cloves of medium sized garlic
- 1onion sliced and chopped
- 1tsp ground turmeric
- Small pinch of himalayan or celtic sea salt
- 400g coconut milk
- Approx. 750g fish cut up into bite sized pieces
- 1cup of seasonal greens e.g, broccoli, green beans or english spinach or a combination
- 1 fresh chilly, seeded and roughly chopped
- 1– 2 tsp good quality fish sauce or to taste
- Bunch of roughly chopped coriander to garnish
- Squeeze of lemon and chilli (optional)

## How

Preheat oven to 165 Degrees.

1. Place a Tbsp of coconut oil in a heavy based pot, turn heat onto medium and melt the oil.
2. Add in the onion and saute until softened and lightly browned.
3. Add the lemongrass, ginger and garlic into a food processor and blend finely.
4. Place the blended mix into the saucepan with the onion and gently saute for 2 – 3 minutes
5. Add the turmeric and salt, heat for a minute and stir.
6. Add the coconut milk, fish, fish sauce and greens together and bring to a simmer.
7. Let cook until the fish is cooked through, approximately 10 minutes.
8. Taste and add more fish sauce if desired.
9. Serve into bowls and garnish with freshly chopped coriander, chilli (if using) and lemon.
10. Enjoy with a simple cauliflower rice.

# Easy Gluten Free Egg Pies

PREPARATION: 5 minutes BAKING: 15 minutes SERVES: 4



## What

- 8 eggs (more if you need leftovers. Use approx. 2 eggs per person)
- 1/4 cup cheese of choice e.g. parmesan, goats feta or haloumi
- pinch of himalayan or sea salt
- 1tsp of dulse flakes (optional and see below for a few more ideas)
- 1spring onion roughly chopped
- 1tsp fresh lemon thyme

## How

1. preheat the oven to 180 degrees celcius and grease a muffintin
2. mix all the ingredients together (except the cheese)
3. pour the mix into the tin & top with the fresh thyme
4. bake in the oven for about 20 minutes or until cooked through and just turning golden brown.

## Time saving tip

add all the ingredients together i.e before pouring into the muffin tin, mix together well and pour into the muffin tin and one less thing to do!

## Notes

- saute 1/2 an onion and/or bacon chopped finely and add this into the egg mix before pouring into the muffin tin.
- before pouring the mix into the tin, wrap a rasher of bacon around the inside of each individual muffin and on the base to form a 'casing' to pour the mix into and for added nourishment!
- add chopped tomato or avocado on top of the mix before baking



# The Energiser Smoothie

PREPARATION: 2 – 5 minutes, SERVES: 1adult or 2 children

## What

- Half a cup of frozen or fresh organic berries
- 1cup of fermented coconut water, coconut water, or filtered water
- 3 tablespoons of collagen hydrolysate as a protein base
- 3 organic, pasture fed egg yolks
- One Tbsp of coconut oil
- 1Tbsp of cacao powder
- 1Tbsp chia seeds
- 1tsp vanilla powder



## How

1. Add all the ingredients to a high speed blender
2. Blend and enjoy!

## Note

- Replace the chia seeds with 1Tbsp of a nut butter and/or organic ghee for more good fats and protein.
- Add in 1tsp of gubinge powder (a.k.a. kakadu plum or billy goat plum) for an immunity boost of Vitamin C.

•Inspired by Kelly Brogan MD, KB Smoothie <http://kellybroganmd.com>

# Creamy Chocolate Fat Bombs

PREPARATION: 5 minutes Fridge time: about 30 minutes to set Quantity: approximately 10 bite sized



## What

- ½ cup coconut oil melted
- ½ cup coconut butter melted
- 1Tbsp raw cacao powder
- 1Tbsp raw, unfiltered honey melted or your favourite sweetener
- ¼ cup roughly chopped macadamianuts
- 2 tsp black tahini (it's milder in taste with more goodness than white tahini)!
- 2 tsp organic or pasture raised gelatin
- Pinch of himalayan salt
- 2 – 3 drops therapeutic grade peppermint oil (optional)

## How

1. Add all the ingredients to a bowl and mix thoroughly.
2. Pour into small patty pans, chocolate moulds or line a shallow dish with baking paper and pour in.
3. Place in the fridge for 30 minutes – 1hour to set.
4. Serve and enjoy!

# A Persian Love Bar (Muesli Bar)

PREPARATION: 10 minutes BAKING: 20 minutes REST: 1-2 hours



## What

- 1/2 cup honey or brown rice malt syrup
- 3/4 cup raw organic almonds, roughly chopped
- 3/4 cup pistachio kernels, roughly chopped
- 1 cup of sunflower seeds
- 3/4 cup shredded coconut
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp salt
- finely grated zest of 1 orange
- pinch saffron threads (optional)
- 4-5 drops of therapeutic grade, wild orange essential oil (optional)
- 1 tsp rosewater or orange blossom water (optional)

## How

1. Preheat the oven to 180°C and line a 21 cm × 17 cm baking tin with baking paper.
2. Gently heat the honey and the saffron threads in a small saucepan until just warmed.
3. In a separate bowl mix the almonds, pistachios, sunflower seeds and shredded coconut, orange zest, spices i.e. cardamom, nutmeg, cinnamon, salt and stir to mix thoroughly.
4. Stir the honey mix into the nut and seed mixture and add the essential oil and rosewater if using. Stir well until all the ingredients are coated well with the honey.
5. Place the mixture into the lined baking tin, spreading it evenly, then press firmly to create a compact layer, approx. 1 cm thick or as you prefer.
6. Place in the oven and bake for 20 minutes or until golden brown.
7. Leave to cool completely in the baking tin, about 1– 2 hours.
8. Cut into 7 cm × 4 cm bars and serve or place in a tin for later. It will last up to a week.



## About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach. She has a Bachelor of Science and a Post Graduate Diploma in Business

Kate has taken her extensive experience to develop a comprehensive coaching philosophy that will transform your health – for life - literally. ‘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 our choice. ”

*Kate Barnes*



## HOW YOU CAN WORK WITH KATE:

- one on one coaching
- her signature online e-courses, 'A gentle cleanse with Kate' and 'Replenish with Kate' leading nutrition and detoxification programs for busy women.
- Enriched Living membership with regular webinars and workshops
- cooking demonstrations
- pantry overhauls and
- guest speaking

Kate loves sharing her message of taking our health back into our own hands, and that prevention really is the cure, increasing awareness about the best nutritional choices and clearing the many confusing messages, she motivates and inspires people to take action and live their best lives.



# ENERGY CHECKLIST

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