

A VITALITY RESET PROTOCOL

get-up &
GLOW
WITH *Kate*

Meal Plan Ideas - Week 1

*'What we think or what we know or what we believe is, in the end, of little consequence.
The only consequence is what we do'*



Helpful Guidelines

The meal plans are a guide only. Use them as a guide or a plan.

There are no hard and fast rules.

Do what works for you and your family.

Eat when you feel hungry and according to your appetite. Satiating healthy fats first (refer to the food pyramids).

Keep well hydrated, it may be hunger in disguise.

Have fun. Think of it as an experiment in HOW good you can FEEL.

WE WANT TO:

ENJOY foods that help us GLOW: i.e. foods rich in fibre, diversity in plants, healthy fats and some protein (refer to the food pyramid). Foods in their most whole and natural form.

ELIMINATE foods that are hard on our digestion and dull our glow i.e. processed, refined, packet foods, gluten, conventional dairy, refined sugars and grains i.e. pasta, breads, biscuits, cakes.

MONITOR coffee and alcohol. If these beverages stimulate you, then experiment without having them and notice how it makes you feel. Use the journal as your guide.

START the day with a green smoothie or if it's a cold day, later in the morning or when it fits in with your schedule.

ADD-IN lifestyle choices that make you feel good and help you make better food choices e.g. early nights, movement, early mornings, good sleep etc.

BE KIND on ourselves.

ABOUT YOUR MEAL PLANS.

They are designed for the whole family. Use the points below to Get-up and GLOW.

TO GLOW.

Aim to have 3 meals a day, starting with a good breakfast and lunch with a light dinner.

Snack healthily (as per the meal plan) IF you feel hungry. Otherwise enjoy 3 meals a day.

Include healthy fats in each snack and meal (refer to your food pyramid).

The first week is all being especially kind on our digestive system with very light and gentle meals.

NOTES:

- If you know you have hormonal issues, try having smaller snacks and meals more regularly to keep blood sugars stable.
- Discomfort or detox symptoms may subside as inflammatory foods and choices are removed.

Get-Up and GLOW Week 1 (Servings of 4)

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...

DAY	Breakfast Green Smoothie	Family Breakfast Options. Granola if still hungry or chia pudding.	Generous Lunch + fermented foods	Light Dinner + fermented foods	Dessert or snack Ideas (If needed)
Monday	Green smoothie with one 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 tsp coconut oil (or ½ avocado).	A crunchy granola served with coconut yoghurt or sheep/goat milk yoghurt and fresh berries or seasonal fruit And/Or Bone stock tea or Tbsp of coconut butter or oil	Leftovers from the night before. OR The perfect Get-up and GLOW Salad with white fish or wild salmon.	Gluten free minestrone soup. Minus the quinoa to glow.	Olives marinated in olive oil OR vegetable sticks with nut butter
Tuesday	As above or try variations listed	Eggs i.e. poached, scrambled etc with wilted greens, fermented foods, avocado etc.	Leftover GF Minestrone Soup. Minus the quinoa to glow.	Quinoa Pilaf served with favourite pulse e.g. lentils or beans + seasonal salad or steamed/roasted veggies.	OR Seed Crackers with Avocado Dip with ginger and lime OR Natural Coconut Yoghurt + Berries
Wednesday	As above or try variations listed	Zesty chia seed pudding with berries And/Or Bone stock tea or Tbsp of coconut butter or oil	Leftover Quinoa Pilaf or The perfect Get up and Glow salad	Wild Salmon Fillet (not conventionally farmed) with an array of steamed veggies or fresh salad + Garden Love Pesto and/or Avocado + Tomato + Garlic Salsa	As above
Thursday	As above or try variations listed	Eggs i.e. poached, scrambled etc with wilted greens, fermented foods, avocado etc.	Leftover Magical Miso Soup	Red lentil kofte with fresh mint	Coconut Yoghurt with activated nuts and organic berries OR Avocado with lemon juice and sea salt
Friday	As above or try variations listed	Any of the above and/or Bone stock tea or Tbsp of coconut butter or oil	Leftover red lentil kofte with fresh mint	Magical miso soup.	As above
Weekend Meal Ideas + Prep.	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).				

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

Pantry Essentials Checklist

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

Protein and meal basics for pantry or freezer:

- Non farmed Salmon fillets for 4 (Big Fish in Bicton sell it fresh from NZ in Perth)
- 2 tins brown lentils (BPA free) or prepare your own even better
- 2 tin Adzuki beans or black beans (BPA free) or prepare your own even better
- Red lentils
- 10 - 12 organic chicken pieces (eg wings and / or drumsticks)

The red meat and eggs are for the rest of the family and will be introduced into our diet after week 1.

- Packet of nitrate free bacon
- 500g lamb or beef mince
- 4 fillets of steak or 6 chump chops
- 2 cartons organic eggs

Fruit, Veg and Herbs for meals. Include a diverse range of different coloured and seasonal veggies, preferably local and organic where possible.

- 1 bunch english spinach
- 1 bunch asparagus if in season
- 8 carrots
- 1 green cabbage
- 1 purple cabbage
- 4 lemons
- large head of garlic
- 15cm fresh ginger root
- 5 onions
- 4 bananas
- 6 organic apples
- cos lettuce or similar
- tomatoes
- 5 avocados
- bunch of green beans
- 1 head of fennel (if in season)
- Bunch of coriander / cilantro
- Bunch of other herbs e.g. italian parsley or basil

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)
- Organic blueberries, raspberries or strawberries (whatever you prefer)

Bone stock ingredients

- 2.5kg marrow bones
- 2-3 celery sticks
- 3 large carrots

Sweeteners if needed for family baking (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
- Medjool dates
- Prunes preservative free
- Stevia

Flours, nuts and seeds to have on hand - your preference

- Pumpkin seeds / pepitas

- Sunflower seeds
- Activated almonds
- Raw cashews
- Brazil nuts
- Walnuts
- Macadamias
- Quinoa
- Hulled Buckwheat
- Coconut flour
- Chia seeds
- Baking powder

Dairy and Alternatives

- Coconut milk and coconut cream
- Parmesan
- Good quality almond or other nut milk
- Organic haloumi
- Goats fetta in olive oil or plain
- Organic ghee
- Organic butter
- Natural coconut or goat yoghurt

Healthy fats - you may already have many of these available and don't need to buy again.

- Olive oil
- Coconut oil
- Butter
- Coconut oil
- Coconut chips
- Dessicated coconut
- Unhulled tahini
- Nut butter
- Olives in olive oil
- Toasted sesame oil
- Tinned sardines and/or wild alaskan salmon (your preference)

Flavour enhancers to have on hand

- Cacao powder
- Apple cider vinegar
- Tamari
- Sun dried tomatoes in olive oil or without preservatives or vegetable oils
- Miso paste
- Cinnamon powder
- Cumin powder
- Cayenne pepper
- Vanilla powder or fresh vanilla pod
- Turmeric powder
- Dulse flakes
- Tomato passatta in glass
- Tomato paste in glass
- 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](#).

