

6 Day Meal Plan

by Kate Barnes



Our Happy Children

Kate Barnes Health Coaching: 6 Day Meal Plan

Enjoy and prepare THE best food with these simple, stress-free recipes. They are recipes to nourish every cell of our bodies. Healing & fueling them with what they require for health & vitality. Enjoy every mouthful.

DAY	Breakfast	Snack	Lunch	Dinner	Dessert or snack Ideas (If needed)
Sunday – Food Preparation Day	Sunday Dinner; Slow cooked lamb shoulder or organic chicken with baked vegies , pumpkin, beetroot, potato with skin on and broccoli. Cook double or triple the amount of vegetables for lunch the next day. (see recipe)				
Monday	Poached Eggs with Sauteed Greens (see recipe)	A Green smoothie (see recipe)	Leftover meat with fresh greens and salad or leftover roast vegetables.	3 fillets of Fish pan fried on med. heat in butter with salad , e.g. spinach leaves, cucumber, capsicum, avocado with 1 tbsp. lemon juice & 1 tbsp. Olive Oil for the dressing	Yoghurt served with raw honey & berries Or Chocolate alternative (see recipe)
Tuesday	Porridge (see recipe)	Green smoothie Or vegetables with home made pesto or a nut butter	Salad & avocado with tinned sardines or tinned wild Alaskan Salmon with feta cheese or haloumi.	Slow cooked baked beans with baked potato, steamed broccoli (see recipe)	Chia seed pudding (see recipe)
Wednesday	Egg pies & bacon (see recipe)	Green Smoothie Or Sweet Potato Chips with Cinnamon.	Fish Burgers with quinoa and fresh salad or steamed vegetables. Use any leftover quinoa as a breakfast porridge or to add to salads.	Stir fried Lamb with vegies (see recipe)	Chocolate Mousse (see recipe)
Thursday	Leftover Quinoa porridge or Super food breakfast (SFB) (see recipe)	As above or try variations Or Yoghurt or coconut milk based smoothie	Leftover fish burgers or stir fry	Cauliflower Soup with Parsley Oil (see recipe)	Yoghurt with raw honey & berries or Or chocolate alternative
Friday	Coconut, Cinnamon & Banana Pancakes (see recipe)	As above or try variations	Leftover baked beans	Steak & Roast Vegetables or Salad , remember the greens.	Chocolate alternative

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, 1 tsp. cacao, 1cm nib ginger, wedge of lemon, 1 tbsp. almonds or cashews (activated), if you're feeling adventurous add 1 tsp. of spirulina

Still hungry after your meal? Have 1 tsp. of coconut oil under the tongue at the end of your meal. Other snack ideas, vegetable sticks & guacamole or pesto, leftover meat, ½ an avocado with squeeze of lemon & pinch of sea salt. **Delicious!**



Kitchen Quickness and Readiness

1. Over the weekend, or when it's convenient, do the shopping and prepare a couple of meals to have on hand and that are ready to go.
2. If you have time, or have a busy day or week in front of you or you just feel like cooking: Have a cook up the day before e.g. the Cauliflower Soup with parsley oil, Baked Beans, Fish Burgers or Deserts will last in the fridge a couple of days or most of the recipes can be frozen.
3. **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. This is highly recommended.
4. **Chop up vegetables as a snack or for green smoothies.** They will keep for 3 or 4 days: Store in a glass pyrex container as snacks through the day, for green smoothies, or for baking or steaming with meals. For example, carrots, cucumber, capsicum, snow peas, green runner beans, whatever is in season & you all love.

Food Preparation

1. Choose a day of the week to plan your menu and create your shopping list i.e. if you're not using the list provided here.
2. Hit the shops or farmers markets or choose another more convenient day to do your shop.

More suggestions to help you get organized for each meal and day;

Sunday:

1. Make the Chia seed pudding and/or the chocolate alternative to have in the fridge for snacks and after dinner. The Chia Pudding will last 3 – 4 days & the chocolate alternative up to a week. If there is too much just pop in a glass storage container in the freezer, they freeze well.
2. Chop up the vegetables & store in glass containers ready for the week (as shared above).

Monday:

1. Buy fresh fish fillets for dinner
2. If Tuesday is going to be busy, make the baked beans for Tuesday evening
3. In the evening put your porridge grain into a bowl for soaking overnight

Tuesday:

If there's time make the fish burgers for lunch on Wednesday and / or the Chocolate Mousse recipe. This will last a couple of days in the fridge.

Wednesday:

1. If the lamb for your stir-fry is in the freezer take it out to defrost in the morning.
2. Top up your vegetable shopping or have a home delivery organized e.g. with Organic Collective, Aussie Farmers Direct or the Local Grocer.

Thursday: Enjoy the next few days with less cooking!

Friday: Buy the steak for dinner or take out of freezer to defrost in the morning.

Kitchen Notes:

- Move the recipes around to suit your needs and tastes, for example the Green Smoothie might become after noon tea or lunch. The egg pies might become a snack or lunch.
- **Use the best quality ingredients you can source** i.e. local and seasonal and then organic - in its most natural and whole form. This food will nourish and fuel your body with the nutrients it needs for vibrant health and wellbeing.
- I've tried to give recipes with variety to cater for a wide range of tastes. If you prefer you can easily have the same breakfast each day or snack. It's whatever is most convenient and works for you and your family and you all enjoy!



Shopping List

Perishable Items

Animal Products

A local lamb shoulder about 1 – 1.5kg, depending on your family size
4 fillets local snapper i.e. north west
500g lamb stir-fry (place in freezer)
Bacon, nitrate free
2 cartons organic eggs

Vegetables

5 potatoes for baking, make sure no green spots when buying them & store in a dark place
3 beetroots, for smoothies & baked vegies
½ pumpkin, for Sunday roast & leftovers
2 sweet potatoes, for roast or sweet potato chips
1 head of broccoli
1 head of cauliflower
1 bunch of kale, for smoothies and the stir-fry
1 bunch of English spinach
6 small Lebanese cucumbers or 3 large normal ones, try to buy these unwrapped in plastic, they're for smoothies & salads
4 lemons, from your lemon tree or your neighbours
10 carrots, for smoothies, salad & roasting & snacks
Bunch of dark green lettuce, e.g. English spinach, cos, or butter lettuce
1 red capsicum
4 avocados
Bunch of coriander, for sang choy bow, stir fry & also great in smoothies
2 brown onions
1 leek
4 spring onions
1 head of garlic
Chili (optional)
200g mushrooms

Herbs

A bunch of coriander for the stir-fry and 2 bunches Italian Parsley for the Egg Pies, parsley oil & lamb. If there's any leftover it's great to add to Green Smoothies.

Dairy

Organic Paris Creek, Meredith Dairy or Coyo Brands.
Cheese; Parmesan, Goats Fetta or Haloumi.
Dairy alternatives e.g. coconut or almond milks (preferably home-made)

Fruit

Seasonal Fruit you like to put into smoothies e.g. apples, pears or bananas
Frozen raspberries or blueberries, to have with yoghurt
Fruit for snacks e.g. pear, banana or apples
Whichever fruit you decide, have at least 15 – 20 pieces on-hand.
Freeze or stew what isn't used.

Pantry Items you'll need and that are always great to have on standby

Oils & Sauces

Coconut oil
Apple cider Vinegar
Olive Oil



Ghee, organic & grass-fed (optional)
Oyster Sauce
Tamari (wheat free soy sauce)
Tomato Passata
Tomato Paste

Sweeteners

Raw, unfiltered honey
2 cups Medjool dates (store in a glass jar in the fridge)
Goji Berries
Maple Syrup

Grains, Pulses, Nuts & Seeds

Chia seeds
Quinoa
Brown Rice
Steel cut oats or whole oat groats (the whole oat seed)
Buckwheat groats
1 x 500g bag of natural almonds (preferably activated. Or if not then soak the almonds overnight & leave in the fridge for use or dry in a 45 degree oven for about 8 hrs)
Sunflower seeds, pepitas, cashews, hazelnuts (preferably activated). Choose those nuts and seeds your family enjoy
Coconut flour
Navy Beans or a BPA free tin, Kidney Beans or other beans

Spices & Flavor Enhancers

Basil dried or the fresh herb
Oregano (dried or fresh)
Cinnamon
Cayenne Pepper
Dulse flakes (optional)
Vanilla
Cacao powder
Desiccated Coconut
Baking soda
Stock – home-made preferably either concentrated or stored in the freezer
Celtic sea salt

Frozen items

- Berries e.g. organic blueberries and / or raspberries
- Home made stock
- Preservative free sausages and bacon (as a back-stop)

Other

- 3 tins of wild Alaskan salmon e.g. the paramount brand
- 2 BPA free tin of navy or kidney beans, for baked beans if not using raw beans
- **The super food breakfast** recipe lists a number of other superfoods you may or may not like to try e.g. cacao nibs, bee pollen, dried white mulberries and un-hulled tahini. These haven't been added to your shopping list.
- 1 loaf of Abhis, or other authentic sourdough. Slice thinly & pop in the freezer to have on hand as needed.



Breakfast Recipes

Poached Eggs with Sautéed Greens

Preparation: 10 minutes

Serves: 2

What

- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 500g greens e.g. English spinach, Kale, bok-choy, beans etc.
- 1 avocado
- 2 organic eggs (or as many as each person would like)
- parmesan or feta cheese
- cayenne pepper (optional)

How

- Poach the eggs.
- Meanwhile steam the greens until tender-crisp.
- Drain the greens, then arrange on a serving plate.
- Drizzle with olive oil, lemon juice, garnish with the poached egg, parmesan or feta, avocado and cayenne pepper if using.



Classic Porridge – With Extra Goodness!

Preparation: 5 minutes

Cooking: 15 – 20 minutes

Serves: 2

What

- 1 cup steel cut oats or use the whole oat groat & cook for about 30 minutes
- 1 tbsp. goji berries
- 1 apple grated
- 2 organic eggs
- ½ tsp. Cinnamon
- 2 cups filtered water

How

1. The night before, place the oats in a bowl, then fill about 1/2 inch above oats with water.
2. Cover.
3. Place in a cool, dry place overnight.
4. In the morning, rinse the oats and add the 2 cups of filtered water and goji berries.
5. Cook on the stove on a low to medium heat.
6. Once cooked at the raw eggs and stir into the porridge, they will cook in the heat of the porridge, plus the cinnamon and grated apple.
7. Serve with your preferred milk or organic yoghurt with fresh, seasonal fruit or berries and raw honey if needed.

Variations

- Try adding in pumpkin seeds, chia seeds, cacao powder, cacao nibs, bee pollen, vanilla or chopped nuts to add variety, flavour and extra sustenance.
- In place of the oats use your preferred grains e.g. buckwheat, quinoa, millet or a mix of each of them.



Super Food Breakfast (aka...SFB)

Preparation: 5 minutes

Serves: 2

Note, the below ingredients are an indication of what can be used. Choose those ingredients you enjoy or add in others or ALL of them if you desire!

What

- ½ cup almonds (preferably activated)
- ¼ cup flaked coconut, desiccated or shredded
- 3 fresh dates
- 2 small apples cut into quarters
- 1 tbsp. chia seed
- 2 tbsp. goji berries
- 1 tbsp. sunflower seeds (preferably activated)
- 2 tbsp. pumpkin seeds (preferably activated)

The following super foods are optional & haven't been added to your shopping list

- 1 tsp. bee pollen
- 1 tsp. cacao nibs
- 1 tbsp. white mulberries
- 1 tsp. un-hulled tahini

How

1. Choose any of the above ingredients you have readily on hand. It doesn't need to be all of them, just what you enjoy.
2. Place into a high-speed blender and pulse a few times until chunky or your desired consistency.
3. Serve as a parfait i.e. in a glass with SFB on the base, then yoghurt and topped with fresh seasonal fruit or berries.

Egg Pies

Preparation: 5 minutes

Cooking: 12 minutes

Serves: 4 (one pie each)

What

- 6 bacon rashers, nitrate free
- 4 Eggs
- Fresh parsley and/or lemon thyme chopped finely
- Sea salt
- Parmesan or feta cheese

How

1. Set the oven to 180 degrees
2. Line a muffin tin with the bacon
3. Crack an egg into each lined muffin
4. Add seasoning e.g. salt, parsley & lemon thyme
5. Crumble some feta, or whatever cheese you have on the top
6. Place in the oven for about 12 minutes or until just browning

The pies can be served with avocado, roasted tomato, home made pesto or a drizzle of parsley oil (See the recipe for Cauliflower soup)



Banana, Coconut & Cinnamon Pancakes

Preparation: 15 minutes

Quantity: 2 serves

What

- 2 bananas
- 2 eggs
- 3 tbsp. coconut flour
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/4 tsp. cinnamon
- Pinch of salt
- Toppings to try maple syrup, organic yoghurt, activated nuts & berries, as much or as little as you want



How

- Place banana in a food processor and puree until smooth.
- Then crack eggs into food processor and mix together.
- Lastly, add in the food processor the coconut flour, vanilla extract, baking soda, cinnamon, and salt.
- Puree until smooth. Depending on the consistency you may need to add 1-2 tbsp. of your preferred milk of choice to make the mix a bit runnier.
- Now heat up a large non-stick pan over medium-high heat. Once pan is hot, pour around 2-3 tablespoons of the mixture into it.
- Wait until each pancake begins to form bubbles, then flip. If you use your spatula to press under the sides of the pancake, all the way around, it will be easier to flip.
- Make all pancakes with the batter.

Enjoy!

Lunch & Dinner Recipes

Slow Cooked Greek Lamb

Preparation: 8 minutes

Cooking: about 5 hours

Serves: 4-6

What

- 3 tbsp. olive oil
- 4 garlic cloves
- 4 tbsp. lemon juice
- 1 tbsp. dried oregano
- 1.8 – 2kg leg of lamb, (organic preferably)
- 750ml filtered water approx.
- 1-2 lemon wedges
- 2 tbsp. chopped parsley

How

1. Pre-heat the oven to 160 degrees.
2. Mix 2 tbsp. of the olive oil, garlic, lemon juice and oregano together in a small bowl, and season well with sea salt and freshly ground black pepper.
3. Rub the garlic mix all over the lamb.
4. Place the lamb on a rack in a roasting tin.
5. Pour the filtered water into the tin to a depth of about 2cm.
6. Bake the lamb for 5 hours, basting every hour with the pan juices.



7. Remove the lamb from the oven and let it rest for 15 minutes.
8. To serve, place the whole leg on a warm platter in the centre of the table.
9. Squeeze the juice from the lemon wedges over the lamb, then drizzle with the remaining extra virgin olive oil.
10. Flake the meat off the bone with a fork, sprinkle with a little sea salt and freshly ground black pepper, scatter the parsley over and serve.

Source: *Supercharged Food*, Lee Holmes

Quinoa-Salmon Burgers

Preparation: 15 minutes

Serves: 2 (approx. 6 patties)

What

- 3 spring onions chopped finely
- 1 large handful fresh coriander
- 3 tsp. lemon zest
- 1 tsp. dulse Flakes (optional)
- freshly ground black pepper
- 2 tins of wild salmon, skinned and deboned (paramount brand) or fresh if you can find or use fresh fish e.g. snapper fillets
- 1 1/2 cups cooked quinoa



How

Cooking the quinoa

- Place 2 cups of Quinoa in 2 cups of filtered water. Add a pinch of salt.
- Place on a medium heat, when it starts to boil after 2 or 3 minutes.
- Turn the heat down a little e.g. low – medium and cook for 10 minutes.
- It is cooked when the 'tails' of the quinoa are 'un-ravelled'.

Assembling the patties

1. Using a food processor or blender process the spring onions, coriander, lemon zest, dulse, and black pepper (if using) until it is finely minced.
2. Add the salmon and quinoa and process again until desired consistency. Pulse it until you get the consistency you want.
3. Form into patties and place onto a plate. Heat a large pan over medium – high heat. Add a tablespoon of coconut oil and place a few patties in the pan. If your pan is hot it should only take 2 to 3 minutes per side to cook. If your pan is not quite heated it will take about 5 minutes per side and they may stick a little.
4. Serve with home made mayonnaise, tamari or home made chilli sauce

Variations

- Add chilli at the same time as the spring onions and coriander.

Source: <http://www.nourishingmeals.com>

Baked Beans – Anytime of Day Food

Preparation: 10 minutes

Cooking: 1 – 1.5 hours

Serves: 4

What

- 1 med. onion, peeled and sliced finely
- 1 clove garlic crushed
- 3 rashers of nitrate free bacon, chopped finely



- Chilli (optional)
- 1 tsp. dried basil
- 30g olive oil
- 200g raw navy beans, soaked and well drained (or a BPA free tin), kidney beans or other beans can also be used.
- Strip kombu sea vegetable, approx. 5cm length (if cooking beans from scratch), or use 1tbsp. dulse flakes. (optional)
- 1 tbsp. honey or brown rice malt syrup
- 750g stock or water (if cooking beans from scratch)
- 1 tbsp. wheat free tamari
- ½ tsp. seed mustard
- 440 g passata
- 1 tbsp. tomato paste

How

1. Place onion, garlic, bacon, chilli (if using), basil and oil into a large pot and sauté until softened.
2. Leave step 2 out if using canned beans. Add beans and remaining ingredients except tomatoes and cook for 60 – 90 minutes until beans are tender.
3. Add passata, tomato paste and dulse (if using), maple syrup, tamari & mustard and cook for another 30 minutes or until the beans are cooked. Check from time to time if the beans require a little more liquid.
4. If using tinned beans, drain tinned beans, rinse and add here.
5. Check for taste, adding a little extra time if beans are not cooked. If there is too much liquid, cook on a lower heat to reduce some of the liquid.

Tips

This is a great recipe to double the quantity and have as another meal or freeze for another time.

Cauliflower & Leek Soup with Parsley Oil

Preparation: 15 minutes

Serves: 4

What

- 1 large cauliflower
- 1 leek washed and sliced
- 2 tbsp. olive oil
- 1 tsp. salt good pinch of white pepper
- 3 – 4 cups (750 – 1000 ml) water or vegetable stock, home made preferably
- Sea salt to taste, if needed

How

1. Slice the cauliflower finely into small bits with a large knife.
2. Saute leek in 2 tablespoons olive oil over a medium heat for 3 minutes until softened.
3. Add the cauliflower and 2 cups of water plus a little sea salt and pepper.
4. Cover + cook for 5 – 10 minutes until the cauliflower is tender and then remove from the heat.
5. Puree in a good high performance blender with 1 or 2 cups of water or stock, depending on the consistency you like.
6. Serve warm soup in large bowls with a light drizzle of parsley oil or your choice of grated Parmesan, Persian feta, cheddar or gruyere and enjoy.

Parsley Oil

What

- 2 large bunches parsley, washed and dried
- 1/2 cup cold pressed olive oil, macadamia or walnut oil
- Pinch of sea salt

How

1. Combine parsley, oil and salt into a blender and process until smooth.



2. Pour into a fine sieve and strain the oil from the solids.
3. Drizzle over cauliflower soup just before eating or enjoy over salads, fish or organic poached chicken.

Notes

- The most important thing to remember when making this soup is not to cook it for too long. A brief 5 – 10 minutes is all you need otherwise the freshness is lost.
- Boost the nourishment with 1 tbsp. of organic yoghurt, organic cream or coconut cream stirred into the soup once in the plate.
- You can also boost the protein content by adding smashed white beans or organic poached chicken.

Source: <http://www.thehealthychef.com>

Asian Inspired Lamb Stir Fry

Preparation: 15 – 20 minutes

Serves: 4

What

- 1 1/2 tbsp. coconut oil
- 500g lamb (or beef if you prefer), cut across the grain into thin strips or ask the butcher to do it for you
- 1 brown onion, halved, thinly sliced
- 1 large red capsicum, cut into short, thin strips
- 1 bunch broccolini, kale or broccoli, cut into 4cm lengths
- 2 cups English spinach leaves
- 1/2 cup mushrooms finely slice
- 2 garlic cloves, crushed
- 1 tbsp. dulse flakes (optional)
- 1 tbs. water
- 2 tbs. oyster sauce
- 1 1/2 tbs. tamari
- Fresh coriander to serve

Steamed medium-grain brown rice or quinoa to serve.

How

1. Heat a large wok or pan over med - high heat. Once the wok is hot, add 1 tablespoon of the oil and carefully swirl around to coat the side of the pan. Heat until hot.
2. It is important to heat the wok before adding the oil, otherwise the oil can end up overheating and burning. You will know if the oil is hot enough if the beef starts to sizzle when added to the pan.
3. Add one-third of the beef strips and stir-fry for 1-2 minutes or until the beef is browned and just cooked. Transfer to a plate. Repeat with the beef in two more batches. Remove all beef from the wok.
4. Adding and cooking the beef in batches is very important as it seals the meat, keeping in the juices. If you add too much meat at once, the wok will lose its heat and the meat will stew and become tough.
5. Heat remaining oil in the wok over medium-high heat. Add the onion, capsicum, mushrooms, broccolini, and garlic. Stir-fry for 2 minutes. Add the water, cover and cook for 30-60 seconds or until the vegetables are just tender.
6. Add the oyster sauce and soy sauce to the wok. Toss well to combine. Add the beef and toss until heated through.

Serve immediately either on its own or with brown rice or quinoa.



Dessert & Snack Recipes

A green smoothie

Preparation: 5 minutes

Serves: 2 large glasses

Place ingredients in high speed blender in this order:

What

- 1 apple, pear (or sweet fruit in season)
- Banana
- 2 handfuls of English spinach leaves, kale, bok choy or other dark, leafy green
- 1 tbsp. coconut oil
- 1/2 cup of ice or less for winter months
- 3 cups of filtered water or coconut water

How

Blend on high for about 1 minute and... Enjoy!

Notes

- In the blender you may need to cut ingredients.
- Use this as the basic recipe and then add whatever ingredients you enjoy e.g. chia seeds, coconut flesh, maca, cacao, spirulina, almonds or a raw egg at the end etc.
- Added sweetness: e.g. carrot and beetroot.
- The oil will help with the absorption of vitamins & minerals.



Sweet Potato Chips

Preparation: 5 minutes

Cooking: approx. 25 minutes

Serves: 4

What

2 Sweet Potatoes

1 tsp. Cinnamon

1 tbsp. Ghee or Olive oil for coating, (if baking on a low heat e.g. olive oil can be used)

How

1. Pre-heat the oven to 170 degrees.
2. Cut sweet potato into finger sized shapes, (as in the picture).
3. Melt the oil being used, (I usually place the oil into the baking dish or tray I'm using to melt it while cutting up the vegetables).
4. Place sweet potato and cinnamon into the tray or dish and mix in to cover all over.
5. Bake in the oven for about 20 minutes. If using a lower temperature it will be about 35 minutes.
6. Pop any leftovers in the fridge for later. They are just as yummy cold.



Vanilla Chia Pudding With Berries

Preparation: 5 minutes

Setting time: about 1 hour

Serves: 4 - 6

What

- 1/2 cup chia seeds
- 1 cup cashews, almonds and/or sunflower seeds, soaked in filtered water for 2 to 8 hours



- 4 cups filtered water or coconut water
- 5 Medjool dates, pitted (or if unavailable use 1 tbsp. maples syrup or honey)
- Pinch sea salt
- ¼ tsp. cinnamon powder
- 2 tbsp. coconut butter (or oil),
- 2 tsp. vanilla extract
- Raspberries and blueberries or seasonal fruit to serve

How

1. Place chia seeds in a medium size mixing bowl and set aside.
2. Strain cashews and rinse well. Place in an upright blender add water or coconut water, dates, salt, cinnamon, coconut butter and vanilla extract.
3. Remove seeds from vanilla bean (if using) and add to the blender, place pod in bowl with chia seeds. Blend on high speed for 2 minutes and pour into bowl with chia seeds and vanilla bean pod, whisk well.
4. Let the mixture sit for 10 to 15 minutes, whisking every few minutes to prevent chia seeds from clumping, pudding will thicken fast. Place in the fridge and chill.
5. Remove from fridge, whisk. Remove vanilla bean pod, serve chilled topped with berries.
6. Stored covered in a glass container in the fridge, chia pudding will keep for up to 5 days.

Variations: add 1tsp. cacao powder, &/or maca powder

Sourced: <http://www.coconutandquinoa.com/>

Mini Chocolate Mousse

Preparation: 5 minutes

Serves: 2 large servings

What

- 2 avocados peeled & deseeded
- 1/2 cup cacao powder (approx. 50g)
- 1 cup of dates (preferably Medjools) deseeded
- 1 tsp. vanilla extract
- 1/4 cup water (or more depending on the consistency)
- Pinch of sea salt

How

1. Blend all ingredients until smooth and creamy with no lumps. Approx. 1 minute in a powerful blender.
2. Important! Taste test before refrigerating. For example, add more avocado to make it creamier or add 1 - 2 dates or a little maple syrup for sweetness or add a little water to improve consistency.
3. Refrigerate for at least an hour before serving. Serve on its own, with berries or with organic yoghurt.

Notes

Double the quantity and use as a snack the next day or dessert again. It will last in the fridge for another day.

Chocolate Alternative

When the sugar cravings or hunger pains hit, this is a great treat to have on hand. Originally a Thermomix recipe, this can be done in any powerful blender.

What

- 130g almonds (preferably activated)
- 75g cashews (preferably activated)
- 200g medjool dates (or pitted dates soaked)
- 65g desiccated coconut
- 25g organic cacao powder
- ¼ tsp. sea salt
- 20g honey (rapadura, brown rice malt syrup or maple syrup)
- 70 to 80g raw coconut oil (if hard, warm first)



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How

- Grease and line a square biscuit tin or lamington tin with baking paper.
- Place nuts into blender and grind until 'nut meal' is made. Set aside.
- Add dates, coconut, cacao, salt and honey (or preferred sweetener) into bowl and chop until finely chopped (or almost a paste forms).
- Return nut meal to the bowl, adding the coconut oil and blend through thoroughly or until mix has a shiny appearance.
- Empty mix into the prepared tin and press down with the back of a spoon to create a flat surface. Using a knife, score lines one way and then the other, to create squares.
- Decorate each square with nuts or dried fruit or leave plain.
- Refrigerate.
- When solid remove from the tin and break into squares.
- Store refrigerated.

Delicious!

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>.

Kates' Programs include:

- one on one coaching,
- group classes,
- cooking demonstrations
- pantry overhauls
- shopping tours 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 ever, she motivates and inspires people to take action and live their best lives.

Her programs include:

- Our Happy Children – the leading nutrition program for families and kids
- Discovery Program – an empowering introduction to health and vitality
- Ultra Wellness Program – a game changer that is for life, her, or
- Group classes e.g. In the Kitchen with Kate - fun, practical and 'hands-on' group classes.

Visit her at www.katebarnes.com.au or find her on

Facebook: <https://www.facebook.com/KateBarnesHealthCoaching?ref=hl>

Linkedin: http://www.linkedin.com/profile/view?id=65136799&trk=hb_tab_pro_top

