



pantry essentials

Your 'Healing Home' Checklist



Kate Barnes Health Coaching

Simplifying health and wellbeing naturally



Pantry Essentials

A check-list to kick start your healing home.

“The time to repair the roof is when the sun is shining.”

~ John F. Kennedy

It's such a healthy advantage to make sure you've always got nourishing nutrient dense foods on hand. This allows you to whip up something delicious and nutritious anytime of day or night. I'm often asked what type of foods people should actually be eating? There are SO many confusing messages 'out there'!

On a mission to demystify the food confusion and to ensure that you can quickly and simply nourish your body with delicious food, I've created a basic item checklist for you – Pantry Essentials for pantry, fridge or freezer. I know I can rely on these to provide the basics for a nourishing meal at short notice. I'm sure you'll be able to too. My intention is to make this easy, fun and super healthy.

You may notice a common theme amongst these foods. They are all foods as close to their original, most natural, whole form, with little processing and refinement as possible.

This is an introduction only to the most common foods I use and have upgraded in our kitchen. There are many more healing foods that could be included but this is a great start. To commence your new healthy regime, I've included foods that are most commonly and frequently used and can simply be upgraded. If you'd like any more information please give me a call or send me an email to discuss any questions you may have.

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You may feel compelled to make all these changes at once. There's no need to. Incorporate new foods gradually, get used to having them in your home by incorporating them into your meals. It's less expensive that way and you're more likely to use and enjoy them.

PRAISE



"Kate is a dynamic coach and nutrition whizz, who has the rare capacity to help you transform your health with a deep sense of knowledge and personal experience. If you want to really love your life, and help your family love their life too, then working with Kate is the best investment you'll ever make. "

– Ingrid, Founder www.IngridArna.com, Author BodyLove Diet and new Mummy.

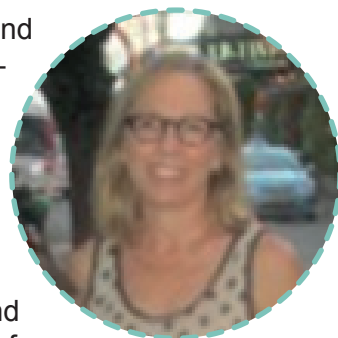


Working with Kate has been amazing and life changing! Since connecting with Kate two years ago I have really enjoyed the journey discovering the right foods to sustain myself and my family. Initially I started working with Kate due to my sons eczema. Starting with the pantry audit I proudly showed her what I was eating and drinking and to my surprise the "low fat" "healthy" options were full of sugar, preservatives and not so healthy ingredients. I was so shocked. Kate has slowly but surely educated me to make the right choices and understand what I am consuming and taught me how to prepare amazing foods for my family. I say "slowly but surely" because it takes a long time to get your head around these new concepts and try new things, busting myths that you have in

your head – for me it was changing to full fat everything including enjoyment of the cream on top of the milk! It is different for everyone and not one program fits all. Now I feel so empowered to shop for the best ingredients I can as I know that these foods provide me with so much energy. One of the many lessons I've taken from Kate and the recourses she has provided is to enjoy my food and take time to eat and drink with my family and friends in a relaxed manner. ***Kate has changed how I think about food and my relationship with food and consequently this has changed my body not only on the outside (I've achieved my goal weight!) but on the inside, where it counts.***

– Sara

"Our daughter developed a problem with reflux. Following several visits to our GP and specialist doctors, which gave no feeling of comfort, I approached Kate who had suggested the issue could be associated with digestion and diet. We made some initial significant changes and within less than 2 months our daughter no longer complained of the previous painful symptoms. She looked remarkably more healthy, resumed her previous high energy levels with much less lethargy and her moods are back to being positive and happy. I also feel considerably more energized and healthy! Kate's wealth of knowledge is incredible and an education in itself. I feel completely invigorated cooking for our family and have loved seeing our children (and my husband) enjoy our new healthy diet. Kate's approach is extremely thorough, professional and inspiring. Thank you Kate for setting us on a lifelong path of fantastic healthy eating!"



– Yolande

Pantry Essentials Checklist

Staple	Upgraded	Check✓
Bread	if you choose to have bread, choose authentic sourdough or gluten free preferably from a local bakery	
Berries	frozen organic blueberries and / or raspberries (preferably organic)	
Cereal	whole grain porridge (see below), bircher muesli or whole food alternatives	
Cheeses	parmesan, feta cheese marinated in olive oil, ricotta cheese, haloumi	
Cocoa	raw cacao powder	
Eggs	grass fed, local & organic	
Flavor enhancers	fresh lemon, ginger, garlic, fresh herbs, vanilla, tamari	
Flour	spelt, gluten free, nut meal or coconut flours	
Fruit Juice	freshly squeezed or cold pressed (if at all)	
Grains	whole grains e.g. quinoa, buckwheat, oats, brown rice or try riced cauliflower as a replacement for rice	
Meat	organic, preferably grass fed and local, nitrate free bacon	
Milk	organic full fat unhomogenised, a nut milk or coconut milk	
Nuts & seeds	chia, almond, walnuts, hazelnuts, brazil, sunflower and pumpkin (preferably soaked or activated)	
Oil for high temperatures	coconut, avocado, almond or macadamia nut oil or ghee	
Oil for Sautéing	olive oil, sesame oil or butter (or as above)	
Pasta	gluten free or 100% soba noodles or vegetable alternatives	
Porridge	whole oat groat /seed or any other whole grain you enjoy	
Salt	celtic sea salt or himalayan salt	
Sauces or mayonnaise	fresh home made alternatives	
Soy sauce	tamari	
Spices	cumin, cinnamon, turmeric, cayenne pepper, curry powder	
Stock	home made bone stock or vegetable stock	
Sugar alternatives	rapadura sugar, brown rice malt syrup, maple syrup, coconut syrup or sugar, raw honey, medjool dates, pureed fresh fruit or stevia.	
Table spread	organic butter or olive oil	
Tea	fresh herbs, lemon and/or ginger, herbal	
Tinned tomatoes	tomato passata or puree in glass bottles or fresh tomatoes	
Tinned tuna or salmon	wild alaskan salmon or tinned sardines	
Vegetable Oils e.g. Sunflower, Canola	the oils mentioned earlier	
Vinegar	apple cider vinegar	
Yoghurt	full fat, natural organic yoghurt (goat, sheep or cows)	

Use the checklist and add a tick when you've purchased and eaten the food. Before long your kitchen will under go a full radiant makeover.

Where to find these foods?

- In Australia most of these foods will be found in your local IGA or Woolworths in their Macro range. Otherwise visit your local health food or whole foods store.
- Home Deliveries: a number of businesses now offer home deliveries in every State. Simply Google and you'll find one in your area.

Other helpful tips

1. Double or triple the quantity of food you prepare and then enjoy for leftovers or pop in the freezer for another time. Cook once, eat twice or three times.
2. Double the quantity of stock you make and freeze what you don't need in glass containers or ice cubes for smaller amounts or concentrated vegetable stock.
3. Buy your produce in bulk wherever you can, especially nuts, seeds and grains.

DISCOVER MORE HERE

Now you've got your kitchen stocked and rejuvenated, visit my website for loads more ideas on how to:

- Reach your ideal weight
- Strengthen your immune system
- Develop better sleep patterns
- Reduce or eliminate cravings and hunger
- Improve eating habits
- Improve overall wellbeing
- Lower stress levels and
- For some great recipes that use these nutrient packed ingredients

www.katebarnes.com.au

BOOK YOUR FREE CONSULTATION

Or to find out more about why I recommend these wonderful, healing foods or for information on my wellness programs contact me for a FREE 15 minute discussion on 0411 139 924 or kate@katebarnes.com.au

ABOUT KATE

Kate is a certified holistic health coach, with a bachelor of science, the founder of Kate Barnes Health Coaching and Ourhappychildren.com, with a thriving wellness practice. Kate has an innate passion for discovering what makes our bodies 'tick' and sharing her scientific insights and knowledge with her clients to truly nourish them mind, body and soul. She gained her training as a holistic health coach with the Institute of Integrative Nutrition, the worlds largest nutrition school based in New York. Her certification is with the AADP, American Association of Drugless Practitioners. 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 and making empowered choices, not only changes the body but the mind too. Prevention is better than the cure and our health is in our own hands - it's our choice'.

~ Kate Barnes

For more information visit her website: <http://katebarnes.com.au>

"Let food be thy medicine and medicine be thy food."

~ Hippocrates