



Low Histamine Diet, Week 1

Nasar *Nutrition*

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Welcome to your meal plan! On the next pages, you will find the low histamine plan along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips








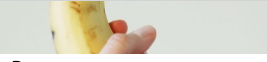
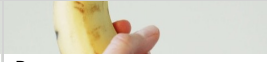








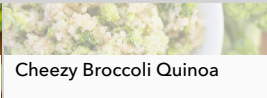

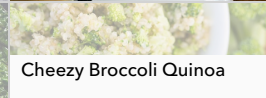



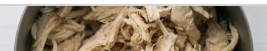




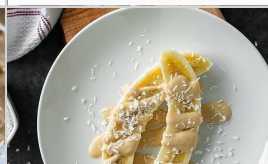

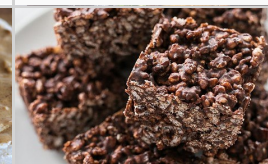
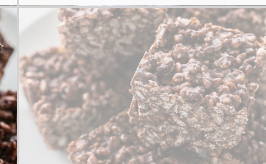






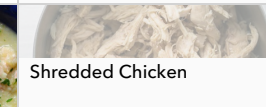
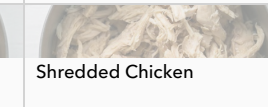

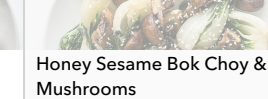
The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Chia Oats with Kiwi	 Blueberry Chia Parfait	 Blueberry Chia Parfait	 Blueberry Chia Parfait	 Blueberry Chia Parfait
Snack 1	 Banana	 Banana	 Pear & Walnuts	 Sunflower Banana Boat	 Sunflower Banana Boat	 Pear & Walnuts	 Pear & Walnuts
	 Toasted Walnuts	 Toasted Walnuts					
Lunch	 Cheezy Broccoli Quinoa	 Cheezy Broccoli Quinoa	 One Pan Crispy Chicken with Potatoes & Greens	 Cheezy Broccoli Quinoa	 One Pan Crispy Chicken with Potatoes & Greens	 Salmon Chowder	 Salmon Chowder
	 Shredded Chicken	 Shredded Chicken		 Shredded Chicken			
Snack 2	 Rice Cakes with Almond Butter	 Rice Cakes with Almond Butter	 Sunflower Banana Boat	 Rice Cakes with Almond Butter	 Chocolate Crunch Bars	 Chocolate Crunch Bars	 Chocolate Crunch Bars
Dinner	 Beef, Sweet Potato & Rapini Skillet	 One Pan Crispy Chicken with Potatoes & Greens	 Beef, Sweet Potato & Rapini Skillet	 Beef, Sweet Potato & Rapini Skillet	 Salmon Chowder	 Shredded Chicken	 Shredded Chicken
						 Honey Sesame Bok Choy & Mushrooms	 Honey Sesame Bok Choy & Mushrooms

Fruits

- 5 Banana
- 1 1/2 Kiwi
- 3 Pear

Breakfast

- 1/2 cup Almond Butter
- 3 1/2 tbsps Maple Syrup
- 6 Plain Rice Cake
- 1 cup Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 2 1/4 tsps Ground Flax Seed
- 2 1/4 tsps Hemp Seeds
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Sesame Seeds
- 1/2 cup Slivered Almonds
- 1 1/3 cups Walnuts

Frozen

- 2 cups Frozen Blueberries

Vegetables

- 4 cups Bok Choy
- 1 1/2 cups Broccoli
- 1 1/2 cups Celery Root
- 3/4 bulb Fennel
- 1 1/2 Garlic
- 2 1/4 tsps Ginger
- 3 cups Kale Leaves
- 3 cups Mini Potatoes
- 2 cups Mushrooms
- 3 tbsps Parsley
- 3/4 bunch Rapini
- 1 1/2 tbsps Rosemary
- 1 1/2 cups Rutabaga
- 1 1/2 Sweet Potato
- 3/4 Yellow Onion

Boxed & Canned

- 1 1/2 cups Organic Chicken Broth
- 3/4 cup Organic Coconut Milk
- 3/4 cup Quinoa

Baking

- 1 1/2 tbsps Cocoa Powder
- 2 1/4 tsps Nutritional Yeast
- 1 1/2 cups Oats
- 3/4 tsp Raw Honey
- 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 12 ozs Chicken Thighs With Skin
- 12 ozs Extra Lean Ground Beef
- 9 ozs Salmon Fillet

Condiments & Oils

- 3 tbsps Coconut Oil
- 1 tbsp Sesame Oil
- 3 tbsps Sunflower Seed Butter

Cold

- 3 1/2 cups Unsweetened Almond Milk

Other

- 3 1/16 cups Water



Chia Oats with Kiwi

1 serving
25 minutes

Ingredients

- 1/2 cup Water
- 1/2 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 1/2 Kiwi (chopped)

Directions

- 1 In a small saucepan, bring the water to a boil and add in the oats and chia seeds. Cook for 10 to 15 minutes or until oats are cooked through.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Blueberry Chia Parfait

1 serving
30 minutes

Ingredients

1 cup Unsweetened Almond Milk
3 tbsps Chia Seeds
1 1/2 tps Maple Syrup
1/2 cup Frozen Blueberries (thawed)
2 tbsps Slivered Almonds

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Banana

1 serving

1 minute

Ingredients

1 Banana

Directions

1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Toasted Walnuts

2 servings

15 minutes

Ingredients

2/3 cup Walnuts (shelled)

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Pear & Walnuts

1 serving

5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Directions

1 Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.

More Flavor: Season the pear with cinnamon.



Sunflower Banana Boat

1 serving

5 minutes

Ingredients

1 tbsp Sunflower Seed Butter
1 1/2 tbsps Water (warm)
1 Banana (peeled)
1 tbsp Unsweetened Shredded Coconut

Directions

- 1 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 2 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings: Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.



Chezy Broccoli Quinoa

3 servings

20 minutes

Ingredients

3/4 cup Quinoa (uncooked)
1 1/3 cups Water
1 1/2 cups Broccoli (chopped into florets)
2 1/4 tsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Serve it With: Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

More Flavour: Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.



Shredded Chicken

5 servings

20 minutes

Ingredients

2 1/2 tsp Sea Salt
1 1/4 lbs Chicken Breast (skinless,
boneless)

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Serve it With: Any of our sides, salads or vegetarian pastas.

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.



Rice Cakes with Almond Butter

1 serving

5 minutes

Ingredients

2 Plain Rice Cake
2 tbsps Almond Butter

Directions

1 Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter: Use any type of nut or seed butter instead.
Likes it Sweet: Add honey, jam, sliced bananas or berries.



Chocolate Crunch Bars

3 servings

2 hours

Ingredients

2 tbsps Almond Butter
1 1/2 tbsps Coconut Oil (melted)
1 1/2 tbsps Cocoa Powder
2 1/4 tpsps Hemp Seeds
2 1/4 tpsps Ground Flax Seed
1 1/2 tbsps Maple Syrup
1 cup Rice Puffs Cereal

Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

Notes

Serving Size: One serving is equal to one bar.

No Almond Butter: Use peanut butter, hazelnut butter or cashew butter instead.

Storage: After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.



Beef, Sweet Potato & Rapini Skillet

3 servings

25 minutes

Ingredients

12 ozs Extra Lean Ground Beef
3/4 Yellow Onion (sliced)
2 1/4 tsps Ginger (peeled and grated)
1 1/2 Garlic (cloves, minced)
1 1/2 Sweet Potato (medium sized, grated)
3/4 bunch Rapini (chopped)
1/3 tsp Sea Salt (to taste)

Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini: Use kale or broccoli instead.

Leftovers: Store leftovers in an airtight container in the fridge for up to three days.



One Pan Crispy Chicken with Potatoes & Greens

3 servings

35 minutes

Ingredients

12 ozs Chicken Thighs with Skin
3 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 1/2 tbsps Rosemary (chopped)
3 cups Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 3 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 4 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 5 Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary: Use thyme or another herb instead.

No Kale: Use another green such as Swiss chard or spinach.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Salmon Chowder

3 servings

40 minutes

Ingredients

1 1/2 tbsps Coconut Oil
3/4 bulb Fennel (sliced)
1 1/2 cups Celery Root (peeled and cubed)
1 1/2 cups Rutabaga (peeled and cubed)
1 1/2 cups Organic Chicken Broth
9 ozs Salmon Fillet
3/4 cup Organic Coconut Milk
1/8 tsp Sea Salt (or more to taste)
3 tbsps Parsley (chopped, optional garnish)

Directions

- 1 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 2 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

Leftovers: Store covered in the fridge up to three days, or freeze it.



Honey Sesame Bok Choy & Mushrooms

2 servings

15 minutes

Ingredients

1 tbsp Sesame Oil
3/4 tsp Raw Honey
2 cups Mushrooms (halved or quartered)
4 cups Bok Choy (baby, halved)
1/4 tsp Sesame Seeds
1/8 tsp Sea Salt

Directions

- 1 In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
- 2 Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

Notes

No Honey: Use maple syrup, coconut sugar or brown sugar.

Leftovers: Refrigerate in an airtight container for up to 4 days.

Serving Size: One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.