



Low Histamine Recipe Bundle

ALLEVIATE YOUR SYMPTOMS FOR
A CALM MIND AND BODY WITH
THIS PLAN.

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A top-down view of a dark grey bowl filled with a vibrant yellow smoothie. The smoothie is topped with a generous amount of black chia seeds and sliced almonds. The bowl is set against a light-colored, possibly marble, background.

Low Histamine Breakfast

KICKSTART YOUR DAY

Arugula and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **0.25 medium** [27.5 g] Yellow Onions
(Chopped)
- **3 large** [150 g] Egg (Beaten)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 cup** [20 g] Arugula (Rocket)
- **1 tbsp** [10 g] Hemp Seeds
- **1.5 cup, cubes** [240 g] Cantaloupe Melons

DIRECTIONS

1. Warm ghee in a medium skillet over medium heat.
2. Add onion and cook 2-3 minutes.
3. Add eggs, salt, and pepper. Cook approximately 1 minute, scraping from the pan with a soft spatula as it cooks.
4. Add arugula or rocket and continue as above, until eggs are desired consistency.
5. Top with hemp seeds and serve with cantaloupe.

NUTRITION INFO

Energy : 435 kcal

Fat : 27.1 g

Carbs : 24.4 g

Protein : 25 g

Fiber : 3.2 g

Sugar : 23.2 g

Blackberry Apple Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 tbsp** [28 g] Chia Seed
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.5 cup** [72 g] Blackberries
- **1 apple** Apples (*Sliced and cored*)
- **0.18 cup** [16.2 g] Rolled Oats Gluten Free
- **1.5 cup** [367.5 g] Almond Milk
- **0.25 cup** [59.25 g] Water

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and enjoy!

NOTES

1. **Optional:** Add ice or water for desired consistency.

NUTRITION INFO

Energy : 396 kcal Fat : 19.4 g Carbs : 55.9 g Protein : 11.6 g Fiber : 22.4 g Sugar : 23.5 g

Blueberry Macadamia Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **0.25 cup, whole or halves** [33.5 g] Macadamia Nuts (*Chopped*)
- **1 cup** [112 g] Almond Flour
- **0.33 cup** [46.2 g] Organic Coconut Flour
- **2 tbsp** [42 g] Honey
- **2 large** [100 g] Egg
- **0.33 cup** [80.85 g] Almond Milk
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **0.5 cup** [72.5 g] Blueberries

DIRECTIONS

1. Preheat oven to 325 degrees F (162 degrees C).
2. Mix all ingredients together, except for blueberries, until well blended. Lightly mix in blueberries.
3. Make 8 balls with the dough and lightly press onto a cookie tray.
4. Cook for 10–12 minutes, until lightly browned.

NUTRITION INFO

Energy : 380 kcal

Fat : 26 g

Carbs : 25.5 g

Protein : 11.9 g

Fiber : 9.5 g

Sugar : 13.6 g

Coconut Mango Oatmeal



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.5 cup** [113 g] Light Coconut Milk
- **0.5 cup** [118.5 g] Water
- **0.75 cup** [67.5 g] Rolled Oats Gluten Free
- **1 3 tbsp** [30 g] Organic Hemp Protein Powder (Nutiva)
- **1 dash** [0.4 g] Salt
- **1 cup, sliced** [165 g] Mango
- **1 tbsp** [6 g] Unsweetened Shredded Coconut
- **1 tbsp** [10 g] Hemp Hearts

DIRECTIONS

1. In a sauce pan, combine the coconut milk, water, dry rolled oats, hemp protein powder, and salt.
2. Bring to a boil and, once boiling, simmer for 10–12 minutes or until the oats are cooked and the oat milk and water is fully absorbed.
3. While the oats are cooking, chop the mango into small pieces.
4. Remove the cooked oats from the pan and serve in a bowl.
5. Top with mango and coconut.
6. Serve warm and enjoy!

NUTRITION INFO

Energy : 305 kcal

Fat : 12 g

Carbs : 38.9 g

Protein : 14.6 g

Fiber : 7.5 g

Sugar : 13.3 g

Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [226 g] Cottage Cheese (4% milk fat)
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [36 g] Blackberries
- **0.5 tbsp** [7 g] Chia Seed
- **1 tbsp, chopped** [8 g] Pecans

DIRECTIONS

1. Top cottage cheese with all other ingredients.

NUTRITION INFO

Energy : 339 kcal

Fat : 18.2 g

Carbs : 22.2 g

Protein : 28.7 g

Fiber : 6.3 g

Sugar : 13.4 g

Green Glow Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup, chopped** [10.5 g] Kale
- **1 tbsp, ground** [6.5 g] Flaxseeds
- **0.5 cup** [113 g] Cottage Cheese (4% milk fat) (*Or plain Greek Yogurt*)
- **0.5 cup** [82.5 g] Frozen Mango
- **0.5 apple** [0.5 154] Green Apple (*Sliced*)
- **1 cup** [245 g] Almond Milk

DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

NUTRITION INFO

Energy : 273 kcal

Fat : 11.1 g

Carbs : 29.8 g

Protein : 16.9 g

Fiber : 5.9 g

Sugar : 22.7 g

Mango Smoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.5 cup** [247.5 g] Frozen Mango
- **0.5 cup** [122.5 g] Oat Milk
- **13 tbsp** [30 g] Organic Hemp Protein Powder (Nutiva)
- **1 tsp** [2 g] Stevia
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **1 tbsp** [14 g] Chia Seeds

DIRECTIONS

1. In a blender, combine the frozen mango, oat milk, hemp protein powder, and stevia. Add water to get desired consistency.
2. Pour into a bowl and top with sunflower seeds and chia seeds.

NUTRITION INFO

Energy : 433 kcal Fat : 15.4 g Carbs : 59.2 g Protein : 22.1 g Fiber : 14.7 g Sugar : 35.1 g

Sweet Potato Pear Smoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [245 g] Almond Milk
- **1 sweetpotato, 5" long** [130 g] Sweet Potato (*Peeled, cooked, and frozen*)
- **1 medium pear (approx 2-1/2 per lb)** [166 g] Pear (*Cored and diced*)
- **1 cup, chopped** [21 g] Kale
- **2 tbsp** [20 g] Hemp Hearts
- **0.25 tsp** [0.45 g] Ginger (Ground)

DIRECTIONS

1. Blend all ingredients together in a blender until smooth. Enjoy!

NUTRITION INFO

Energy : 371 kcal

Fat : 14 g

Carbs : 57 g

Protein : 11.3 g

Fiber : 10.5 g

Sugar : 22.1 g

Turkey Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- **12 oz** [340.2 g] Turkey Breast Meat
- **4 sprigs** [0.8 g] Dill (*Chopped*)
- **0.5 tbsp** [4.2 g] Garlic Powder
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **2 sweetpotato, 5" long** [260 g] Sweet Potato
- **3 cup** [264 g] Brussels Sprouts
- **1 dash** [0.63 ml] Kosher Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Season the turkey breast with garlic powder, dill, salt and pepper.
3. Bake 12 -20 minutes until internal temperature reaches 165 degrees F (74 degrees C).
4. While the turkey is cooking, heat a sauté pan on medium heat and melt the ghee in the pan.
5. Chop the sweet potato into small cubes/pieces and chop the brussels sprouts into halves.
6. Sauté the sweet potatoes, brussels sprouts, and salt and pepper in the ghee for 10-12 minutes or until the sweet potatoes are cooked and the brussels sprouts are crispy.
7. Slice the turkey breast on top of the hash. Serve warm and enjoy!

NUTRITION INFO

Energy : 407 kcal Fat : 9.7 g Carbs : 46.7 g Protein : 35.9 g Fiber : 9.6 g Sugar : 14.9 g

Zucchini Tahini Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **1 tbsp, ground** [6.5 g] Flaxseeds
- **2.5 tbsp** [37 g] Water
- **0.5 cup** [120 g] Tahini
- **0.33 cup** [63.36 g] Organic Coconut Sugar
- **0.18 cup** [44.1 g] Almond Milk
- **0.24 cup** [58.56 g] Unsweetened Applesauce
- **1 cup, grated** [124 g] Zucchini
- **1 cup** [140 g] Cassava Flour
- **0.25 cup** [31 g] Arrowroot Starch
- **0.5 tsp** [2.3 g] Baking Soda
- **1 tsp** [5 g] Baking Powder (Low Sodium)
- **0.25 tsp** [1.5 g] Sea Salt
- **0.5 oz** [14.18 g] Sesame Seeds (*For sprinkling*)
- **4 tbsp** [64 g] Almond Butter

DIRECTIONS

1. Preheat oven to 350 degrees F. Coat a muffin pan with cooking oil or use silicone liners.
2. Combine the flaxseed and water together in a large bowl. Whisk and let sit for 5-10 minutes until thick and gel-like.
3. Whisk in the tahini, coconut sugar, apple sauce, and milk. Stir in the grated zucchini.
4. Mix in dry ingredients until just combined.
5. Scoop batter into muffin cups, filling each one almost to the top. Sprinkle tops with sesame seeds if desired.
6. Bake for 22-25 minutes or until a tooth pick inserted into the center comes out clean.
7. Allow muffins to cool for 10 minutes before transferring to a wire rack.
8. Spread with almond butter before serving.

NUTRITION INFO

Energy : 544 kcal

Fat : 28 g

Carbs : 68.3 g

Protein : 9.1 g

Fiber : 4.9 g

Sugar : 18.9 g



Low Histamine Lunch

RE-FUEL AND RE-ENERGIZE

Beef and Rice Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.75 cup** [138.75 g] White Rice (Uncooked)
- **12 oz** [340.2 g] Ground Beef (95% Lean / 5% Fat)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **4 stalk** [60 g] Green Onions (*Chopped*)
- **1 cup** [20 g] Broccoli Sprouts

DIRECTIONS

1. Cook rice as directed on package.
2. Add ground beef, salt, and pepper to a medium skillet and cook over medium heat for 4–6 minutes, until browned through, crumbling as you cook.
3. Top rice with ground beef, green onion, and broccoli sprouts.

NUTRITION INFO

Energy : 512 kcal

Fat : 9 g

Carbs : 60.1 g

Protein : 43.1 g

Fiber : 2 g

Sugar : 0.8 g

Bunless "Greek" Burger



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Ground Lamb
- **0.5 small** [35 g] Onions (*Chopped*)
- **1 tbsp, ground** [1.8 g] Oregano
- **3 clove** [9 g] Garlic (*Minced*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tbsp** [14 g] Olive Oil
- **1 small (6-3/8" long)** [158 g] Cucumber (*Sliced*)
- **0.5 cup** [61 g] Unsweetened Coconut Milk Yogurt
- **0.25 cup, sliced** [29.75 g] Cucumber (*Thinly sliced*)
- **1 tsp** [4.8 g] Olive Oil
- **4 sprigs** [0.8 g] Dill (*Chopped*)
- **1 clove** [3 g] Garlic (*Minced*)

DIRECTIONS

1. In a bowl, combine ground lamb, 1/4 cup chopped red onion, oregano, minced garlic, salt and pepper. Once combined, form into two patties.
2. Over medium-high heat, heat olive oil in a skillet.
3. Once the skillet and oil are hot, place the lamb patties on the skillet. Let it cook for 3-4 minutes, then flip.
4. Cook until the patties reach 160 F and remove from the skillet to rest.
5. While the patties are cooking, slice the remaining red onion and cucumber for the toppings.
6. For the tzatziki: in a small bowl, combine coconut yogurt, sliced cucumber, remaining olive oil, dill, and remaining garlic.
7. . Plate the burger, top with cucumber, red onion, and a dollop of homemade tzatziki. Enjoy!

NOTES

1. **Dressing:** Ingredients from coconut milk yogurt and below are for the tzatziki dressing.

NUTRITION INFO

Energy : 537 kcal

Fat : 44.7 g

Carbs : 9.9 g

Protein : 25 g

Fiber : 2 g

Sugar : 2.4 g

Eggs and Greens



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg
- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **1 tbsp** [10 g] Hemp Hearts
- **2 stalk** [30 g] Green Onions (*Chopped*)
- **1 medium (2-1/2" dia) (approx 4 per lb)** [98 g] Peach (*Chopped*)
- **1 tsp, ground** [0.6 g] Oregano
- **1 oz** [28.35 g] Ricotta Cheese (Whole Milk)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Hard boil two eggs in boiling water for 8 minutes. Allow to cool. Peel and cut in half.
2. Top salad greens with all other ingredients and enjoy!

NUTRITION INFO

Energy : 441 kcal Fat : 32.7 g Carbs : 18.5 g Protein : 22.3 g Fiber : 4.9 g Sugar : 10.8 g

Grab n' Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg (*Hard boiled*)
- **0.25 cup, whole or halves** [33.5 g] Macadamia Nuts
- **1 cup** [160 g] Grapes

DIRECTIONS

1. Pack all together and go!

NUTRITION INFO

Energy : 573 kcal Fat : 40.6 g Carbs : 34.7 g Protein : 22.7 g Fiber : 4.3 g Sugar : 27.4 g

Green Goddess Salad with Coconut Cream Dressing



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 cup, shredded or chopped** [220 g] Mixed Salad Greens
- **6 small** [12 g] Radish (*Sliced*)
- **1 medium (7" long)** [201 g] Cucumber (*Chopped*)
- **1 apple** [1154] Green Apple (*Cored and chopped*)
- **3 stalk** [45 g] Green Onions (*Chopped*)
- **3 tbsp** [26.4 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **1 oz** [28.35 g] Macadamia Nuts (*Chopped*)
- **0.5 tbsp** [5 g] Hemp Hearts
- **2 tbsp** [14 g] Pumpkin Seeds
- **1.5 tbsp** [28.5 g] Coconut Cream (Canned)
- **2 tbsp** [28 g] Olive Oil
- **5 sprigs** [1 g] Dill (*Chopped*)
- **4 tbsp** [6.4 g] Peppermint (Mint)
- **1 dash** [0.4 g] Sea Salt

DIRECTIONS

1. In a blender add coconut cream, olive oil, fresh dill, fresh mint, and salt. Blend all dressing ingredients together until smooth.
2. Add mixed greens, radishes, cucumber, green apple, green onion, mozzarella, sunflower seeds, hemp hearts, and pumpkin seeds in a bowl together. Toss with dressing until well coated and enjoy!

NUTRITION INFO

Energy : 462 kcal

Fat : 39 g

Carbs : 24 g

Protein : 10.3 g

Fiber : 9.5 g

Sugar : 12.8 g

Ground Turkey Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

INGREDIENTS

- **12 oz** [336 g] Ground Turkey
- **1 tbsp** [14 g] Avocado Oil
- **3 clove** [9 g] Garlic
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **0.5 tbsp** [2.7 g] Ginger (Ground)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Chopped*)
- **1 medium** [114 g] Orange Bell Pepper (*Chopped*)
- **1 small** [70 g] Onions (*Chopped*)
- **0.5 oz** [14.18 g] Sesame Seeds
- **2 tbsp** [30 g] Tahini
- **1 tbsp** [21 g] Honey
- **0.5 tbsp** [7.4 g] Water
- **6 leaf** [120 g] Romaine Lettuce

DIRECTIONS

1. Heat avocado oil over medium heat in a large skillet. Add garlic, turkey, turmeric, and ginger. Cook for approximately 3-4 minutes until lightly pink, crumbling and flipping as it cooks.
2. Add salt, pepper, red bell pepper, onion, and sesame seed. Cook for an additional 2-3 minutes. Remove from heat.
3. Mix together tahini, honey, and water in a blender and blend until smooth.
4. Separate, wash, and pat dry bib lettuce leaves. Top leaves with turkey mixture and tahini dressing. Enjoy!

NUTRITION INFO

Energy : 530 kcal Fat : 30.9 g Carbs : 27.7 g Protein : 39.5 g Fiber : 6.9 g Sugar : 15.2 g

Pulled Chicken Wrap



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **0.25 tbsp** [3.5 g] Avocado Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tortillas** [25 g] Cassava Flour Tortillas
- **1 stalk, medium (7-1/2" - 8" long)** [40 g] Celery (*Chopped*)
- **1 tbsp** [14 g] Olive Oil (*0.5*)
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **0.5 tbsp** [1.55 g] Dill (*Dried*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 oz** [28.35 g] Mozzarella Cheese (Whole Milk) (*Chopped*)
- **0.5 cup** [80 g] Grapes

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Brush chicken breast with oil and sprinkle with salt and pepper. Bake for approximately 25 minutes in an oven safe dish, until internal temperature of chicken breast reaches 165 degrees F (74 degrees C).
3. Using a fork, shred chicken and allow to cool.
4. Mix chicken with celery, olive oil, red onion, dill, salt, and pepper.
5. Fill cassava flour tortilla with shredded chicken mixture and mozzarella. Fold over and serve with a side of grapes.

NUTRITION INFO

Energy : 521 kcal Fat : 27.1 g Carbs : 28.9 g Protein : 40.6 g Fiber : 3.3 g Sugar : 14.4 g

Simple Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **2 cup** [40 g] Arugula (Rocket)
- **1 apple** Apples (*Cored and sliced*)
- **2 tbsp, chopped** [16 g] Pecans
- **0.25 small** [37 g] Red Onions (*Sliced*)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Bake chicken breast after brushing with olive oil, salt and pepper for approximately 25 minutes, slice into 1/2 inch slices when cooled.
3. Add arugula, apple, pecans, red onion, and sliced chicken breast to a salad bowl.
4. Toss with olive oil, salt, and pepper. Enjoy!

NUTRITION INFO

Energy : 488 kcal Fat : 26.9 g Carbs : 29.7 g Protein : 35.9 g Fiber : 7.5 g Sugar : 20.2 g

Summer Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 cup** [40 g] Arugula (Rocket)
- **0.5 medium (7" long)** [100.5 g] Cucumber
(Chopped)
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup, whole or halves** [33.5 g]
Macadamia Nuts (Chopped)
- **2 oz** [56.7 g] Mozzarella Cheese (Whole
Milk) (Cubed)
- **5 sprigs** [1 g] Dill (Chopped)
- **1 tbsp** [3 g] Mint (Chopped)
- **1 tbsp** [14 g] Olive Oil
- **1 dash** [0.4 g] Salt (To taste)
- **1 dash** [0.1 g] Black Pepper (To taste)

DIRECTIONS

1. "Toss together all ingredients in a large salad bowl and enjoy!"

NUTRITION INFO

Energy : 572 kcal

Fat : 52.2 g

Carbs : 15.3 g

Protein : 17.3 g

Fiber : 5.3 g

Sugar : 7.9 g

Thai-Inspired Quinoa Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.33 cup** [56.1 g] Quinoa (uncooked)
- **1 cup** [56.7 g] Shredded Red Cabbage
- **0.5 cup** [56.5 g] Shredded Carrots
- **0.75 cup, whole** [47.25 g] Snow or Sugar Snap Peas
- **0.25 cup** [4 g] Cilantro (Coriander)
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **2 tbsp** [17.6 g] Dry Roasted Sunflower Seeds (with Salt Added)
- **4 tbsp** [64 g] Sunflower Seed Butter (Without Salt)
- **0.5 tbsp** [7 g] Coconut Aminos
- **1 tbsp** [13.6 g] Sesame Oil
- **1.5 tsp** [3 g] Ginger (*Grated*)

DIRECTIONS

1. Cook quinoa as instructed on package.
2. In a large bowl, combine the cooked quinoa, red cabbage, carrots, sugar snap peas, cilantro, and green onion. Set aside.
3. To make the dressing, whisk the sunflower butter, lime juice, coconut aminos, sesame oil, and ginger in a small bowl. Mix in a tablespoon of water at a time to reach desired consistency.
4. Pour the dressing into the salad and toss well to combine.
5. Divide into individual servings and top with roasted sunflower seeds.

NUTRITION INFO

Energy : 453 kcal

Fat : 28.4 g

Carbs : 40.8 g

Protein : 14.1 g

Fiber : 7.1 g

Sugar : 5.7 g



Low Histamine Dinner

FINISH STRONG

Buttery Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **3 tbsp** [38.4 g] Clarified Butter Ghee (*Melted*)
- **4 cup** [226.8 g] Shredded Red Cabbage
- **2 cup** [330 g] Fingerling Potatoes
- **10 oz** [280 g] Skinless Chicken Breast
- **0.5 tbsp, ground** [0.9 g] Oregano
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a small bowl mix together oregano, garlic powder, onion powder, thyme, salt, and pepper.
3. Spread cabbage, potatoes, and chicken on an oven safe pan. Coat with melted ghee and seasoning mix.
4. Bake in the oven for 20–25 minutes until internal temperature of chicken reaches 165 degrees F (74 degrees C).
5. Remove from the oven and allow 5 minutes to rest before eating.

NUTRITION INFO

Energy : 528 kcal

Fat : 21.2 g

Carbs : 44.8 g

Protein : 39 g

Fiber : 11.6 g

Sugar : 6.8 g

Fried Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.75 cup** [127.5 g] Quinoa (uncooked)
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **3 clove** [9 g] Garlic (*Minced*)
- **0.25 cup** [30 g] Slivered Almonds
- **1 small** [70 g] Onions (*Chopped*)
- **4 cup** [226.8 g] Shredded Green Cabbage
- **2 cup** [226 g] Shredded Carrots
- **1.5 tbsp** [21 g] Coconut Aminos
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Cook quinoa as directed on package.
2. Melt ghee in a large skillet over medium heat. Add almonds and garlic and cook 1 - 2 minutes until fragrant.
3. Add onions to the skillet and cook 1 additional minute.
4. Add the cabbage and carrots to the skillet and cook until soft, or desired consistency (approximately 5 minutes).
5. Lastly, add cooked quinoa, coconut aminos, and pepper and cook 2-3 minutes.
6. Serve warm.

NUTRITION INFO

Energy : 491 kcal

Fat : 18.1 g

Carbs : 71.1 g

Protein : 14.4 g

Fiber : 13.9 g

Sugar : 14.5 g

Garlic Basic Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **6 oz** [171 g] Gluten Free Brown Rice Pasta
- **6 oz** [168 g] Ground Turkey
- **1.5 tbsp** [19.2 g] Clarified Butter Ghee
- **3 clove** [9 g] Garlic (*Minced*)
- **6 leaves** [3 g] Basil (*Chopped*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Cook the pasta per the directions on the package and set aside.
2. In a sauté pan, heat ghee over medium heat.
3. Once hot, add the chopped garlic and sauté until golden brown. Add turkey and cook 5–8 minutes, crumbling and turning as you go along. Add the basil.
4. Season with salt and pepper.
5. Add the pasta back into the butter garlic, turkey, basil sauce.
6. Serve warm and enjoy!

NUTRITION INFO

Energy : 527 kcal

Fat : 18.6 g

Carbs : 67.6 g

Protein : 24.4 g

Fiber : 3.2 g

Sugar : 0.1 g

Parsley Salmon w/ Vegetable Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

INGREDIENTS

- **12 oz, boneless, raw** [340.2 g] Salmon
- **0.5 tbsp** [4.2 g] Garlic Powder (*Minced*)
- **2 tbsp** [7.6 g] Parsley (*Chopped*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **0.5 cup** [85 g] Quinoa (uncooked)
- **1 cup, sliced** [113 g] Zucchini (*Sliced thin*)
- **1 cup, chopped** [21 g] Kale
- **0.5 cup** [120 g] Black Beans (Canned)
- **3 clove** [9 g] Garlic (*Minced*)

DIRECTIONS

1. Cook the quinoa per the directions on the packaging and set aside.
2. In a sauté pan, heat 1 tbsp ghee over medium heat.
3. While the pan is heating up, season the salmon with garlic powder, salt, pepper, and fresh chopped parsley.
4. Place the fish in the sauté pan, cook to desired temperature and set aside.
5. In the same sauté pan, over medium heat, sauté zucchini, kale, and black beans for 4-5 minutes or until the zucchini begins to brown and the kale turns bright green.
6. Mix the quinoa into vegetable mix in the pan.
7. Serve the salmon over the vegetable quinoa mix.
8. Enjoy!

NUTRITION INFO

Energy : 543 kcal

Fat : 19.3 g

Carbs : 45.1 g

Protein : 47.7 g

Fiber : 7.7 g

Sugar : 1.6 g

Pork Roast with Cauliflower and Sweet Potato



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **8 oz** [226.8 g] Pork Loin (Tenderloin)
- **4 cup** [400 g] Cauliflower (*Florets*)
- **3 cup, cubes** [399 g] Sweet Potato
- **2 tbsp** [28 g] Avocado Oil
- **4 clove** [12 g] Garlic (*Minced*)
- **1 tbsp** [1.7 g] Rosemary (*Fresh, chopped*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.25 cup** [15 g] Parsley (*Chopped*)

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small bowl mix together avocado oil, garlic, rosemary, salt, and pepper.
3. Brush pork with avocado oil mixture and place on an oven safe sheet pan.
4. Toss vegetables with remaining avocado oil mixture and spread onto the sheet pan in a single layer.
5. Cook pork and vegetables in the oven for approximately 25 minutes, until internal temperature reaches above 145 degrees F (65 degrees C).
6. Slice pork into 1/2 inch slices and top meal with fresh parsley before serving.

NUTRITION INFO

Energy : 513 kcal

Fat : 20.6 g

Carbs : 53.4 g

Protein : 31 g

Fiber : 11.5 g

Sugar : 13.3 g

Roasted Chicken Thighs w/ Sweet Potato & Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **4 sprigs** [0.8 g] Dill (*Chopped*)
- **0.5 tbsp** [4.2 g] Garlic Powder
- **8 oz** [226 g] Boneless Skinless Chicken Thighs (raw)
- **2 cup, cubes** [266 g] Sweet Potato
- **1 cup, florets** [71 g] Broccoli
- **2 tbsp** [28 g] Olive Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degreesC).
2. In a small bowl, combine ghee, 1 tbsp of dill, garlic powder, salt and pepper. Stir until combined.
3. Lay the chicken thighs on a non-stick, oven safe baking sheet.
4. Spread the ghee/dill mixture evenly on the tops of the chicken thighs.
5. Place the broccoli and sweet potatoes in a bowl and drizzle with olive oil, salt, pepper, and 1/2 tbsp dill.
6. Spread the broccoli and sweet potatoes onto the baking sheet with the chicken.
7. Bake in the oven for 25–30 minutes or until the chicken is cooked to 165 F (75 degrees C).
8. Serve warm and enjoy!

NUTRITION INFO

Energy : 437 kcal

Fat : 24.5 g

Carbs : 30.2 g

Protein : 25.5 g

Fiber : 5 g

Sugar : 6.1 g

Roasted Potatoes and Carrots with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **8 small (5-1/2" long)** [400 g] Carrots
(*Peeled*)
- **3 cup** [495 g] Fingerling Potatoes
- **2 tbsp** [28 g] Avocado Oil
- **4 small drumstick (yield after cooking, bone removed)** [152 g] Chicken Drumstick
- **1 tbsp** [14 g] Coconut Aminos
- **1 tbsp** [21 g] Honey
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **1 tsp** [2.8 g] Garlic Powder

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Spread carrots and potatoes onto a large cooking sheet and coat with half of the avocado oil, salt, and pepper to taste.
3. In a small bowl, mix together with remaining avocado oil, coconut aminos, honey, ginger, and garlic.
4. Coat chicken drumsticks in coconut aminos mixture and add to the cooking sheet.
5. Bake for approximately 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C) and potatoes are soft.
6. Enjoy warm!

NUTRITION INFO

Energy : 625 kcal

Fat : 22.9 g

Carbs : 77 g

Protein : 28.5 g

Fiber : 13.2 g

Sugar : 20.9 g

Sautéed Brussels Sprouts and Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **2 tbsp** [25.6 g] Clarified Butter Ghee
- **10 oz** [280 g] Skinless Chicken Breast (*Sliced thin*)
- **3 cup** [264 g] Brussels Sprouts (*Trimmed and halved*)
- **0.25 cup** [30 g] Slivered Almonds
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 cup** [60 g] Parsley (*Chopped*)
- **1 apple** Apples (*Cored and chopped*)

DIRECTIONS

1. Heat half of the ghee in a large skillet (cast iron skillet works well) over medium-high heat. Add sliced chicken, salt, and pepper and cook 6–8 minutes, flipping once.
2. Remove chicken from heat and set aside on a plate.
3. Add remaining ghee to brussels sprouts, slivered almonds, salt, and pepper. Cook for 10–15 minutes, occasionally turning brussels sprouts. Add cooked chicken and apple to skillet and cook 1–2 minutes.
4. Remove from heat and top with chopped parsley. Enjoy warm.

NUTRITION INFO

Energy : 474 kcal

Fat : 23.5 g

Carbs : 29.3 g

Protein : 41.1 g

Fiber : 9.6 g

Sugar : 13.1 g

Shrimp Asparagus Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **5 oz dry** [142.5 g] Cassava Flour Pasta
- **1 tbsp** [12.8 g] Clarified Butter Ghee (*Use olive oil if following an AIP diet*)
- **3 clove** [9 g] Garlic (*Minced*)
- **1 cup** [134 g] Asparagus (*Chopped*)
- **10 oz** [284 g] Shrimp (Prawns)
- **2 tbsp** [7.6 g] Parsley (*Chopped*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Cook pasta per the directions on the packaging, strain, and set aside.
2. In a large sauté pan, melt the ghee over medium heat.
3. Once the ghee is hot, add the garlic and sauté for 2-3 minutes.
4. Add the chopped asparagus and shrimp to the sauté pan and cook for 5-7 minutes, or until the shrimp is fully cooked.
5. Stir in the pasta and chopped parsley.
6. Season with salt and pepper to taste. Serve hot and enjoy!

NUTRITION INFO

Energy : 438 kcal

Fat : 8.8 g

Carbs : 66.9 g

Protein : 23.6 g

Fiber : 6.7 g

Sugar : 1.3 g

Traditional Steak & Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- **2 tbsp** [25.6 g] Clarified Butter Ghee
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 Potato medium (2-1/4" to 3-1/4" dia)** [426 g] Russet Potatoes (Flesh and Skin)
- **2 tbsp chopped** [6 g] Chives

DIRECTIONS

1. Preheat the oven to 425 F.
2. Pierce the potatoes with a fork, wrap them in tin foil, and place in the oven to bake.
3. Season the ribeye with salt and pepper on both sides and set aside at room temperature.
4. Heat a cast iron skillet to medium-high heat.
5. Add the ghee to the cast iron skillet.
6. Once hot, place the ribeye steak in the cast iron skillet and allow it to sear on one side for 3-4minutes before flipping (for a medium rare steak).
7. Once seared on both sides, set aside to cool before slicing.
8. Once the potatoes are cooked (easily pierced with a fork) remove them from the oven.
9. Slice the potato, top with ghee and chives and serve with the ribeye.
10. Enjoy!

NUTRITION INFO

Energy : 568 kcal

Fat : 30.9 g

Carbs : 38.7 g

Protein : 33.5 g

Fiber : 2.9 g

Sugar : 1.4 g