



Low Histamine Meal Plan

Created by Restored Identity, LLC



Low Histamine Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Cauliflower Porridge with Blueberries	Peaches & Cream Cauliflower Porridge	Coconut Chia Pudding	English Muffin with Sunflower Seed Butter	Sticky Rice & Black Eyed Peas Pudding	Toast with Sunflower Seed Butter & Peaches	Carrot Tahini Oatmeal
Snack 1	Honeydew Melon	Honeydew Melon	Apple with Sunflower Seed Butter	Watermelon Pizza	Sweet Potato Ice Cream	Tahini Carrot Oat Cookies	Tahini & Honey Popcorn
	Coconut Whipped Cream	Toast with Butter					
Lunch	Coconut Rice with Beans	Broccoli, Carrot & Quinoa Skillet	One Pan Garlic Drumsticks & Squash	Coconut Rice with Beans	One Pan Garlic Drumsticks & Squash	Pan Fried Haddock with Broccoli & Green Beans	Chicken, Kale & Sweet Potato Skillet
	Shredded Chicken	Grilled Chicken Tacos with Mango Slaw		Shredded Chicken			
Snack 2	Apple Nachos	Apple Nachos	Watermelon Pizza	Mango Rocket Smoothie	Easy Peach Crumble	Brown Rice Tortilla Chips	Rice Cereal with Peaches
Dinner	Beef, Sweet Potato & Rapini Skillet	One Pan Garlic Drumsticks & Squash	Beef, Sweet Potato & Rapini Skillet	Baked Cod & Veggies in Roasted Red Pepper Sauce	Pork Tenderloin with Steamed Parsnips & Carrots	Steak, Roasted Potatoes & Asparagus	Beef & Wild Rice Bowl
						Turmeric Baked Potatoes	

Low Histamine Meal Plan

62 items

Fruits

- 3 Apple
- 1/2 cup Blueberries
- 1/2 Honeydew Melon
- 3 1/4 Peach
- 1/16 Seedless Watermelon

Breakfast

- 1/2 cup Granola
- 3 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 3/4 tbsps Chia Seeds
- 3/4 tsp Dried Basil
- 3/4 tsp Dried Rosemary
- 1/3 tsp Ground Flax Seed
- 1 tsp Hemp Seeds
- 1/2 tsp Oregano
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tbsp Sunflower Seeds
- 1/2 tsp Turmeric

Frozen

- 2 cups Cauliflower Rice
- 1 cup Frozen Mango

Vegetables

- 1 cup Arugula
- 3 1/3 cups Butternut Squash
- 1 3/4 Carrot
- 1/2 Cucumber
- 1 1/2 tpsps Fresh Dill
- 4 1/2 Garlic
- 2 1/4 tpsps Ginger
- 1 2/3 tpsps Grated Carrot
- 2 cups Mini Potatoes
- 2 1/4 Parsnip
- 6 ozs Rapini
- 1 3/4 Sweet Potato
- 3/4 Yellow Onion

Boxed & Canned

- 1 1/4 cups Black Beans
- 2 3/4 cups Canned Coconut Milk
- 2 2/3 tpsps Coconut Cream
- 2 2/3 tpsps Dry Black Eyed Peas
- 2/3 cup Jasmine Rice
- 2 cups Popcorn
- 2 1/3 tpsps Quick Oats
- 2 2/3 tpsps White Glutinous Rice

Baking

- 1/16 tsp Baking Powder
- 1 1/2 tpsps Honey
- 1 1/2 cups Oats
- 1/3 tsp Tapioca Flour
- 1/4 cup Unsweetened Applesauce
- 2 1/3 tpsps Unsweetened Shredded Coconut
- 2/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 slice Bread
- 1 1/4 lbs Chicken Breast
- 1 1/3 lbs Chicken Drumsticks
- 2 ozs English Muffin
- 12 ozs Extra Lean Ground Beef
- 1 slice Gluten-Free Bread
- 12 ozs Pork Tenderloin

Condiments & Oils

- 1/4 cup Coconut Oil
- 1/2 cup Sunflower Seed Butter
- 3 1/8 tpsps Tahini

Cold

- 1/4 cup Butter
- 1 cup Oat Milk
- 2/3 cup Plain Coconut Milk

Other

- 1 1/2 cups Water

Cauliflower Porridge with Blueberries

3 ingredients · 10 minutes · 1 serving



Directions

1. In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
2. Divide into bowls or containers and top with the blueberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup of cauliflower porridge and half a cup of blueberries.

More Flavor

Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, or vanilla extract.

Additional Toppings

Add almond slices, hemp seeds, or your choice of sweetener.

Ingredients

1/2 cup Canned Coconut Milk (full fat)

1 cup Cauliflower Rice

1/2 cup Blueberries

Peaches & Cream Cauliflower Porridge

4 ingredients · 10 minutes · 1 serving



Directions

1. Scoop out a few spoonfuls of the coconut cream from the canned coconut milk and set aside.
2. In a large pan, combine the remaining coconut milk, water, and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
3. Divide into bowls and top with the peaches and reserved coconut cream. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup of cauliflower porridge and half a cup of peaches.

More Flavor

Add cinnamon, nutmeg, sea salt, lemon juice, or vanilla extract.

Additional Toppings

Add almond slices, hemp seeds, or your choice of sweetener.

Ingredients

- 1/2 cup** Canned Coconut Milk (full fat, divided)
- 1 tbsp** Water
- 1 cup** Cauliflower Rice
- 1/2** Peach (sliced)

Coconut Chia Pudding

4 ingredients · 1 hour · 1 serving



Directions

1. Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
2. Stir well and divide into cups or containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to five days.

Serving Size

One serving is equal to approximately 1.5 cups of chia pudding.

More Flavor

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

Additional Toppings

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

Ingredients

1/3 cup Canned Coconut Milk

1/3 cup Water

2 tbsps Chia Seeds

1/2 tsp Vanilla Extract

English Muffin with Sunflower Seed Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread the sunflower seed butter evenly overtop the English muffin slices. Enjoy!

Notes

Ingredients

- 2 **tbps** Sunflower Seed Butter
- 2 **ozs** English Muffin (halved, toasted)

Sticky Rice & Black Eyed Peas Pudding

6 ingredients · 35 minutes · 1 serving



Directions

1. In a large pot, cover the black eyed peas with a few inches of water and bring to a boil. Lower to a simmer, cover and cook for 20 minutes or until beans are cooked. Drain and set aside.
2. Meanwhile in a separate pot, add the glutinous rice, water, and salt. Place over medium-high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and cook for 10 to 15 minutes.
3. In a small bowl, whisk together the tapioca flour with a splash of water to form a slurry. Stir it into the rice pudding then add the cooked black eyed peas. Cook for another 10 minutes, or until your desired consistency is reached. Stir often.
4. Divide the pudding into bowls and top with the coconut milk. Enjoy!

Notes

Leftovers

Refrigerate the pudding and coconut milk in separate airtight containers for up to one week.

Serving Size

One serving is equal to approximately one cup of rice pudding with milk.

More Flavor

Add sago, pandan extract, and sweeten with rock sugar. Add additional salt to taste.

Ingredients

- 2 2/3 tbsps** Dry Black Eyed Peas (soaked overnight, drained and rinsed)
- 2 2/3 tsps** White Glutinous Rice (dry, rinsed and drained)
- 1/2 cup** Water
- 1/16 tsp** Sea Salt
- 1/3 tsp** Tapioca Flour
- 1/3 cup** Canned Coconut Milk

Toast with Sunflower Seed Butter & Peaches

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the sunflower seed butter on top of the toasted bread. Add the sliced peaches and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Toppings

Chia seeds, shredded coconut, raw honey, or maple syrup.

No Sunflower Seed Butter

Use peanut butter, cashew butter, or almond butter instead.

Ingredients

- 2 **tbsps** Sunflower Seed Butter
- 1 **slice** Gluten-Free Bread (toasted)
- 1/2 Peach (pitted, sliced)
- 1 **tsp** Hemp Seeds

Carrot Tahini Oatmeal

7 ingredients · 15 minutes · 1 serving



Directions

1. In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
2. Stir in the shredded carrot and maple syrup. Divide into bowls and top with tahini and sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

No Coconut Milk

Use oat milk instead.

Ingredients

- 1/2 cup** Oats (rolled)
- 2/3 cup** Plain Coconut Milk (from the box)
- 2 1/4 tsps** Chia Seeds
- 1/4** Carrot (shredded)
- 1 tsp** Maple Syrup
- 1 tbsp** Tahini
- 1 tsp** Sesame Seeds

Honeydew Melon

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Drizzle with a bit of raw honey for extra sweetness.

Ingredients

1/4 Honeydew Melon (small, peeled, seeds removed and chopped)

Coconut Whipped Cream

1 ingredient · 10 minutes · 1 serving



Directions

1. Chill a mixing bowl in the fridge for about 10 minutes before whipping.
2. Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
3. Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
4. Enjoy!

Notes

Serve it With

Fresh fruit like berries or peaches.

Likes it Sweet

Add a splash of maple syrup and vanilla extract while whipping.

Leftovers

Store sealed in an airtight container in the fridge up to 4 days.

Ingredients

1/4 cup Canned Coconut Milk (full fat, refrigerated overnight)

Toast with Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread butter onto toast and enjoy!

Ingredients

- 1 slice Bread (toasted)
- 1 tbsp Butter

Apple with Sunflower Seed Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up four days.

Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

Watermelon Pizza

4 ingredients · 10 minutes · 1 serving



Directions

1. Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
2. Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
3. Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
4. Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

Notes

Other Toppings

Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

No Coconut Whipped Cream

Use melted chocolate or yogurt instead.

Make More

Create smaller watermelon pizzas with leftover watermelon.

Ingredients

3 tbsps Canned Coconut Milk (full fat, refrigerated overnight)

1/16 Seedless Watermelon (medium)

1 1/2 tps Blueberries

1/8 Peach (sliced)

Sweet Potato Ice Cream

4 ingredients · 1 hour 30 minutes · 1 serving



Directions

1. Boil the sweet potatoes for 30 to 45 minutes, or until fork-tender and the peel removes easily. Drain and submerge in cold water until cool enough to handle. Remove from water and remove the peel.
2. Add the coconut cream, sweet potatoes, maple syrup, and vanilla extract to a blender. Blend until smooth, scraping down the sides as needed.
3. Transfer to an airtight, freezer-safe container and freeze for at least one hour before scooping. Enjoy!

Notes

Leftovers

Freeze for up to one month. Thaw at room temperature for about 30 to 60 minutes before scooping.

Serving Size

One serving is approximately 1/2 cup.

More Flavor

Add cinnamon.

Additional Toppings

Coconut chips, shredded coconut, sprinkles, crushed nuts or melted chocolate drizzle.

No Purple Sweet Potato

Use purple yam or any sweet potato instead.

Ingredients

1/3 Sweet Potato (purple, halved)

2 2/3 tbsps Coconut Cream

1 tsp Maple Syrup

1/16 tsp Vanilla Extract

Tahini Carrot Oat Cookies

10 ingredients · 25 minutes · 1 serving



Directions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix the ground flax seed and water together in a small bowl and set aside for five minutes.
3. Mix the tahini, maple syrup, and vanilla extract together in a large bowl.
4. Add the flax mixture, grated carrot, quick oats, shredded coconut, baking powder, and salt to the tahini mixture and mix well.
5. Use a 1/4 cup measuring cup to scoop the cookie dough onto the baking sheet. Gently press down the cookie mounds.
6. Bake for 12 to 14 minutes. Set the cookies on a cooling rack for 10 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one cookie.

More Flavor

Add nuts and/or seeds.

No Tahini

Use almond, cashew, or peanut butter.

Bigger Cookies

Use a 1/2 cup measuring cup instead and increase bake time to 18 minutes.

Ingredients

- 1/3 tsp Ground Flax Seed
- 2/3 tsp Water
- 1 2/3 tbsps Tahini
- 2 1/3 tbsps Maple Syrup
- 1/8 tsp Vanilla Extract
- 1 2/3 tbsps Grated Carrot
- 2 1/3 tbsps Quick Oats
- 2 1/3 tbsps Unsweetened Shredded Coconut
- 1/16 tsp Baking Powder
- 1/16 tsp Sea Salt

Tahini & Honey Popcorn

4 ingredients · 5 minutes · 1 serving



Directions

1. Place popcorn in a bowl. Drizzle with tahini and honey. Add sunflower seeds and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

More Flavor

Add cinnamon and nutmeg.

Additional Toppings

Add raisins or chocolate chips.

Ingredients

- 2 cups** Popcorn
- 1 1/2 tsps** Tahini
- 1 1/2 tsps** Honey
- 1 tbsp** Sunflower Seeds

Coconut Rice with Beans

4 ingredients · 25 minutes · 3 servings



Directions

1. Combine the water, coconut milk and rice in a pot and bring to a boil. Lower the heat to a simmer, cover with a lid and cook for 18 minutes.
2. Stir in the black beans and cook for 3 to 5 minutes, or until warmed through.
3. Divide onto plates and enjoy!

Notes

Serving Size

One serving is equal to approximately one cup.

Storage

Refrigerate in an airtight container up to 5 days or freeze if longer.

Ingredients

- 2/3 cup** Water
- 1/2 cup** Canned Coconut Milk
- 2/3 cup** Jasmine Rice (uncooked, rinsed)
- 1 1/4 cups** Black Beans (cooked)

Shredded Chicken

2 ingredients · 20 minutes · 5 servings



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

Leftovers

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

Serve it With

Any of our sides, salads or vegetarian pastas.

Serving Size

One serving is approximately 4 ounces (113 grams) of chicken.

Ingredients

2 1/2 tps Sea Salt

1 1/4 lbs Chicken Breast (skinless, boneless)

Apple Nachos

3 ingredients · 5 minutes · 1 serving



Directions

1. Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ovetop. Enjoy!

Notes

No Granola

Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

No Sunflower Seed Butter

Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

Homemade Granola

Try this recipe with our Paleo Granola, Pumpkin Spice Granola or Banana Coconut Granola.

Ingredients

- 1 Apple (sliced)
- 1 **tb**sp Sunflower Seed Butter
- 1/4 **cup** Granola

Mango Rocket Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add a scoop of vanilla protein powder to bump up the flavor and satiety factor. Sweeten with honey, maple syrup, or your choice of sweetener.

Ingredients

1 cup Oat Milk (plain, unsweetened)

1 cup Frozen Mango

1 cup Arugula

1/2 Cucumber (medium, chopped)

1 tbsp Sunflower Seed Butter

Easy Peach Crumble

5 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C). Grease a cast-iron pan or baking dish with the coconut oil.
2. Add 1/3 of the oats to a food processor or blender and blend into a fine powder to create oat flour. Transfer the oat flour to a mixing bowl and combine with the remaining rolled oats, applesauce and maple syrup.
3. Gently stir in the peaches and transfer to the cast-iron pan or baking dish. Bake for 20 to 25 minutes, or until the peaches are tender and the crumb is slightly golden.
4. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 1 cup.

More Flavor

Add cinnamon, nutmeg, lemon juice and/or lemon zest.

Additional Toppings

Ice cream, yogurt, whipped coconut cream or crushed nuts.

No Oat Flour

Use any flour on hand.

No Applesauce

Use mashed banana instead with a few tablespoons of water as needed.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **cup** Oats (rolled, divided)
- 1/4 **cup** Unsweetened Applesauce
- 2 **tsps** Maple Syrup
- 2 Peach (pit removed, sliced)

Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 3 servings



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.

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)
- 6 ozs Rapini (chopped)
- 1/3 tsp Sea Salt (to taste)

One Pan Garlic Drumsticks & Squash

6 ingredients · 45 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Heat a large skillet over medium heat. Pat the drumsticks dry with paper towel and season with salt and pepper and oregano.
3. Once the skillet is hot, add 1/3 of the butter. Add the chicken to the skillet and cook on one side for three to four minutes, until somewhat browned and then flip and cook for two more minutes.
4. In a bowl, toss the squash with the garlic and salt and pepper. Add the squash to the skillet along with the remaining butter. Transfer to the oven and cook for 30 to 35 minutes, tossing halfway through, until the chicken is cooked through and the squash is tender. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two chicken drumsticks and one cup of butternut squash.

Dairy-Free

Use a dairy-free butter, or use more oil.

More Flavor

Add additional herbs such as thyme an/or rosemary.

Ingredients

- 1 1/3 lbs Chicken Drumsticks
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Oregano (dried)
- 3 tbsps Butter (divided)
- 3 1/3 cups Butternut Squash (peeled, seeds removed, cubed)
- 3 Garlic (cloves, sliced thin)

Pork Tenderloin with Steamed Parsnips & Carrots

7 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Mash together the basil, rosemary, salt and coconut oil into a paste.
3. Rub the pork tenderloin with the herb paste until evenly coated.
4. Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
5. Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Roast the parsnips and carrots instead.

No Coconut Oil

Use butter or ghee instead.

Ingredients

- 3/4 tsp Dried Basil
- 3/4 tsp Dried Rosemary
- 1/2 tsp Sea Salt
- 2 1/4 tps Coconut Oil
- 12 ozs Pork Tenderloin
- 2 1/4 Parsnip (medium, sliced)
- 1 1/2 Carrot (medium, sliced)

Turmeric Baked Potatoes

5 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C). Prepare a cast iron skillet or line a baking sheet with parchment paper.
2. In a large bowl, add the potatoes, coconut oil, turmeric and sea salt. Toss to coat and add them to the cast iron skillet or baking sheet. Cook in the oven for 20 minutes, remove, flip the potatoes and bake for 10 minutes more or until they are crispy and cooked through.
3. Remove from the oven, let them cool slightly and top with dill. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add minced garlic.

No Dill

Top with parsley or cilantro instead.

Ingredients

- 2 cups Mini Potatoes (halved)
- 2 2/3 tbsps Coconut Oil (melted)
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt
- 1 1/2 tsps Fresh Dill (chopped)