

low-histamine meal plan

BY TARA ROCHFORD, DELICIOUS LIVING DIETETIC INTERN

Histamine intolerance results from an over accumulation of histamine (a biogenic amine) and the body not being able to completely break it down. Enzymes called amine oxidases, specifically Diamine Oxidase (DAO), rapidly detoxify the body of histamine in healthy people. Some people have lower amounts of these enzymes and therefore have a hard time ridding the body of excess histamine and need to avoid foods that contain high levels of histamine. See page 3 for common symptoms of histamine intolerance.

DAY 1

BREAKFAST

Mango Green Smoothie:

Blend 1 cup baby kale, 1 cup cottage cheese, ¾ cup frozen mango pieces, ¾ cup refrigerated unsweetened coconut milk, 1 tbsp chia, 1 tsp honey, ½ tsp fresh ginger, 1 tsp cinnamon and ½ cup ice cubes

MORNING SNACK

½ cup blueberries
¼ cup pistachios

LUNCH

Chicken Salad Sandwich:

1 serving Chicken Salad (see recipe 1, far right) on 2 slices gluten-free, yeast-free bread with 2 pieces bibb lettuce
3 celery sticks
1 cup grapes

AFTERNOON SNACK

1 apple cut into slices, sprinkled with cinnamon
2 Brazil nuts

DINNER

Turkey Herb Meatballs with Cherry Sauce (see recipe 2, far right)
1 cup steamed broccoli with 1 tsp butter

Daily Total: 1614 cal, 44g fat (7g mono, 7g poly, 15g sat), 175mg chol, 2219mg sodium, 208g carb(30g fiber, 111g sugars), 111g protein

DAY 2

BREAKFAST

Sweet and Savory Sweet

Potato Toast: Cut sweet potato into slabs that fit into toaster. Toast until tender. Savory toppings: ¼ cup cottage cheese, handful of arugula, 2 tbsp basil and 1 tsp hemp hearts. Sweet toppings: ¼ cup cottage cheese and 1 tsp each honey, chia, cinnamon and hemp hearts
1 cup grapes

MORNING SNACK

½ cup blueberries
3 brazil nuts

LUNCH

1 serving Turkey Meatballs with Cherry Sauce (leftovers from Day 1 dinner)
1 cup steamed broccoli with 1 tsp butter

AFTERNOON SNACK

3 celery sticks with ⅓ cup cottage cheese, 2 Tbsp raisins and 1 tsp chia seeds

DINNER

4 oz chicken marinated in 1 tbsp apple cider vinegar and 1 tsp EVOO, roast at 400 25–30 mins
12 asparagus spears tossed in 1 tsp EVOO
1 russet potato, cubed and tossed in 1 tsp EVOO with 1 Tbsp dried rosemary
Side Salad: 1 cup Bibb lettuce with ¼ cup broccoli slaw, dressed with 1 tsp EVOO and 2 tsp apple cider vinegar.

Daily Total: 1622 cal, 51g fat (18g mono, 7g poly, 14g sat), 178mg chol, 1560mg sodium, 201g carb(27g fiber, 122g sugars), 105g protein

*Reminder: Prep tomorrow's breakfast and afternoon snack

DAY 3

BREAKFAST

Blueberry Peach Overnight

Oats: In a jar, combine ½ cup uncooked oats, 1 cup unsweetened coconut milk, 1 tbsp each hemp hearts and chia, 2 tsp honey, 1 tsp cinnamon, ½ cup blueberries and ½ peach, chopped. Stir, cover and refrigerate overnight.

MORNING SNACK

1 cup cantaloupe
½ cup cottage cheese

LUNCH

1 serving Quinoa Herb Salad (see recipe 3, far right)

AFTERNOON SNACK

½ cup baby carrots with No-Bean Hummus Dip: Preheat the oven to 400. Roast 2 cups cauliflower, ½ cup carrots, 1 tbsp EVOO, ½ tsp turmeric and ¼ tsp salt for 40 minutes until tender. Cool, then blend. Add water to achieve desired consistency. Save half for Day 5 Afternoon Snack.

DINNER

Salmon Tacos: Combine 1 tbsp honey with 1 tsp each ground mustard and EVOO; brush over frozen salmon and bake at 400 for 20 minutes. Toss ½ cup broccoli slaw with 1 tbsp red onion and ¼ tsp minced garlic. Flake salmon and serve in two corn tortilla shells with broccoli slaw and sprinkle of hemp hearts.

Daily Total: 1617 cal, 49g fat (21g mono, 9g poly, 11g sat), 86mg chol, 1224mg sodium, 217g carb(40g fiber, 84g sugars), 89g protein

DAY 4

BREAKFAST

Quick granola: Pulse 2 tbsp

each shelled pistachios and shredded unsweetened coconut, 1 tbsp each hemp hearts, chia and fresh ginger in a food processor. Heat 1 tsp coconut oil; add seed mixture and 1 tsp honey. Stir and cook until toasty. Remove from heat and top with ¼ cup blueberries, ½ apple chopped, 1 tsp honey and ½ cup unsweetened coconut milk.

MORNING SNACK

¼ cup pistachios
2 tsp raisins

LUNCH

Chicken Salad Sandwich: (leftovers from Day 1) on 2 slices bread with lettuce
½ cup baby carrots
½ cup cucumber slices

AFTERNOON SNACK

1 cup cantaloupe
½ cup grapes

DINNER

4 oz chicken breast, topped with ¼ cup mozzarella and 2 tsp basil. Bake at 400 for 25 mins
½ cup cooked quinoa
Thyme Rosemary Vegetables: Heat 1 tsp EVOO. Saute ¼ cup onion, chopped. Add ½ zucchini chopped, 7 asparagus spears chopped, a few sprigs each rosemary and thyme chopped, and 2 tsp apple cider vinegar.

Daily Total: 1734 cal, 69g fat (22g mono, 11g poly, 22g sat), 140mg chol, 1864mg sodium, 202g carb(28g fiber, 99g sugars), 95g protein

*Reminder: Prep tomorrow's breakfast and afternoon snack

DAY 5

BREAKFAST

Tropical Mango Overnight

Oats: In a jar, combine ½ cup uncooked oats, 1 tbsp each hemp hearts, chia and unsweetened shredded coconut, ½ cup mango slices, 1 cup unsweetened coconut milk. Stir, cover and refrigerate overnight

MORNING SNACK

½ cup cherries
2 tbsp unsweetened shredded coconut

LUNCH

1 serving Quinoa Herb Salad (leftover from Day 3)

AFTERNOON SNACK

½ cup baby carrots
1 serving No-Bean Hummus Dip (leftover from Day 3)

DINNER

Zucchini Pasta with Creamy

Herb Sauce: Roast ½ head cauliflower with ½ tbsp EVOO 1 clove minced garlic, ¼ cup onion, chopped, and ¼ tsp salt at 350 for 30 minutes. Place roasted mixture in a pan with ¼ cup coconut milk. Bring to a boil, cover and simmer for 20 minutes. Blend with an immersion blender or in a food processor to desired consistency. Saute 2 cups spiralized zucchini until warm. Toss with creamy cauliflower sauce and top with 2 tbsp mozzarella. Garnish with fresh thyme and basil.

Serve with 1 baked cod fillet

Daily Total: 1521 cal, 59g fat (22g mono, 9g poly, 17g sat), 75mg chol, 897mg sodium, 189g carb(42g fiber, 66g sugars), 74g protein

DAY 6

BREAKFAST

Quick Oat Muesli: Combine ½ cup oats, 2 tbsp each hemp hearts and apple juice, 1 tbsp each chia and shelled pistachios and 1 tsp melted coconut oil. Serve with 1 cup unsweetened coconut milk, ½ cup blueberries and ½ apple

MORNING SNACK

2 Brazil nuts
½ cup grapes

LUNCH

Asparagus Herb Cottage

Cheese Tartine: Toss ½ cup chopped asparagus with 1 tsp EVOO. Roast at 425 for 5 minutes. Blend ½ cup cottage cheese in a blender or food processor. Mix with 2 tbsp each fresh basil and chives and dash each of salt and pepper. Spread on 2 slices bread and top with ¼ cup mozzarella and roasted asparagus. Bake at 425 for 15 minutes.

½ cup grapes

AFTERNOON SNACK

1 apple with dash of cinnamon
¼ cup pistachios

DINNER

Gyro Turkey Lettuce Wrap:

Brown 4 oz ground turkey in 1 tsp EVOO with a pinch each of cumin, cinnamon, nutmeg, garlic powder, onion powder, salt and pepper. Combine ½ cup cottage cheese with 1 tbsp each parsley and mint and 1 tsp dried dill. Divide turkey mixture among bibb lettuce leaves and top with cottage cheese sauce, 2 tbsp broccoli slaw and ½ cup cucumber slices.

1 cup cantaloupe

Daily Total: 1626 cal, 64g fat (19g mono, 11g poly, 19g sat), 110mg chol, 1734mg sodium, 193g carb(31g fiber, 85g sugars), 88g protein

DAY 7

BREAKFAST

Sweet and Savory Toast:

Toast 2 slices bread. On one slice, spread ¼ cup cottage cheese and top with ¼ cup arugula and pinch each salt and pepper. Blend ¼ cup cottage cheese with 1 tsp each honey and cinnamon. Spread on other slice of bread. Sprinkle both slices with 1 tsp chia

MORNING SNACK

1 cup unsweetened applesauce with 1 tbsp each chia and shelled pistachios

LUNCH

Fresh Salad: Roast 1 chicken breast at 425 for 25 minutes.

Toss 3 cups bibb lettuce, ½ cup each chopped cucumber and carrots, ¼ cup chopped cauliflower and 1 tbsp hemp hearts. Dress with 1 tbsp EVOO mixed with 1 tsp apple cider vinegar and dash of pepper
1 peach

AFTERNOON SNACK

1 cup cantaloupe
½ cup cottage cheese

DINNER

1 serving Turkey Spinach

Burger (see recipe, page 4 of this PDF) to make low histamine, sub baby kale for the spinach, eliminate the egg whites, and quinoa for the millet.

½ sweet potato, chopped and roasted with 1 tbsp EVOO

1 cup mixed fruit leftover from the week (apple, (blueberries, cantaloupe, mango, grapes)

Honey cottage cheese fruit dip: Blend ½ cup cottage cheese with 2 tsp honey and 1 tsp cinnamon

Daily Total: 1744 cal, 55g fat (24g mono, 10g poly, 10g sat), 137mg chol, 2455mg sodium, 211g carb(34g fiber, 109g sugars), 92g protein

Quick recipes to complete your menus

(each makes 2 servings)

1. Chicken Salad

Combine 1 shredded chicken breast (about 8 oz), 1 cup cottage cheese and ¼ cup each chopped celery, chopped carrots and chopped chives. Season with salt and pepper to taste.

2. Turkey Meatballs with Cherry Sauce

In a large bowl, combine ½ lb ground turkey with ½ red onion chopped, 1 clove garlic, minced, 1 tsp dried coriander, 1 handful fresh basil, chopped, 1 handful fresh chives, chopped, ¼ cup oat flour, ¼ tsp salt and pepper to taste. Roll mixture into golf ball-size balls. Bake for 20 minutes at 400F. While meatballs are cooking, in a small saucepan, saute ½ red onion chopped with 1 tsp extra-virgin olive oil until soft. Add 2 cups pitted and halved fresh cherries, 1 cup apple juice and 1 tbsp honey. Bring to a boil, then cover and cook on low heat at least 30 minutes. Mix sauce and meatballs. Garnish with additional fresh herbs.

3. Quinoa Herb Salad

Combine 2 cups cooked quinoa, 1 cup cubed and roasted sweet potato, 2 cups arugula, 1 cup baby kale, 1 cup shredded carrots, 1 small handful fresh basil, chopped, 1 small handful fresh chives, chopped and 1 small handful fresh mint, chopped. Dress with 2 tbsp extra virgin olive oil mixed with 3 tbsp apple cider vinegar.

SHOPPING LIST

Here's everything you'll need to make the week's worth of low-histamine meals.

FRUITS & VEGETABLES

- 4–5 cups baby kale
- 1 (16 oz) bag frozen mango
- 2 pints blueberries
- 1 bunch celery
- 1 bag baby carrots
- 1 bunch carrots
- 2 bunches fresh chives
- 1 head bibb lettuce
- 1½ lbs grapes
- 10 oz package raisins
- 2 red onions
- 1 garlic bulb
- 3 cups fresh cherries
- 1 large head broccoli
- 2 sweet potatoes
- 3 apples
- 1 cup of unsweetened applesauce
- 24 asparagus spears (2 bunches)
- 1 russet potato
- 2 oz fresh rosemary
- 2 oz fresh thyme
- 2 oz fresh dill
- 2 oz fresh mint
- 2 peaches
- 1 cantaloupe
- 5 oz arugula
- 1 large head cauliflower
- 1 package broccoli slaw
- 2-inch piece fresh ginger
- 2 cucumbers
- 2–3 zucchini

SEEDS, NUTS & NUT BUTTERS

- 1 container chia seeds
- 1½ cups pistachios
- 1 cup Brazil nuts
- 1 package hemp hearts
- 8 oz package unsweetened shredded coconut

PROTEINS & DAIRY

- 2 (24 oz) containers 2% cottage cheese
- 4 (4-oz) boneless, skinless chicken breasts
- 1½ lbs ground turkey
- 1 (6-oz) fillet of flash frozen or fresh salmon
- 1 (6-oz) fillet of flash frozen or fresh cod
- 8 oz fresh mozzarella

GRAINS

- 1 container old-fashioned rolled oats
- 6 oz uncooked quinoa
- 1 small package corn tortillas
- 1 loaf gluten-free yeast-free bread
(**TRY:** Food for Life Multiseed Rice Bread)

MISCELLANEOUS

- ½ gallon unsweetened refrigerated coconut milk (**TRY:** So Delicious Organic Coconut Milk Beverage Unsweetened)
- ¾ cup honey
- 10 oz bottle 100% apple juice

PANTRY STAPLES

- Black pepper
- Salt
- Butter
- Extra-virgin olive oil
- Coconut oil
- Apple cider vinegar
- Cinnamon
- Onion powder
- Garlic powder
- Dried coriander
- Dried nutmeg
- Ground mustard
- Dried turmeric

Symptoms of Histamine Intolerance

- Headaches or migraines
- Nasal congestion, sinus issues, runny nose
- Fatigue
- Hives
- Digestive issues, diarrhea
- Rash, eczema
- Wheezing
- Heartburn
- Swelling of face, hands and/or lips
- Abdominal pain

Many of the above symptoms can be attributed to multiple health conditions. Please consult your healthcare provider to receive a diagnosis and create a healthcare plan.

High-Histamine Foods to Avoid or Reduce

- Alcohol
- Fermented beverages
- Pickled and canned foods
- Overly ripened or fermented foods (aged cheeses, sauerkraut, products with yeast, stale fish)
- Citrus
- Dried fruit
- Avocado
- Eggplant
- Spinach
- Tomatoes
- Egg White
- Shellfish

This is not a complete list of foods. We recommend working with a dietitian or healthcare practitioner that specializes in low-histamine elimination diets to make sure you are consuming a balanced diet with as much variety as possible.

Low-Histamine Foods to Include

- Fresh fruits and vegetables not on the list above
- Fresh or flash frozen chicken, meat or fish products
- Milk or milk alternatives
- Whole grains
- Cream cheese, butter
- Cooking oils
- Non-citric fruit juice
- Herbal teas

Turkey Burgers

½ cup cooked quinoa
2 egg yolks
2 tablespoons water
2 teaspoons smoked paprika
½ teaspoon onion powder
¼ teaspoon ground allspice
¼ teaspoon dried rubbed sage
½ teaspoon sea salt
¾ pound ground turkey breast

Toppings:

Red onion
Bibb lettuce
Swiss cheese

1. Preheat oven to 375°. Put quinoa, egg yolks, water, onion powder, allspice, sage and salt in a medium bowl or the bowl of an upright mixer. Mix on medium speed for 1 minute (or mix by hand). Add ground turkey. Mix on low speed just until combined.

2. Shape into four patties, using wet hands (mixture will be very soft).

3. Lightly spray a baking sheet with cooking oil. Arrange burgers on baking sheet. Bake for 25–30 minutes, or until cooked through, turning once. Serve on toasted rolls with lettuce, onion and Swiss cheese. (**NOTE:** If avoiding histamine, do not top burger with tomato and avoid aged cheeses.)

PER SERVING: 137 cal, 1g fat (0g mono, 0g poly, 0g sat), 52mg chol, 25g protein, 7g carb, 1g fiber, 480mg sodium

