

HISTAMINE MEALS

BREAKFAST IDEAS

- STEEL CUT OATS WITH SLICED APPLE OR SAUTEED APPLE SLICES IN BUTTER, 1 TSP PURE MAPLE SYRUP OVER EITHER OATS OR APPLES AFTER COOKED, 1 TSP OF CHIA SEEDS FOR PROTEIN SOURCE
- SWEET POTATO "HASH" SLICED APPLE, ¼ C BLUEBERRIES. PREPARE SWEET POTATO BY USING CHEESE GRATER AND PAN FRY IN OLIVE OIL. SAUTEE FRESH PEAS IN THE POD
- CHIA SEED "PUDDING" MADE FROM UNSWEETENED HEMP MILK WITH MAPLE SYRUP, FRESH OR FROZEN BLACKBERRIES OR BLUEBERRIES
- SWEET POTATO MASH (COOK NIGHT BEFORE IF NEED) "CRUMBLE", WITH LEFTOVER STEEL CUT OATMEAL CONGEALED AND PAN FRIED IN ORGANIC BUTTER SERVED OVER THE TOP, SPRINKLE WITH HEMP SEEDS FOR PROTEIN
- BAKED APPLE WITH CHIA SEED PUDDING FROM HEMP MILK



LUNCH IDEAS

- CHICKEN BREAST WITH GARLIC BUTTER PAN FRIED FROZEN GREEN BEANS (CAN ADD SWEET POTATO IF NEED EXTRA STARCH)
- BROWN RICE COOKED AND, ON THE SIDE, SLIVERED CARROTS PAN FRIED IN OLIVE OIL. SPRINKLE CHIA OR HEMP SEEDS OVER TOP.
- FROZEN SWEET POTATO FRIES AND CHICKEN WINGS OR GROUND CHICKEN PATTY OR CHICKEN BREAST, SLICED CUCUMBER
- LEFTOVER BROWN RICE STIR FRY WITH RICE, PARSNIPS, CELERY, FRESH PEAS AND 1 EGG YOLK. FRY VEGETABLES FIRST, THEN ADD YOLK.
- RISOTTO WITH FRESH PEAS
- TURKEY OR CHICKEN SALAD WITH LEFTOVER CHICKEN BREAST, FRESH RED LETTUCE, SHREDDED OR GRATED PARSNIPS, OLIVE OIL AND SALT
- "BUNLESS" TURKEY BURGER FROM GROUND TURKEY, CAN LETTUCE WRAP IF DESIRED, SWEET POTATO AND CUCUMBER
- CASSAVA CHIPS (ARTISAN TROPIC) ON THE SIDE, SHREDDED CHICKEN AND LETTUCE, FRESH SNAP PEAS

DINNER IDEAS

- BROWN RICE PASTA WITH GARLIC BUTTER AND SHREDDED OR DICED CHICKEN BREAST AND COOKED CHOPPED CELERY
- CORNISH GAME HEN OR WHOLE CHICKEN ROASTED WITH BUTTER, SALT AND PEPPER, QUINOA (COOKS LIKE RICE) OR ACORN SQUASH, ROASTED BROCCOLI (½ C PORTION)
- CASSAVA OR RICE PASTA WITH FRESH BASIL, GARLIC AND OLIVE OIL, LETTUCE CUCUMBER SALAD ON THE SIDE
- PLAIN CHICKEN WINGS, CELERY STICKS AND SWEET POTATO FRIES
- CHICKEN BREAST COOKED WITH FRESH HERBS, CASSAVA PASTA AND CHOPPED BROCCOLI ALL TOSSED TOGETHER
- GROUND TURKEY "SHEPHERDS PIE" WITH MASHED SWEET POTATOES AND SAUTEED SNOW PEAS IN THE POD
- GROUND TURKEY OVER POLENTA WITH GREEN BEANS ON THE SIDE

HISTAMINE AUTOIMMUNE MEALS

BREAKFAST IDEAS

- CASSAVA RICE STYLE PASTA WITH SLICED APPLE OR SAUTEED APPLE SLICES IN OLIVE OIL, 1 TSP PURE MAPLE SYRUP OVER EITHER OATS OR APPLES AFTER COOKED, 1 TSP OF CHIA SEEDS FOR PROTEIN SOURCE
- SWEET POTATO "HASH" SLICED APPLE, ¼ C BLUEBERRIES. PREPARE SWEET POTATO BY USING CHEESE GRATER AND PAN FRY IN OLIVE OIL. SAUTEE FRESH PEAS IN THE POD
- CHIA SEED "PUDDING" MADE FROM UNSWEETENED HEMP MILK WITH MAPLE SYRUP, FRESH OR FROZEN BLACKBERRIES OR BLUEBERRIES
- SWEET POTATO MASH (COOK NIGHT BEFORE IF NEED) SPRINKLE WITH HEMP AND CHIA SEEDS FOR PROTEIN
- BAKED APPLE WITH CHIA SEED PUDDING FROM HEMP MILK



LUNCH IDEAS

- CHICKEN BREAST WITH GARLIC OLIVE OIL PAN FRIED FROZEN GREEN BEANS (CAN ADD SWEET POTATO IF NEED EXTRA STARCH)
- CASSAVA PASTA COOKED AND, ON THE SIDE, SLIVERED CARROTS PAN FRIED IN OLIVE OIL. SPRINKLE CHIA OR HEMP SEEDS OVER TOP.
- FROZEN SWEET POTATO FRIES AND CHICKEN WINGS OR GROUND CHICKEN PATTY OR CHICKEN BREAST, SLICED CUCUMBER
- CASSAVA PASTA NOODLES, PARSNIPS, CELERY, FRESH PEAS. FRY VEGETABLES FIRST, THEN TOSS PASTA W OLIVE OIL. ADD FRESH PARSLEY IF DESIRED.
- CASSAVA PASTA RICE STYLE WITH FRESH PEAS
- TURKEY OR CHICKEN SALAD WITH LEFTOVER CHICKEN BREAST, FRESH RED LETTUCE, SHREDDED OR GRATED PARSNIPS, OLIVE OIL AND SALT
- "BUNLESS" TURKEY BURGER FROM GROUND TURKEY, CAN LETTUCE WRAP IF DESIRED, SWEET POTATO AND CUCUMBER
- CASSAVA CHIPS (ARTISAN TROPIC) ON THE SIDE, SHREDDED CHICKEN AND LETTUCE, FRESH SNAP PEAS

DINNER IDEAS

- CASSAVA PASTA WITH GARLIC OLIVE OIL AND SHREDDED OR DICED CHICKEN BREAST AND COOKED CHOPPED CELERY
- CORNISH GAME HEN OR WHOLE CHICKEN ROASTED WITH BUTTER, SALT AND PEPPER, QUINOA (COOKS LIKE RICE) OR ACORN SQUASH, ROASTED BROCCOLI (½ C PORTION)
- CASSAVA OR RICE PASTA WITH FRESH BASIL, GARLIC AND OLIVE OIL, LETTUCE CUCUMBER SALAD ON THE SIDE
- PLAIN CHICKEN WINGS, CELERY STICKS AND SWEET POTATO FRIES
- CHICKEN BREAST COOKED WITH FRESH HERBS, CASSAVA PASTA AND CHOPPED BROCCOLI ALL TOSSED TOGETHER
- GROUND TURKEY "SHEPHERDS PIE" WITH MASHED SWEET POTATOES AND SAUTEED SNOW PEAS IN THE POD
- GROUND TURKEY, CUBED SWEET POTATO HASH OR WEDGES WITH GREEN BEANS ON THE SIDE