

HISTAMINE MEAL IDEAS

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, 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, sweet potatoes
- 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
- Lettuce wrap with ground turkey, sweet potato and cucumber

DINNER IDEAS

- 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

Handout courtesy of www.optim8healthandwellness.com

AUTOIMMUNE HISTAMINE MEAL IDEAS

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, sweet potato
- 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
- Lettuce wrap with ground turkey, sweet potato and cucumber

DINNER IDEAS

- Cornish game hen or whole chicken roasted with butter, salt and pepper, quinoa (cooks like rice) or acorn squash, cucumber
- 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

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