

## MON



**BREAKFAST**  
Egg & Gluten Free Toast



**SNACK 1**  
Low Fod Grapes



**LUNCH**  
Rice noodles (no food chem)



**SNACK 2**  
Protein Shake (low food chem)



**DINNER**  
One Pan Chicken and Vegetables



**SNACK 3**  
Popcorn

## TUE



**BREAKFAST**  
Reduced histamine Pancakes



**SNACK 1**  
Lychee



**LUNCH**  
Chicken Noodle Soup (Failsafe)



**SNACK 2**  
mozzarella & Cucumber low hist/low sal



**DINNER**  
Pork tenderloin , Rice & Arugula



**SNACK 3**  
Peanut Maple Tempeh (low food chem)

## WED



**BREAKFAST**  
Egg & Gluten Free Toast



**SNACK 1**  
Low Fod Grapes



**LUNCH**  
Rice noodles (no food chem)



**SNACK 2**  
Protein Shake (low food chem)



**DINNER**  
One Pan Chicken and Vegetables



**SNACK 3**  
Popcorn

## THU



**BREAKFAST**  
Reduced histamine Pancakes



**SNACK 1**  
Lychee



**LUNCH**  
Chicken Noodle Soup (Failsafe)



**SNACK 2**  
mozzarella & Cucumber low hist/low sal



**DINNER**  
Pork tenderloin , Rice & Arugula



**SNACK 3**  
Peanut Maple Tempeh (low food chem)

## FRI



**BREAKFAST**  
Egg & Gluten Free Toast



**SNACK 1**  
Low Fod Grapes



**LUNCH**  
Rice noodles (no food chem)



**SNACK 2**  
Protein Shake (low food chem)



**DINNER**  
One Pan Chicken and Vegetables



**SNACK 3**  
Popcorn

## SAT



**BREAKFAST**  
Reduced histamine Pancakes



**SNACK 1**  
Lychee



**LUNCH**  
Chicken Noodle Soup (Failsafe)



**SNACK 2**  
mozzarella & Cucumber low hist/low sal



**DINNER**  
Pork tenderloin , Rice & Arugula



**SNACK 3**  
Peanut Maple Tempeh (low food chem)

## SUN



**BREAKFAST**  
Egg & Gluten Free Toast



**SNACK 1**  
Low Fod Grapes



**LUNCH**  
Rice noodles (no food chem)



**SNACK 2**  
Protein Shake (low food chem)



**DINNER**  
One Pan Chicken and Vegetables



**SNACK 3**  
Peanut Maple Tempeh (low food chem)

## FRUITS

- 736 grams Grapes
- 90 grams Lychee

## BREAKFAST

- 192 grams All Natural Peanut Butter
- 600 grams Maple Syrup

## SEEDS, NUTS & SPICES

- 2 cups Cashews
- 24 grams Sea Salt

## VEGETABLES

- 240 grams Arugula
- 10 Carrot
- 1 Cucumber
- 4 cups Grated Carrot
- 1 cup Green Beans
- 16 stalks Green Onion
- 3 cups Leeks

## BOXED & CANNED

- 330 grams Brown Rice Macaroni
- 4.2 liters Chicken Broth
- 552 grams Jasmine Rice
- 227 grams Pho Noodles
- 264 grams Popcorn

## BAKING

- 480 grams All Purpose Gluten-Free Flour
- 27 grams Baking Powder
- 75 grams Cane Sugar

## BREAD, FISH, MEAT & CHEESE

- 400 grams Chicken Tenderloin
- 1.1 kilograms Chicken Thighs
- 4 slices Gluten Free Bread
- 297 grams Mozzarella Ball
- 1.4 kilograms Pork Tenderloin
- 2 kilograms Tempeh
- 907 grams Tofu

## CONDIMENTS & OILS

- 4 tbsps Extra Virgin Olive Oil
- 176 milliliters Extra Virgin Olive Oil
- 1/4 cup Garlic Infused Oil
- 1/4 cup Maple Syrup
- 20 milliliters Sesame Oil

## COLD

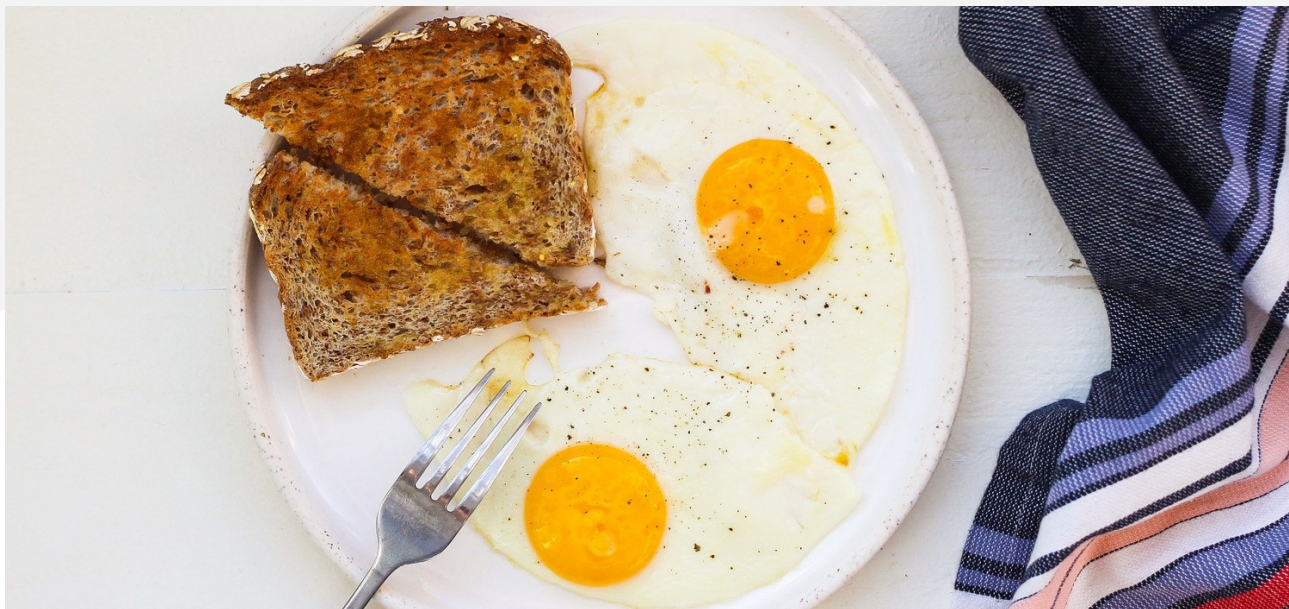
- 84 grams Butter
- 300 grams Cow's Milk, Whole
- 7 Egg
- 4 cups Lactose Free Cows Milk

## OTHER

- 3 Infused Oil- Onion Or Garlic
- 4 scoops Protein Powder
- 8 cups Water
- 570 milliliters Water

# Egg & Gluten Free Toast

1 SERVING 5 MINUTES



## INGREDIENTS

1 tsp Extra Virgin Olive Oil

1 Egg

1 slice Gluten Free Bread (toasted)

## DIRECTIONS

- 01 Heat oil in a medium pan over medium heat. Crack the egg into the pan and cook until done to your liking.
- 02 Transfer the eggs to a plate and serve with toast. Enjoy!

## NOTES

### NO COCONUT OIL

Use olive oil, butter or ghee instead.

### GLUTEN-FREE

Use gluten-free bread or serve on sweet potato toast.

# Reduced histamine Pancakes

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 Egg  
100 grams Cow's Milk, Whole (Whole)  
28 grams Butter (melted, plus more for pan)  
25 grams Cane Sugar  
160 grams All Purpose Gluten-Free Flour  
9 grams Baking Powder  
2 grams Sea Salt  
120 grams Maple Syrup  
150 milliliters Water

## DIRECTIONS

- 01 In a bowl, whisk the egg, milk, water, butter, and cane sugar. Mix in the flour, baking powder, and sea salt.
- 02 Heat a pan over medium-high heat and add some butter. Scoop 1/4 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 03 Divide onto plates and drizzle maple syrup on top. Enjoy!

## NOTES

### LEFTOVERS

Freeze all leftover to prevent histamine accumulation

### SERVING SIZE

One serving is two pancakes.

### NO CANE SUGAR

Use coconut sugar or monk fruit sweetener, adjusting the amount as needed.

### NO COW'S MILK

Use any other milk alternative. Note- all milk contains some histamine with plant-based milks being the highest in histamine.

### NO BUTTER

Use coconut oil.

### FREEZER MEAL

After the pancakes have completely cooled, line a baking sheet with parchment paper and spread the pancakes out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the toaster or oven.



# Low Fod Grapes

2 SERVINGS 2 MINUTES



## INGREDIENTS

184 grams Grapes

## DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

## NOTES

### LOW FODMAP

Keep portion at 6 grapes or less (approx 32grams). Be cautious of fructose stacking.

### LOW HISTAMINE / LOW SALYCILATE

Grapes are lower histamine and lower salycilate

# Lychee

1 SERVING 1 MINUTE



## INGREDIENTS

30 grams Lychee (30 grams=  
approximately 3 Lychee)

## DIRECTIONS

01 Peel off the outside skin and enjoy. Can serve fresh or frozen.

## NOTES

### LOW FODMAP

Ensure the portion is less than 30g to remain low sorbitol. - Be cautious of stacking with other sorbitol-containing foods.

### FOOD CHEM (HISTAMINE AND SALICYLATE)

30 g is low histamine, low tyramine and low Salicylate

# Rice noodles (no food chem)

2 SERVINGS 20 MINUTES



## INGREDIENTS

57 grams Pho Noodles (optional rice noodle or gluten free noodle)  
1 stalk Green Onion  
1/2 cup Cashews  
1 cup Grated Carrot  
227 grams Tofu  
1 tbsp Garlic Infused Oil (or optional canola oil, make sure not olive oil for low food chem)

## DIRECTIONS

- 01 Cook noodle according to box instructions.
- 02 Fry tofu in galric oil.
- 03 Add carrot and cashews, stir.
- 04 Add noodles, top with green onion + optional salt. Enjoy!

# Chicken Noodle Soup (Failsafe)

6 SERVINGS 1 HOUR



## INGREDIENTS

22 milliliters Extra Virgin Olive Oil  
2 Carrot (large, peeled, chopped)  
1 Infused Oil- Onion Or Garlic (oil)  
3 grams Sea Salt  
1 cup Leeks ((leaves only))  
1.4 liters Chicken Broth ((garlic, onion, celery free) )  
350 grams Chicken Thighs (bone-in, skin removed, trimmed)  
110 grams Brown Rice Macaroni (dry)

## DIRECTIONS

- 01 Heat the infused oil in a large pot over medium heat. Add the celery, carrot, and leeks to the pot and cook for eight to 10 minutes until softened. Stir to combine and cook for another minute.
- 02 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 05 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. If histamine intolerant-freeze all leftovers

### SERVING SIZE

One serving is approximately one cup of soup and 1/4 cup of macaroni.

### CHICKEN BROTH

A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

### NO BROWN RICE MACARONI

Use another pasta noodle instead.



# Protein Shake (low food chem)

1 SERVING 2 MINUTES



## INGREDIENTS

1 scoop Protein Powder (Protein isolate)  
1 cup Lactose Free Cows Milk  
2 cups Water

## DIRECTIONS

01 Blend in a shaker bottle, enjoy!

## NOTES

### PROTEIN ISOLATE

Ensure your protein powder is an isolate and not a concentrate.

### TYPES

Quinoa isolate, rice isolate, hemp isolate. Since protein powders are processed they are moderate histamine. Some individuals do not tolerate large quantities of protein. Start with 1/2 scoop of powder and work up if tolerated

# mozzarella & Cucumber low hist/low sal

2 SERVINGS 5 MINUTES



## INGREDIENTS

99 grams Mozzarella Ball  
1/3 Cucumber (peeled & sliced)

## DIRECTIONS

- 01 Take a toothpick and thread bocconcini, a cucumber slice, and a basil leaf one at a time. Repeat until each toothpick is full. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately six small bocconcini, six cucumber slices, and six basil leaves.

### MAKE IT VEGAN

Omit the cheese and replace it with a tomato or small boiled potato. Use vegan cheese instead of bocconcini.

### MORE FLAVOR

Season with salt, pepper or fresh/dried herbs. Drizzle olive oil, pesto, or balsamic otop.

# One Pan Chicken and Vegetables

1 SERVING 35 MINUTES



## INGREDIENTS

100 grams Chicken Tenderloin  
1 Carrot (medium, sliced)  
1/4 cup Green Beans (10-15 beans)  
3 stalks Green Onion ((tops only))  
2 tsps Extra Virgin Olive Oil  
1 tbsp Maple Syrup

## DIRECTIONS

- 01 Preheat oven to 400F
- 02 Add chicken, carrot, green beans and (any other vegetables your dietitian has approved) to an oiled baking pan. Drizzle with infused oil. Cook chicken through until it is no longer pink in the center, about 12-18 min or until an internal temp of 175F (depending on size and thickness of chicken)
- 03 Serve the chicken with vegetables (optional add rice).

## NOTES

### VEGETABLE PREP

To ensure your vegetables cook evenly, be sure to slice them into roughly the same sized pieces.

### LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

### RECIPE FROM

Recipe adapted from All Recipes.



# Pork tenderloin , Rice & Arugula

4 SERVINGS 25 MINUTES



## INGREDIENTS

454 grams Pork Tenderloin  
3 grams Sea Salt  
184 grams Jasmine Rice (dry, uncooked)  
30 milliliters Extra Virgin Olive Oil  
((infused for more flavor))  
80 grams Arugula

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 (If time permits you can add oil to a pan and sear all sides of the pork tenderloin first, this helps lock in moisture). Transfer pork tenderloin to a baking sheet. Season with sea salt and infused oil. Bake in the oven for 18-20 minutes (or until an internal temp of 145F)
- 03 While the meat roasts, make your jasmine rice according to the instructions on the package.
- 04 Divide pork, rice and arugula between bowls or containers, and drizzle with the oil, salt and pepper.

## NOTES

### NO RICE

Use quinoa instead.

### LEFTOVERS

Refrigerate in an air-tight container up to 3 days. Low histamine freeze all leftovers. Low salicylate- no herbs but if you are not salicylate intolerant you are welcome to add some herbs and spices



# Popcorn

4 SERVINGS 2 MINUTES



## INGREDIENTS

88 grams Popcorn

## DIRECTIONS

01 Pour into bowls and enjoy!

# Peanut Maple Tempeh (low food chem)

4 SERVINGS 30 MINUTES



## INGREDIENTS

48 grams All Natural Peanut Butter  
60 grams Maple Syrup  
5 milliliters Sesame Oil  
30 milliliters Water  
500 grams Tempeh (sliced)  
5 milliliters Extra Virgin Olive Oil

## DIRECTIONS

- 01 In a large bowl, whisk together, peanut butter, maple syrup, sesame oil, and water.
- 02 Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 03 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes. Serve immediately and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. -Low histamine freeze all leftovers

### SERVING SIZE

One serving size is equal to approximately 125 grams or four slices of tempeh.

### ADDITIONAL TIP

This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.

### PEANUT BUTTER

Be cautious with the amount of peanut butter used due to slight histamine liberating effects.