

A wooden spoon rests on a light-colored wooden surface. To the right, a glass jar is partially filled with golden honey. In the upper left corner, there are some dried, yellowish-brown herbs. A green apple is visible on the left side of the frame. A white rectangular box with a faint green leaf logo is centered over the image, containing the text for the meal plan.

# *Low Histamine* Meal Plan

ALLEVIATE YOUR SYMPTOMS  
FOR A CALM MIND AND BODY  
WITH THIS PLAN.

Buddhi Holistic Health



# Week 1

## SUNDAY

- B** Blueberry Macadamia Breakfast Cookies (freeze remaining)
- L** Pulled Chicken Wrap
- D** Garlic Basil Pasta

## MONDAY

- B** Arugula and Eggs
- L** Beef and Rice Bowl (freeze leftovers for tomorrow)
- D** Garlic Basil Pasta

## TUESDAY

- B** Blackberry Apple Smoothie
- L** Beef and Rice Bowl
- D** Sautéed Brussels Sprouts and Chicken

## WEDNESDAY

- B** Arugula and Eggs
- L** Simple Salad
- D** Sautéed Brussels Sprouts and Chicken

## THURSDAY

- B** Blackberry Apple Smoothie
- L** Simple Salad
- D** Pork Roast with Cauliflower and Sweet Potato

## FRIDAY

- B** Blueberry Macadamia Breakfast Cookies
- L** Bunless "Greek" Burger
- D** Pork Roast with Cauliflower and Sweet Potato

## SATURDAY

- B** Cottage Cheese Bowl
- L** Bunless "Greek" Burger
- D** Fried Quinoa

## SHOPPING LIST

### PRODUCE

- 2 stalks celery
- 2 small red onions
- 3 bulbs garlic
- 6 cups (120 g) arugula
- 2 yellow onions
- 4 medium scallions/green onions
- 3 cups (264 g) brussels sprouts
- 2 heads cauliflower
- 4 sweet potatoes
- 1 cucumber
- 1 small head green cabbage (or shredded cabbage)
- 1 cup (151 g) grapes
- 1 cup (113 g) shredded carrots
- 1/2 cup (74 g) blueberries
- 1 1/4 cup (180 g) blackberries
- 1 cantaloupe
- 5-6 apples (red or green)
- 1 bundle fresh dill
- 1 bundle fresh basil
- 1 bundle fresh rosemary
- 1 cup (91 g) broccoli sprouts

### MEAT, POULTRY, DAIRY

- 7 eggs
- 1 oz (28 g) mozzarella cheese
- 1 cup (226 g) 4% milk fat cottage cheese
- 1 jar ghee
- 6 oz (171 g) ground turkey
- 5 chicken breasts
- 12 oz (340 g) ground beef, 95% lean
- 8 oz (227 g) pork tenderloin
- 10 oz (284 g) ground lamb

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (34 g) macadamia nuts
- 1/2 cup (60 g) almond flour
- Small container coconut flour
- 4 1/2 tbsp chia seeds
- Small container flaxseed
- Small container hemp hearts or seeds
- 1 1/2 cup (148 g) pecans
- 3/4 cup (139 g) white rice
- 1/4 cup (39 g) rolled oats
- 1/2 cup (85 g) quinoa
- 1/2 cup (45 g) slivered almonds

### MISCELLANEOUS

- Oat milk
- Almond milk
- Ground oregano
- Coconut aminos
- Cassava flour
- 6 oz (171 g) brown rice pasta
- Salt
- Pepper
- 1 container (150 fg) coconut yogurt
- Olive oil
- Avocado oil
- Honey

# How to Meal Prep Week 1

- For dinner meals Sunday through Thursday, freeze second portion to be warmed for dinner the following evening.
- Sunday evening, cook the following and store in the freezer:
  - Beef and rice bowl, to be had for lunches on Monday and Tuesday
  - Two chicken breasts, to be had with salad for lunches on Wednesday and Thursday
  - Two lamb burgers from the bunless "Greek" burger recipe, to be had with lunches on Friday and Saturday
- Wednesday and Thursday morning, remove a chicken breast from the freezer to thaw. Prepare lunch salad separately.
- Friday and Saturday morning, remove lamb burgers from the freezer to thaw. Prepare sauce and vegetables for lunch separately.

## DAILY AVERAGES

Calories: 1,436

Carbohydrates: 128 g Protein: 82 g Fat: 70 g

# Week 2

## SUNDAY

- B** Turkey Breakfast Hash (freeze remaining)
- L** Simple Salad
- D** Traditional Steak & Potatoes (make 1/2 recipe)

## MONDAY

- B** Zucchini Tahini Muffins (freeze remaining)
- L** Ground Turkey Lettuce Wraps
- D** Traditional Steak & Potatoes (make 1/2 recipe)

## TUESDAY

- B** Coconut Mango Oat Milk Oatmeal
- L** Ground Turkey Lettuce Wraps
- D** Roasted Chicken Thighs w/ Sweet Potato & Broccoli

## WEDNESDAY

- B** Zucchini Tahini Muffins
- L** Grab n' Go Lunch
- D** Roasted Chicken Thighs w/ Sweet Potato & Broccoli

## THURSDAY

- B** Coconut Mango Oat Milk Oatmeal
- L** Grab n' Go Lunch
- D** Buttery Chicken Sheet Pan Dinner

## FRIDAY

- B** Turkey Breakfast Hash
- L** Green Goddess Salad (save 1/2 for tomorrow, dressing separately)
- D** Buttery Chicken Sheet Pan Dinner

## SATURDAY

- B** Arugula and Eggs
- L** Green Goddess Salad
- D** Parsley Salmon w/ Vegetable Quinoa

## SHOPPING LIST

### PRODUCE

- 4-5 sweet potatoes
- 3 cups (264 g) brussels sprouts
- 3 cups (60 g) arugula
- 1/2 cup (34 g) kale
- 1 red onion
- 1 yellow onion
- 2 russet potatoes
- 1 zucchini
- 1 bulb garlic
- 1 red bell pepper
- 1 head romaine lettuce
- 2 heads broccoli
- 6 oz (170 g) baby potatoes
- 1 head red cabbage
- 6 radishes
- 1 cucumber
- 3 scallions/green onions
- 4 cups (170 g) mixed salad greens, without spinach
- 1 bundle fresh parsley
- 1 bundle chives
- 1 bundle fresh dill
- 1 bundle fresh mint
- 1 red apple
- 1 green apple
- 2 mangos
- 2 cups (300 g) grapes
- 1 cantaloupe

### MEAT, POULTRY, DAIRY

- 9 eggs
- 1 small jar ghee
- 3/4 lb (340 g) turkey breast
- 3 chicken breasts
- 12 oz (342 g) ground turkey
- 6oz frozen salmon
- 8 oz (226 g) chicken thighs, boneless and skinless
- 12 oz (340 g) ribeye steak

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (25 g) pecans
- Small container flaxseed
- Small jar tahini
- 1 1/4 tbsp (11 g) sesame seeds
- Small jar almond butter
- 1 1/2 cup (120 g) rolled oats
- 1/4 cup (42 g) quinoa
- 1/2 cup (66 g) macadamia nuts
- 2/3 cup (31 g) sunflower seeds
- Small container hemp hearts or seeds
- 1/2 cup (32 g) pumpkin seeds

### MISCELLANEOUS

- Oat milk (or substitute with almond milk)
- Almond milk
- 1/4 cup (74 g) coconut cream
- Cassava flour
- Arrowroot flour
- Garlic powder
- Ground turmeric
- Ground ginger
- Onion powder
- Dried oregano
- Dried thyme
- Olive oil
- Avocado oil
- Honey
- Salt
- Pepper
- 2 tbsp (12 g) coconut flakes
- Baking powder
- Baking soda
- Coconut sugar

# How to Meal Prep Week 2

- For dinner meals Tuesday and Thursday, freeze second portion to be warmed for dinner the following evening.
- Freeze half recipe of turkey breakfast hash, to be had for breakfast on Friday.
- Sunday evening, cook ground turkey mixture to be had with lettuce wraps for lunch on Monday and Tuesday. Remove from freezer to thaw on Monday and Tuesday morning.
- Sunday evening, cook zucchini tahini muffins and store in freezer. Warm in microwave when ready to eat. These will be had again in week 4.
- Wednesday morning and Thursday morning, make three hard boiled eggs to be had with lunch.
- Saturday morning, remove salmon from the freezer to defrost before making for dinner that evening.

## DAILY AVERAGES

Calories: 1,416

Carbohydrates: 116 g Protein: 83 g Fat: 73 g

# Week 3

## SUNDAY

- B** Green Glow Smoothie
- L** Bunless "Greek" Burger
- D** Roasted Potatoes and Carrots w/ Chicken

## MONDAY

- B** Sweet Potato Pear Smoothie Bowl
- L** Thai-Inspired Quinoa Salad
- D** Roasted Potatoes and Carrots w/ Chicken

## TUESDAY

- B** Turkey Breakfast Hash (freeze second portion)
- L** Thai-Inspired Quinoa Salad
- D** Traditional Steak & Potatoes (make 1/2 recipe)

## WEDNESDAY

- B** Sweet Potato Pear Smoothie Bowl
- L** Summer Salad
- D** Traditional Steak & Potatoes (make 1/2 recipe)

## THURSDAY

- B** Turkey Breakfast Hash
- L** Summer Salad
- D** Garlic Basil Pasta

## FRIDAY

- B** Green Glow Smoothie
- L** Pulled Chicken Wrap
- D** Garlic Basil Pasta

## SATURDAY

- B** Arugula and Eggs
- L** Pulled Chicken Wrap
- D** Shrimp Asparagus Pasta

## SHOPPING LIST

### PRODUCE

- 3 cups (67 g) baby kale
- 5 cups (100 g) arugula
- 2 bulbs garlic
- 1 cucumber
- 1 red onion
- 1 yellow onion
- 8 carrots
- 1 small head red cabbage
- 1 medium scallion/red onion
- 1 cup (56 g) sugar snap peas
- 4 sweet potatoes
- 3 cups (264 g) brussels sprouts
- 2 russet potatoes
- 4 celery stalks
- 1 small bundle asparagus
- 1 bundle chives
- 1 bundle fresh dill
- 1 bundle fresh cilantro
- 1 bundle fresh mint
- 1 bundle fresh basil
- 1 bundle fresh parsley
- 1 mango
- 2 green apples
- 2 pears
- 1/2 cup (74 g) blueberries
- 2 cups (300 g) grapes
- 1 cantaloupe
- 1 1/2 lbs (520 g) baby potatoes

### MEAT, POULTRY, DAIRY

- 1 cup (225 g) 2% cottage cheese
- 6 oz (170 g) mozzarella cheese
- 3 eggs
- 1 small jar ghee
- 4 chicken drumsticks, skin on
- 12 oz (340 g) ribeye steak
- 12 oz (342 g) ground turkey
- 6 oz (171 g) ground turkey
- 2 chicken breasts
- 4 oz (113 g) frozen shrimp
- 5 oz (142 g) ground lamb

### GRAINS, BEANS, NUTS, LEGUMES

- Small container flaxseed
- Small container hemp hearts or seeds
- 1/2 cup (23 g) sunflower seeds
- Small jar sunflower seed butter
- 1/2 cup (67 g) macadamia nuts
- 1 cup (185 g) quinoa
- 9 oz (256 g) brown rice pasta

### MISCELLANEOUS

- Dried oregano
- Dried ginger
- Garlic powder
- Coconut aminos
- Almond milk
- 1/2 container (74 g) coconut yogurt
- Olive oil
- Avocado oil
- Sesame oil
- Honey
- Cassava flour tortillas

# How to Meal Prep Week 3

- For dinner meals on Sunday and Thursday, freeze second portion to be warmed for dinner the following evening.
- To be done on Sunday:
  - Boil two sweet potatoes. Cool, peel, and freeze for sweet potato pear smoothie bowl to be had on Monday and Tuesday.
  - Cook quinoa and store in freezer (portions stored separately) to be had with Thai-Inspired Quinoa salad on Monday and Tuesday. Remove from freezer on Monday and Tuesday morning.
- Option to cook turkey breakfast hash ahead of time and store in freezer, to be had for breakfast on Tuesday and Thursday.
- Thursday evening, make two chicken breasts to be had with lunch on Friday and Saturday. Store in freeze and remove from freezer the morning of.
- Thaw shrimp under cool water just before cooking dinner on Saturday.

## DAILY AVERAGES

Calories: 1,492

Carbohydrates: 135 g Protein: 81 g Fat: 72 g

# Week 4

## SUNDAY

- B** Mango Smoothie Bowl
- L** Thai-Inspired Quinoa Salad
- D** Roasted Chicken Thighs w/ Sweet Potato & Broccoli

## MONDAY

- B** Zucchini Tahini Muffins
- L** Ground Turkey Lettuce Wraps
- D** Roasted Chicken Thighs w/ Sweet Potato & Broccoli

## TUESDAY

- B** Cottage Cheese Bowl
- L** Ground Turkey Lettuce Wraps
- D** Traditional Steak & Potatoes

## WEDNESDAY

- B** Zucchini Tahini Muffins
- L** Eggs and Greens
- D** Traditional Steak & Potatoes

## THURSDAY

- B** Cottage Cheese Bowl
- L** Eggs and Greens
- D** Roasted Potatoes and Carrots w/ Chicken

## FRIDAY

- B** Mango Smoothie Bowl
- L** Summer Salad
- D** Roasted Potatoes and Carrots w/ Chicken

## SATURDAY

- B** Arugula and Eggs
- L** Summer Salad
- D** Parsley Salmon w/ Vegetable Quinoa

## SHOPPING LIST PRODUCE

- 1 small head red cabbage
- 8 carrots
- 5 scallions/green onions
- 1/2 cup (28 g) sugar snap peas
- 2 heads broccoli
- 2 sweet potatoes
- 2 zucchinis
- 1 large bulb garlic
- 1 red bell pepper
- 1 medium yellow onion
- 1/2 cup (34 g) kale
- 1 large cucumber
- 2 russet potatoes
- 1/2 cup (62 g) raspberries
- 1/2 cup (72 g) blueberries
- 2 medium peaches
- 1/2 cup (72 g) blackberries
- 2 tbsp (6 g) fresh chives
- 1 bundle fresh dill
- 1 bundle fresh mint
- 1 bundle fresh cilantro
- 5 cups (100 g) arugula or rocket
- 4 cups (170 g) mixed salad greens without spinach
- 1 bundle fresh parsley
- 1 bundle romaine lettuce
- 2 cups (373 g) frozen mango
- 1/4 cup (61 g) apple sauce
- 1 cantaloupe
- 1 1/2 lbs (520 g) baby potatoes

## MEAT, POULTRY, EGGS, DAIRY

- 2 cups (452 g) 2% milk fat cottage cheese
- 1/4 cup (62 g) ricotta cheese
- 4 oz (113 g) mozzarella cheese
- 1 jar ghee
- 6 oz frozen salmon
- 12 oz (340 g) ribeye steak
- 7 eggs
- 8 oz (226 g) chicken thighs, boneless and skinless
- 12 oz (342 g) ground turkey
- 4 chicken drumsticks, skin on

## GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (46 g) sunflower seeds
- 2 tbsp (24 g) chia seeds
- Small jar sunflower seed butter
- Small jar almond butter
- Small jar tahini
- Small container flaxseed
- 3/4 cup (128 g) quinoa
- 1/4 cup (31 g) walnuts
- 1/2 cup (67 g) macadamia nuts
- 1/4 cup almond milk
- Oat milk (or substitute with almond milk)
- 1 1/4 tbsp (11 g) sesame seeds
- 7 tbsp (80 g) hemp hearts or seeds

## MISCELLANEOUS

- Cassava flour
- Arrowroot flour
- Stevia
- Ground ginger
- Garlic powder
- Ground turmeric
- Dried oregano
- Salt
- Pepper
- Coconut aminos
- Baking powder
- Sesame oil
- Olive oil
- Avocado oil



# How to Meal Prep Week 4

- For dinner meals on Sunday and Thursday, freeze second portion to be warmed for dinner the following evening.
- If you do not have left over zucchini tahini muffins in the freezer from week 2, bake these muffins on Sunday and store in the freezer until ready to warm up in the microwave.
- Sunday evening, cook ground turkey mixture to be had with lettuce wraps for lunch on Monday and Tuesday. Remove from freezer to thaw on Monday and Tuesday morning.
- Wednesday morning and Thursday morning make two hard boiled eggs to be had with lunch.
- Saturday morning remove salmon from the freezer to defrost before making for dinner that evening.

## DAILY AVERAGES

Calories: 1,433

Carbohydrates: 104 g Protein: 77 g Fat: 81 g