

THE GINSTITUTE

of Functional Medicine

Low Histamine 2 Day Meal Plan

Created by The G Institute of Functional Medicine



Low Histamine 2 Day Meal Plan

2 days

	Mon	Tue
Breakfast	Low Histamine Blueberry Muffins	Apple & Sweet Potato Hash
		Warm Peas with Eggs
Lunch	Beef, Rice & Carrots	Spaghetti Squash, Turkey & Broccoli
	Creamy Fall Vegetable Bake	low histamine Sweet Potato Fries
Snack 2	Cauliflower Porridge with Blueberries	Low Histamine "Hummus"
Dinner	Chicken, Rapini & Kale	Pork Chop, Roasted Potatoes & Steamed Greens

Low Histamine 2 Day Meal Plan

2 days

Mon	Tue
Calories 1257	Calories 1625
Fat 56g	Fat 81g
Carbs 126g	Carbs 128g
Fiber 22g	Fiber 30g
Sugar 33g	Sugar 32g
Protein 69g	Protein 101g
Sodium 1917mg	Sodium 1910mg
Potassium 3439mg	Potassium 3611mg
Vitamin A 30534IU	Vitamin A 28746IU
Vitamin C 124mg	Vitamin C 221mg
Calcium 489mg	Calcium 525mg
Iron 10mg	Iron 13mg
Vitamin D 13IU	Vitamin D 137IU
Vitamin E 7mg	Vitamin E 8mg
Vitamin K 517µg	Vitamin K 501µg
Thiamine 1.7mg	Thiamine 9.2mg
Riboflavin 2.0mg	Riboflavin 9.1mg
Niacin 27mg	Niacin 65mg

Vitamin B6	3.0mg	Vitamin B6	11.0mg
Folate	247µg	Folate	460µg
Vitamin B12	7.5µg	Vitamin B12	37.0µg
Magnesium	236mg	Magnesium	290mg
Zinc	10mg	Zinc	10mg
Selenium	51µg	Selenium	121µg

Low Histamine 2 Day Meal Plan

44 items

Fruits

- 1 Apple
- 4 cups Blueberries
- 2 Green Apple
- 2 tsps Lemon Juice

Seeds, Nuts & Spices

- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Vanilla Bean Powder

Frozen

- 3 cups Frozen Peas

Vegetables

- 4 cups Broccoli
- 3 cups Butternut Squash
- 3 Carrot
- 1 head Cauliflower
- 4 cups Cauliflower Rice
- 8 cups Collard Greens
- 1/2 bulb Garlic
- 6 Garlic
- 1 tbsp Ginger
- 4 cups Kale Leaves
- 3 Parsnip
- 1 bunch Rapini
- 1 Spaghetti Squash
- 1/2 Sweet Onion
- 4 Sweet Potato
- 1/2 White Onion
- 1 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 1/2 cup Brown Rice
- 3 3/4 cups Canned Coconut Milk

Baking

- 2 tsps Baking Soda
- 1 2/3 cups Cassava Flour
- 1 tsp Monk Fruit Sweetener
- 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 8 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Chicken
- 1 lb Extra Lean Ground Turkey
- 1 2/3 lbs Pork Chop

Condiments & Oils

- 3 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

Cold

- 7 Egg
- 3 tsps Ghee

Other

- 10 drops Liquid Stevia
- 2 1/2 cups Water

Low Histamine Blueberry Muffins

10 ingredients · 30 minutes · 12 servings



Directions

1. Directions: Preheat oven to 325° F. Grease muffin tin well with ghee or coconut oil. Or use unbleached paper baking cups.
2. Chop apples into large chunks. Add to Blender.
3. Pour in coconut milk. Add eggs, softened ghee, vanilla powder, monk fruit extract, stevia and salt to the blender. Blend on high until smooth.
4. Add cassava and baking soda to blender. Blend on low just until smooth.
5. If using fresh blueberries, wash and dry. Fresh blueberries will give a prettier presentation. Frozen blueberries are fine too but will color the batter blue. Spoon batter into a bowl and gently fold in blueberries.
6. Fill muffin cups evenly. Bake 25-35 minutes until a toothpick comes out clean. Time depends on your oven and how full the muffin tins are.
7. Cool 5 minutes. Use a sharp knife to gently release the edges of the muffins from the pan. Then transfer to a backing rack to cool completely. Or if using baking cups, transfer muffins in baking cups to cooling rack. Allow to cool completely before removing baking cups.

Ingredients

- 2 Green Apple (Use organic if possible)
- 1 cup Canned Coconut Milk (Use a brand free of gums like Native Forest or Aroy-D)
- 3 Egg (use pasture raised when possible)
- 1 tsp Vanilla Bean Powder (Do not use vanilla extract for low histamine)
- 1 tsp Monk Fruit Sweetener (Use a pure monkfruit with no additives)
- 10 drops Liquid Stevia (Use organic stevia such as Better Organic brand)
- 1 tsp Sea Salt
- 1 1/2 cups Cassava Flour (Otto's Brand is best for low histamine)
- 2 tsps Baking Soda
- 2 cups Blueberries (fresh or frozen are fine)

Nutrition

Amount per serving

Calories	120	Vitamin D	10IU
Fat	2g	Vitamin E	0mg
Carbs	24g	Vitamin K	6µg
Fiber	2g	Thiamine	0mg
Sugar	6g	Riboflavin	0.1mg
Protein	2g	Niacin	0mg
Sodium	429mg	Vitamin B6	0mg

Potassium	127mg	Folate	8µg
Vitamin A	109IU	Vitamin B12	0.4µg
Vitamin C	2mg	Magnesium	4mg
Calcium	58mg	Zinc	0mg
Iron	0mg	Selenium	4µg

Apple & Sweet Potato Hash

4 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a non-stick pan over medium heat.
2. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender.
3. Add the apple and continue to cook for three to five minutes more until the apple is warmed through and begins to soften. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add dried herbs and spices like cumin, cinnamon, and/or garlic powder. Add broken-up sausage to increase the protein.

No Extra Virgin Olive Oil

Use avocado oil or coconut oil instead.

More Veggies

Add spinach or kale and stir until wilted.

Ingredients

1 tbsp Extra Virgin Olive Oil

1 Sweet Potato (medium, peeled and cut into small cubes)

1 Apple (medium, peeled and cut into small cubes)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	163	Vitamin D	0IU
Fat	7g	Vitamin E	1mg
Carbs	26g	Vitamin K	7µg
Fiber	4g	Thiamine	0.1mg
Sugar	12g	Riboflavin	0.1mg
Protein	1g	Niacin	0mg
Sodium	37mg	Vitamin B6	0.2mg
Potassium	316mg	Folate	10µg
Vitamin A	9271IU	Vitamin B12	0µg
Vitamin C	6mg	Magnesium	21mg
Calcium	25mg	Zinc	0mg
Iron	1mg	Selenium	0µg

Warm Peas with Eggs

5 ingredients · 15 minutes · 2 servings



Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor

Use broth or oil instead of water.

Additional Toppings

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Ingredients

1/2 White Onion (diced)

3 tbsps Water

3 cups Frozen Peas

1/4 tsp Sea Salt

4 Egg

Nutrition

Amount per serving

Calories	341	Vitamin D	82IU
Fat	10g	Vitamin E	1mg
Carbs	38g	Vitamin K	58µg
Fiber	11g	Thiamine	0.7mg
Sugar	12g	Riboflavin	0.7mg
Protein	25g	Niacin	4mg
Sodium	611mg	Vitamin B6	0.5mg
Potassium	442mg	Folate	194µg
Vitamin A	5581IU	Vitamin B12	0.9µg
Vitamin C	26mg	Magnesium	68mg
Calcium	122mg	Zinc	3mg
Iron	5mg	Selenium	33µg

Beef, Rice & Carrots

6 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
3. While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
4. To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices to taste.

No Beef

Use ground turkey, chicken, pork, lamb, or lentils instead.

No Carrots

Use green beans, broccoli, or cauliflower instead.

No Brown Rice

Use white rice, quinoa, or cauliflower rice instead.

Ingredients

- 1/2 cup Brown Rice
- 2 Carrot (large, sliced)
- 8 ozs Extra Lean Ground Beef
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	398	Vitamin D	3IU
Fat	13g	Vitamin E	1mg
Carbs	42g	Vitamin K	11µg
Fiber	4g	Thiamine	0.3mg
Sugar	3g	Riboflavin	0.3mg
Protein	27g	Niacin	9mg
Sodium	416mg	Vitamin B6	0.7mg
Potassium	692mg	Folate	30µg
Vitamin A	1022IU	Vitamin B12	2.5µg
Vitamin C	4mg	Magnesium	87mg
Calcium	49mg	Zinc	7mg
Iron	4mg	Selenium	27µg

Creamy Fall Vegetable Bake

10 ingredients · 1 hour · 6 servings



Directions

1. Preheat the oven to 400°F (204°C)
2. Add the chopped vegetables to a baking dish and toss to combine.
3. Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
4. Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
5. Remove from the oven and let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add herbs like parsley or thyme. Use vegetable broth instead of water.

Additional Toppings

Fresh herbs, nutritional yeast or fresh ground pepper.

Vegetables

For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

Baking Dish

For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

Ingredients

- 3 cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 3** Parsnip (medium, peeled and chopped into 1/2-inch pieces)
- 1** Sweet Potato (peeled and chopped into 1/2-inch pieces)
- 1** Carrot (large, peeled and chopped into 1/2-inch pieces)
- 1** Yellow Onion (chopped)
- 1/4 cup** Water
- 3/4 cup** Canned Coconut Milk (full fat)
- 3** Garlic (cloves, minced)
- 2 tsps** Nutritional Yeast
- 1 tsp** Sea Salt

Nutrition

Amount per serving

Calories	178	Vitamin D	0IU
Fat	6g	Vitamin E	2mg
Carbs	31g	Vitamin K	3µg
Fiber	6g	Thiamine	0.9mg
Sugar	9g	Riboflavin	0.9mg
Protein	3g	Niacin	6mg
Sodium	435mg	Vitamin B6	1.1mg
Potassium	745mg	Folate	70µg

Vitamin A	12213IU	Vitamin B12	3.8µg
Vitamin C	27mg	Magnesium	54mg
Calcium	85mg	Zinc	0mg
Iron	2mg	Selenium	2µg

Spaghetti Squash, Turkey & Broccoli

6 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 cup of each ingredient.

More Flavor

Season the turkey with minced onion or garlic while it cooks.

Additional Toppings

Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan

Use chickpeas or lentils instead of ground turkey.

Ingredients

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

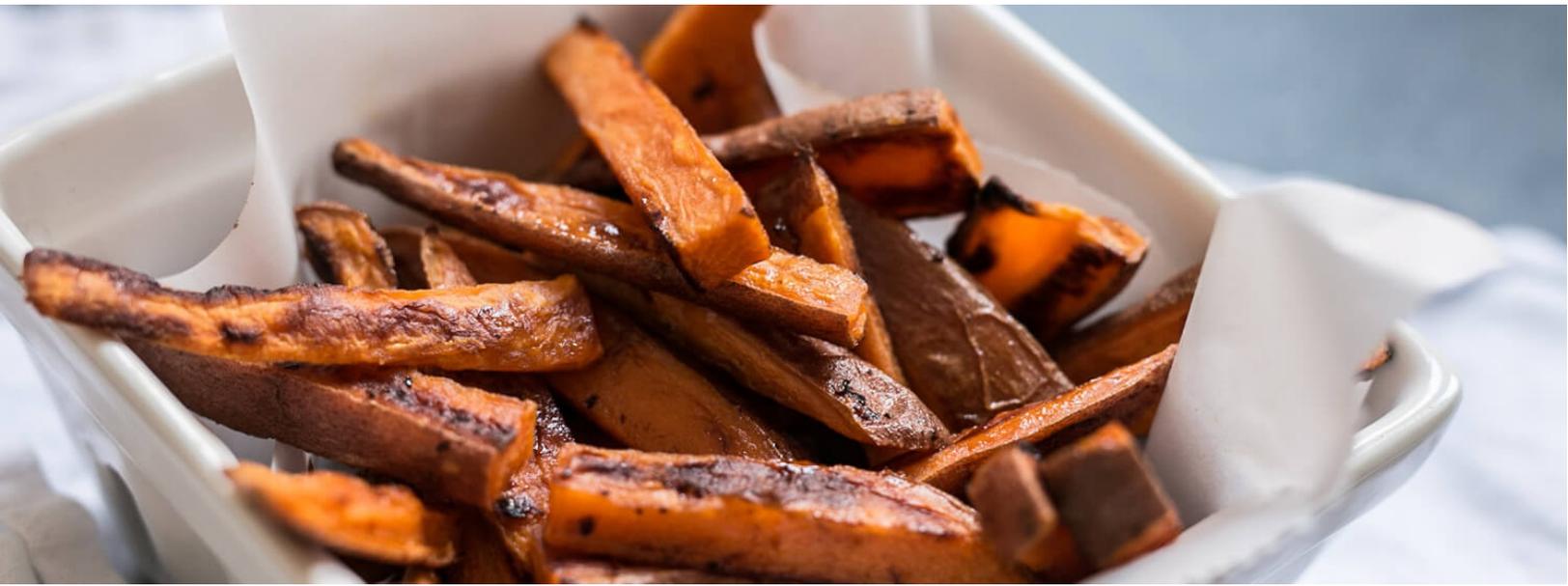
Nutrition

Amount per serving

Calories	278	Vitamin D	16IU
Fat	10g	Vitamin E	1mg
Carbs	20g	Vitamin K	92µg
Fiber	6g	Thiamine	7.3mg
Sugar	2g	Riboflavin	7.7mg
Protein	30g	Niacin	47mg
Sodium	729mg	Vitamin B6	8.3mg
Potassium	1092mg	Folate	84µg
Vitamin A	1045IU	Vitamin B12	35.1µg
Vitamin C	93mg	Magnesium	80mg
Calcium	119mg	Zinc	3mg
Iron	4mg	Selenium	24µg

low histamine Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

3 tbsps Coconut Oil (melted)

2 Sweet Potato (large, sliced into 1/4 inch strips)

1 1/2 tbsps Cassava Flour (Otto's seems to work best for low histamine)

Nutrition

Amount per serving

Calories	159	Vitamin D	0IU
Fat	10g	Vitamin E	0mg
Carbs	16g	Vitamin K	1µg
Fiber	2g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Sodium	36mg	Vitamin B6	0.1mg
Potassium	229mg	Folate	7µg
Vitamin A	9222IU	Vitamin B12	0µg
Vitamin C	2mg	Magnesium	16mg
Calcium	21mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Cauliflower Porridge with Blueberries

3 ingredients · 10 minutes · 4 servings



Directions

1. In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about five to eight minutes, or longer until your desired consistency is reached.
2. Divide into bowls or containers and top with the blueberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one cup of cauliflower porridge and half a cup of blueberries.

More Flavor

Add coconut butter, coconut cream, cinnamon, sea salt, lemon juice, or vanilla extract.

Additional Toppings

Add almond slices, hemp seeds, or your choice of sweetener.

Ingredients

2 cups Canned Coconut Milk (full fat)

4 cups Cauliflower Rice

2 cups Blueberries

Nutrition

Amount per serving

Calories	275	Vitamin D	0IU
Fat	21g	Vitamin E	0mg
Carbs	18g	Vitamin K	14µg
Fiber	4g	Thiamine	0mg
Sugar	11g	Riboflavin	0mg
Protein	4g	Niacin	0mg
Sodium	51mg	Vitamin B6	0mg
Potassium	403mg	Folate	4µg
Vitamin A	40IU	Vitamin B12	0µg
Vitamin C	7mg	Magnesium	4mg
Calcium	28mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Low Histamine "Hummus"

6 ingredients · 30 minutes · 6 servings



Directions

1. Roast garlic and steam cauliflower until soft.
2. Put garlic, cauliflower, olive oil, lemon juice, water, and sea salt into high speed blender (like a VitaMix or Blendtec) or a food processor. Blend on high in a Blendtec Blender* or Vitamix blender* or similar for a couple minutes until hummus is smooth. Or you can process in a food processor.
3. Garnish with parsley and extra virgin olive oil. You can serve with: Cassava tortillas cut into chips Carrot and celery sticks Flax crackers

Ingredients

- 1 head Cauliflower
- 1/2 bulb Garlic (Use 1/2 clove of garlic)
- 2 tsps Lemon Juice (Can sub camu camu powder if want to completely avoid citrus)
- 3/4 tsp Sea Salt
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Water (do not need to use water if using a high powered blender)

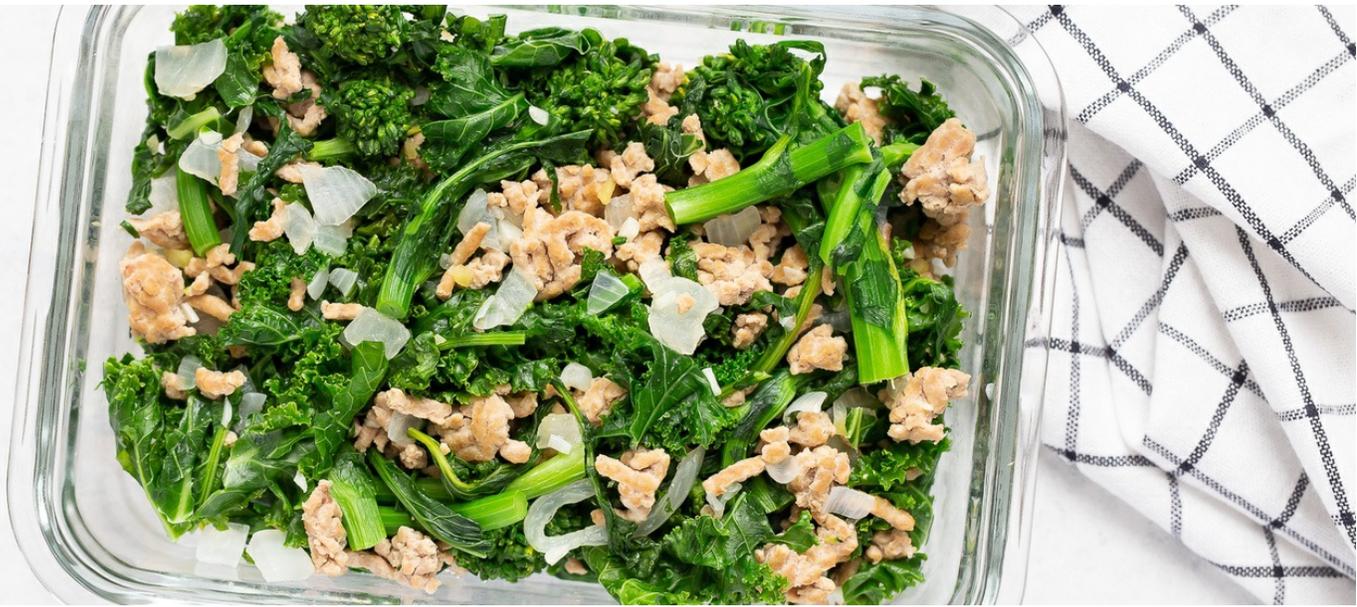
Nutrition

Amount per serving

Calories	184	Vitamin D	0IU
Fat	18g	Vitamin E	3mg
Carbs	5g	Vitamin K	26µg
Fiber	2g	Thiamine	0mg
Sugar	2g	Riboflavin	0.1mg
Protein	2g	Niacin	0mg
Sodium	325mg	Vitamin B6	0.2mg
Potassium	296mg	Folate	56µg
Vitamin A	0IU	Vitamin B12	0µg
Vitamin C	48mg	Magnesium	15mg
Calcium	23mg	Zinc	0mg
Iron	1mg	Selenium	1µg

Chicken, Rapini & Kale

7 ingredients · 20 minutes · 3 servings



Directions

1. Heat a large skillet over medium-high heat. Add the chicken, onion, ginger, garlic, and half the salt. Cook for about 10 minutes, stirring occasionally until the chicken is cooked through.
2. Add the rapini, kale and the remaining salt. Cook for five more minutes or until the greens are wilted and stalks are soft. Divide between containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add lemon juice and red pepper flakes.

Additional Toppings

Serve it with sweet potatoes, cauliflower mash, brown rice, or lettuce wraps.

Make it Vegan

Use lentils instead of chicken.

No Rapini

Add broccoli, yu choy, or broccolini instead.

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Sweet Onion (diced)
- 1 tbsp Ginger (peeled, grated)
- 3 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (to taste, divided)
- 1 bunch Rapini (chopped)
- 4 cups Kale Leaves (tough stems removed, chopped)

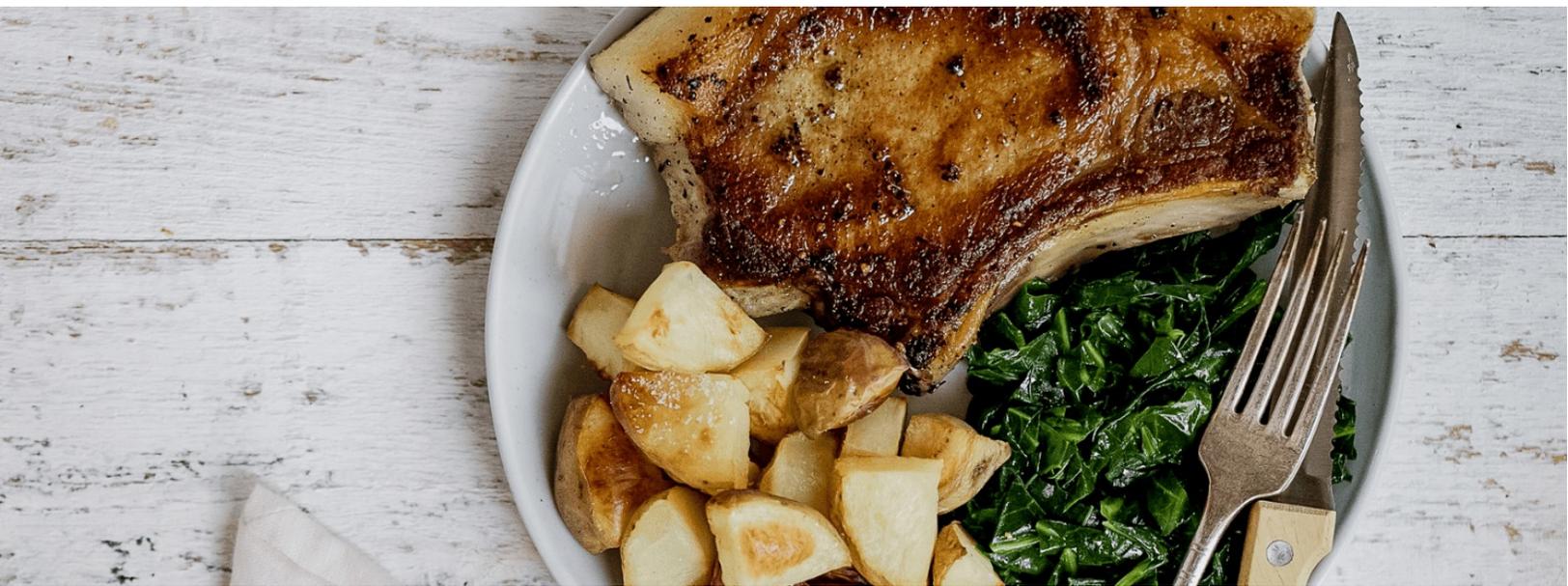
Nutrition

Amount per serving

Calories	286	Vitamin D	0IU
Fat	14g	Vitamin E	4mg
Carbs	11g	Vitamin K	483µg
Fiber	6g	Thiamine	0.5mg
Sugar	4g	Riboflavin	0.7mg
Protein	33g	Niacin	12mg
Sodium	586mg	Vitamin B6	1.2mg
Potassium	1472mg	Folate	135µg
Vitamin A	7951IU	Vitamin B12	0.8µg
Vitamin C	84mg	Magnesium	87mg
Calcium	269mg	Zinc	3mg
Iron	4mg	Selenium	18µg

Pork Chop, Roasted Potatoes & Steamed Greens

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Add the potatoes to the baking sheet with 1/3 of the ghee, melted. Add salt and pepper and toss to coat. Bake for 30 to 35 minutes, until crispy and browned.
3. Pat the pork chops dry with a paper towel. Season well with salt and pepper.
4. Heat a cast-iron skillet over medium heat and add the remaining ghee. Once hot, add the pork chops and cook for about five to six minutes, or until one side is golden and has developed a golden crust. Flip and cook for five to six minutes, or until cooked to your liking. This will depend on the thickness of your pork chop. Remove the pork chops from the pan and set aside with any remaining juices from the pan. Let rest for five minutes and then cut away from the bone into slices.
5. Meanwhile, bring a pot of water to a boil. Place the collard greens in a steamer basket over boiling water and cover. Steam for two to three minutes, or until just tender. Move to a bowl and season with salt and pepper.
6. Divide the potatoes, pork chop and collard greens onto plates. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use extra virgin olive oil or avocado oil instead.

More Flavor

Add sliced garlic and herbs to the pork chop.

Ingredients

- 2 Yellow Potato (medium, cubed)
- 3 tbsps Ghee (divided)
- Sea Salt & Black Pepper (to taste)
- 1 2/3 lbs Pork Chop (bone-in)
- 8 cups Collard Greens (sliced into small pieces)

Nutrition

Amount per serving

Calories	500	Vitamin D	39IU
Fat	26g	Vitamin E	2mg
Carbs	23g	Vitamin K	317µg
Fiber	5g	Thiamine	1.0mg
Sugar	1g	Riboflavin	0.5mg
Protein	42g	Niacin	14mg
Sodium	172mg	Vitamin B6	1.7mg
Potassium	1236mg	Folate	109µg
Vitamin A	3627IU	Vitamin B12	1.0µg
Vitamin C	46mg	Magnesium	90mg
Calcium	215mg	Zinc	4mg
Iron	2mg	Selenium	63µg