

Low Histamine Meals	Breakfast	Lunch / Snack
Monday	Porridge Oats, Chia Seeds, Flaxseeds, Oat milk, Agave Nectar and Frozen Blueberries	3 Organic Wholemeal Crispbread with Pumpkin Seed, Sunflower Seed & Mozzarella/Soft Cheese
Tuesday	Corn Flakes with Oat Milk	Oat Flapjack
Wednesday	Blueberry Jam on Homemade Seeded Bread Toast	3 Organic Wholemeal Crispbread with Pumpkin Seed, Sunflower Seed & Mozzarella/Soft Cheese
Thursday	Porridge Oats, Chia Seeds, Flaxseeds, Oat milk, Agave Nectar and Frozen Apple	Oat Flapjack
Friday	Corn Flakes with Oat Milk	3 Organic Wholemeal Crispbread with Pumpkin Seed, Sunflower Seed & Mozzarella/Soft Cheese
Saturday	Blueberry Jam on Homemade Seeded Bread Toast	1 Poached/Scrambled Egg on Homemade Seeded Bread Toast
Sunday	<i>Fasting</i>	Veggie Breakfast with 1 Poached/Scrambled Egg, Mushrooms and 3 Hash browns

Low Histamine Meals	Week 1	Week 2
Monday <i>Vegetarian</i>	Sweet Jacket Potato with Soft Cheese and Salad (Lettuce, Grated Carrot, Onion, Cucumber)	Jacket Potato with Coleslaw and Salad (Lettuce, Grated Carrot, Onion, Cucumber)
Tuesday <i>Grass Fed Organic Fresh Lamb</i>	Lamb fillet, Buttered Potatoes with Carrots and Broccoli	Shepherds Pie with Peas and Carrots
Wednesday <i>Mushroom</i>	Mushroom Pasta in a Soft Cheese Sauce	Mushroom Risotto with soft cheese (added at the end), Herbs, Kale, Broccoli and Onion.
Thursday <i>Vegetarian</i>	Homemade Oat Milk Pancakes with Blueberries and Agave Nectar	Soft Cheese Pasta with Salad (Lettuce, Kale, Grated Carrot, Onion, Cucumber)
Friday <i>Organic Farmed Fresh or Frozen Fish</i>	Fish Pie with Soft Cheese Mash Potato and Carrots, Broccoli, Sweetcorn	Organic Farmed Salmon with Rice, Carrots, Broccoli, and Sweetcorn
Saturday <i>Grass Fed Organic Fresh Beef</i>	Beef Fillet, Rice, Sweet Potato Cubes, Carrots, and Broccoli	Cottage Pie with Broccoli and Carrots
Sunday <i>Organic Fresh Chicken</i>	Roast Chicken with Mashed Potato, Parsnips, Carrots, Broccoli and Gravy	Paella with Chicken Breast, Rice, Herbs, Carrots, Sweetcorn, Kale and Broccoli

Low Histamine Foods

Drinks - Water, Chamomile Tea, Peppermint Tea, Stinging Nettle Tea, Rooibos Tea, Fruit Tea, Ginger Tea, Carrot Juice, Oat Milk, Hemp Milk, Soy Milk.

Condiments - Sea Salt, Pepper (White, Black), Onion Powder, Garlic Powder, Parsley, Oregano, Rosemary, Saffron, Sage, Turmeric, Thyme, Basil, Bay Leaf, Cardamom, Cumin Seeds, Mixed Herbs, Peppermint, Spearmint, Ginger, Chives, Fennel, Dill, Caraway Seeds, Marjoram, Coriander, Lemongrass, Lemon Balm, Anise Seeds, Tarragon, Tahini.

Fruits - Blueberries, Raspberries, Apple, Peach, Pear, Cherries.

Veg - Bell Pepper, Onion (Red, White), Carrot, Cucumber, Iceberg Lettuce, Kale, Broccoli, Sweetcorn, Parsnips, Garden Peas/Petit Pois (small portion), Courgette, Cabbage (cooked), Leek, Okra, Pak Choi, Watercress.

Mushrooms - White Cup Button, Portobello, Oyster, Cremini, Enoki, Reishi (1/2 cup cooked, fresh or frozen, not dried).

Cereals - Oat, Rice, Wheat, Barley, Buckwheat, Fresh Homemade Bread without Yeast (unless tolerated), Croissant.

Bakery - Oat Flour, Corn Flour, Wheat/Wholewheat Flour, Arrowroot Flour, Cassava Flour, Millet Flour, White Rice Flour, Spelt Flour, Semolina Flour, Bakers Dry Yeast, Sugar, Cane Sugar, Agave Nectar, Sugar Syrup, Baking Soda, Coconut Sugar, Vanilla Extract, Molasses, Glucose, Maple Syrup, Golden Syrup, Honey, Birch Syrup, Date Palm Syrup, Cream of Tartar, Acetic Acid Vinegar.

Complex Carbs - Rice, Pasta, Potatoes & Sweet Potatoes (Fried variety too), Tortilla Wraps, Rice Noodles, Baguette.

Snacks - Crackers, Flatbread, Corn Cakes, Rice Cakes, Homemade Apple Pie, Homemade Sponge Cake, Homemade Biscuits, Homemade Blueberry Muffins, Oatmeal Cookies.

Seeds - Chia seeds, Flaxseeds, Linseed, Sunflower Seeds, Pumpkin Seeds, Sesame Seeds.

Cooking Oils - Olive Oil, Sunflower Oil, Flaxseed Oil, Corn Oil, Walnut Oil, Hempseed Oil, Palm Oil, Poppyseed Oil, Cottonseed Oil, Argan Oil, Avocado Oil, Algae Oil, Cocoa Butter, Ghee, Grass Fed Butter.

Cheese - Soft Cheese, Mozzarella, Pasteurised Cheese.

Red Meat - Organic / Grass Fed Fresh Beef, Organic / Grass Fed Fresh Lamb.

White Meat - Organic Chicken Breast, Organic Turkey.

Seafood - Crab, Lobster, Frozen Skinless Pollock, Frozen Skinless Cod, Organic Farmed Skinless Salmon (1 portion a week, not smoked).

Eggs - Scrambled, Poached, Boiled (not fried).