

Low Histamine, Gluten & Dairy free Menu

	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
<i>Breakfast</i>	Cream of rice cereal with honey, blueberries & peaches	Eggs*, microwaved potato	Corn grits with maple syrup	Oatmeal, honey, blackberries or peaches	Eggs*, rice cake	Rice & Corn Chex cereal with honey & macadamia nut milk*	Oatmeal, honey, blueberries or peaches
<i>Snack</i>	Potato chips* with carrots & raw broccoli	Popcorn with extra light tasting olive oil & salt, apple slices	Pistachios, carrots, tortilla chips*	Blueberries & macadamia nuts	Popcorn with extra light tasting olive oil & salt, apple slices	Apple slices & pistachios	Grapes & macadamia nuts
<i>Lunch</i>	Dinner leftovers	Dinner leftovers	Dinner leftovers	Dinner leftovers	Dinner leftovers	Dinner leftovers	Dinner leftovers
<i>Snack</i>	Apple slices & pistachios	Rice & Corn Chex cereal with honey & macadamia nut milk*	Apple slices & pistachios	Potato chips* with carrots & raw broccoli	Grapes & macadamia nuts	Potato chips* with carrots & raw broccoli	Popcorn with extra light tasting olive oil & salt, apple slices
<i>Dinner</i>	Grilled steak, baked potato or potato fries, salad	Baked chicken, rice, asparagus	Sauteed chicken, noodles with basil, olive oil & garlic*, zucchini & onions	Tacos with corn tortillas, shredded lettuce & peppers	Salad with steak strips, peppers, cucumbers, green onions, carrots, tortilla chips*	Baked chicken, rice, broccoli, cauliflower, carrots	Chicken fajitas with corn tortillas, peppers, onions, zucchini

Notes:

Levels of histamine in meat rise quickly. If you have fresh meat, use it that day, or freeze for another day. Eat leftovers within 24 hours. Cook meat, eat dinner, and immediately refrigerate.

If your baby is eating this menu instead of you, make sure to freeze the meat after dinner and reheat the next day.

Eat to satisfaction! Add extra snacks if you want to. Drink lots of water :)

*These foods are level 1 histamine, just so you are aware.

Shopping List Week 1:

Note: This shopping list is made for one person for the week. You'll have some ingredients left over. Adjust amounts if you plan to feed your whole family this way :)

<i>Fruit:</i>	Amount	<i>Meat:</i>	Amount	<i>Baking Goods:</i>	Amount
Apples	6	Chicken breasts~	4 breasts	Macadamia Nut or Rice Milk*	1
Blackberries	6oz	Ground hamburger~	1 lb	Raw honey	12 oz
Blueberries	11oz	Steak~	2 steaks	Extra light tasting olive oil	16 oz
Grapes	1 bag			Real maple syrup	12 oz
Peach	3				
<i>Veggies:</i>		<i>Nuts & Eggs:</i>		<i>Dry Goods:</i>	
Asparagus	1 bunch	Eggs~~*	4	Corn grits	1 box
Basil	.75 oz	Macadamia Nuts	1-2 cups	Corn tortillas	10 count
Bell peppers	2-3	Pistachios	12-16oz	Cream of rice cereal	1 box
Broccoli	2-3 heads			Chex -Corn & Rice	1
Carrots	2-3 lbs	<i>Seasonings:</i>		GF Noodles	1 box
Cilantro	1 bunch	Garlic powder*	Any Size	Oatmeal	18 oz
Cauliflower	small head	Italian seasoning	"	Popcorn kernels	any size
Cucumber	1	Onion powder	"	Potato chips*	15 oz bag
Green onion	1 bunch	Oregano	"	Rice	32 oz
Lettuce	3 heads	Paprika	"	Rice cakes	1 pkg
Potatoes	2	Rosemary	"	Tortilla chips*	15 oz bag
White onions	2-3				
Zucchini	2				

Notes:

Brands: Review step 4 list for histamine friendly brands of rice cakes, potato chips, and tortilla chips.

~Buy organic if you can. I usually buy organic or grass fed ground hamburger, because that is the meat Rosie eats the most. Because of our budget, I don't buy any other organic meat.

~~Buy cage free or organic eggs if you can. I do this because eggs are rated histamine level 1 and can be poorly tolerated, so I figure cage free or organic will be better tolerated than regular.

*These foods are histamine level 1. Also, fresh herbs are lower histamine than dried. If you use dried seasoning, try to use them within less than 6 months of opening.