



Low Histamine Diet, Week 1

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Low Histamine Diet, Week 1

HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, EVIDENCE, MEAL PLAN TIPS, & PREP GUIDE

Low Histamine Diet, Week 1 - A delicious and simple four-week plan to support clients with a histamine intolerance. Our Low Histamine Diet is based on the Histamine Restricted Diet by Dr. Janice Joneja, RD as outlined in "The Beginner's Guide to Histamine Intolerance" (2017). It removes all high histamine foods to manage the symptoms of those who have (or suspect they have) some intolerance to histamine.

This well-balanced four-week program contains a wide variety of delicious, colorful and fun low histamine recipes. All meals should be carefully stored as frozen leftovers or made fresh the day of.

This program was created by a Registered Dietician with the following key considerations:

WHOLE FOODS

Most fruits and vegetables are protected by their peels or skins from germs, and therefore histamine production. This program uses whole, unpeeled fresh fruits and vegetables since the early removal of skins or peels on produce can increase their histamine content. Peel and prepare your own fruits and vegetables close to eating when you can.

AVOID FERMENTED & AGED FOODS

The presence of histamine and other biogenic amines increases with time. The fermentation process can also lead to high histamine levels. Dietary sources that are high in histamine include many aged and fermented foods and beverages such as cheeses, yogurt, processed meats, alcoholic beverages, sauerkraut, and soy. This program contains meals that are dairy-free and soy-free.

FRESH PROTEIN CHOICES

Freshly cooked meat, poultry, and fish are safe to eat on a low histamine diet. This program avoids shellfish and frozen, processed, fermented, pickled, smoked, or salted/canned meats as these foods are high in histamine.



ADDITIVE-FREE

Certain food additives can release histamine. This program eliminates artificial flavorings, artificial colors such as tartrazine, and preservatives such as benzoates and sulfites.

EGG-FREE

Egg whites usually release histamine whereas egg yolks are usually safe. Eggs may either aid in the release of histamine or inhibit the enzymes needed to break it down. This program excludes eggs as they can cause histamine intolerance symptoms.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Chia Oats with Kiwi



SNACK 1
Banana, Toasted Walnuts



LUNCH
Cheezy Broccoli Quinoa, Shredded Chicken



SNACK 2
Rice Cakes with Almond Butter



DINNER
Beef, Sweet Potato & Rapini Skillet

TUE



BREAKFAST
Chia Oats with Kiwi



SNACK 1
Banana, Toasted Walnuts



LUNCH
Cheezy Broccoli Quinoa, Shredded Chicken



SNACK 2
Rice Cakes with Almond Butter



DINNER
One Pan Crispy Chicken with Potatoes & Greens

WED



BREAKFAST
Chia Oats with Kiwi



SNACK 1
Pear & Walnuts



LUNCH
One Pan Crispy Chicken with Potatoes & Greens



SNACK 2
Sunflower Banana Boat



DINNER
Beef, Sweet Potato & Rapini Skillet

THU



BREAKFAST
Blueberry Chia Parfait



SNACK 1
Sunflower Banana Boat



LUNCH
Cheezy Broccoli Quinoa, Shredded Chicken



SNACK 2
Rice Cakes with Almond Butter



DINNER
Beef, Sweet Potato & Rapini Skillet

FRI



BREAKFAST
Blueberry Chia Parfait



SNACK 1
Sunflower Banana Boat



LUNCH
One Pan Crispy Chicken with Potatoes & Greens



SNACK 2
Chocolate Crunch Bars



DINNER
Salmon Chowder

SAT



BREAKFAST
Blueberry Chia Parfait



SNACK 1
Pear & Walnuts



LUNCH
Salmon Chowder



SNACK 2
Chocolate Crunch Bars



DINNER
Shredded Chicken, Honey Sesame Bok Choy & Mushrooms

SUN



BREAKFAST
Blueberry Chia Parfait



SNACK 1
Pear & Walnuts



LUNCH
Salmon Chowder



SNACK 2
Chocolate Crunch Bars



DINNER
Shredded Chicken, Honey Sesame Bok Choy & Mushrooms

MON**FAT 40%** **CARBS 38%** **PROTEIN 22%**

Calories 1450 Cholesterol 156mg
 Fat 66g Sodium 1739mg
 Carbs 141g Vitamin A 14619IU
 Fiber 28g Vitamin C 126mg
 Sugar 28g Calcium 497mg
 Protein 84g Iron 13mg

TUE**FAT 42%** **CARBS 38%** **PROTEIN 20%**

Calories 1528 Cholesterol 193mg
 Fat 73g Sodium 1531mg
 Carbs 149g Vitamin A 1556IU
 Fiber 26g Vitamin C 132mg
 Sugar 23g Calcium 404mg
 Protein 78g Iron 10mg

WED**FAT 43%** **CARBS 39%** **PROTEIN 18%**

Calories 1442 Cholesterol 185mg
 Fat 71g Sodium 740mg
 Carbs 148g Vitamin A 15476IU
 Fiber 31g Vitamin C 143mg
 Sugar 45g Calcium 432mg
 Protein 67g Iron 12mg

THU**FAT 42%** **CARBS 36%** **PROTEIN 22%**

Calories 1488 Cholesterol 156mg
 Fat 73g Sodium 1878mg
 Carbs 140g Vitamin A 15069IU
 Fiber 34g Vitamin C 97mg
 Sugar 39g Calcium 1019mg
 Protein 85g Iron 14mg

FRI**FAT 52%** **CARBS 33%** **PROTEIN 15%**

Calories 1558 Cholesterol 160mg
 Fat 94g Sodium 1191mg
 Carbs 131g Vitamin A 2604IU
 Fiber 31g Vitamin C 98mg
 Sugar 46g Calcium 926mg
 Protein 62g Iron 11mg

SAT**FAT 54%** **CARBS 28%** **PROTEIN 18%**

Calories 1489 Cholesterol 131mg
 Fat 93g Sodium 2403mg
 Carbs 110g Vitamin A 7727IU
 Fiber 32g Vitamin C 111mg
 Sugar 53g Calcium 1031mg
 Protein 71g Iron 11mg

SUN**FAT 54%** **CARBS 28%** **PROTEIN 18%**

Calories 1489 Cholesterol 131mg
 Fat 93g Sodium 2403mg
 Carbs 110g Vitamin A 7727IU
 Fiber 32g Vitamin C 111mg
 Sugar 53g Calcium 1031mg
 Protein 71g Iron 11mg



FRUITS

- 5 Banana
- 1 1/2 Kiwi
- 3 Pear

BREAKFAST

- 1/2 cup Almond Butter
- 3 1/2 tbsps Maple Syrup
- 6 Plain Rice Cake
- 1 cup Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 1 cup Chia Seeds
- 2 1/4 tsps Ground Flax Seed
- 2 1/4 tsps Hemp Seeds
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Sesame Seeds
- 1/2 cup Slivered Almonds
- 1 1/3 cups Walnuts

FROZEN

- 2 cups Frozen Blueberries

VEGETABLES

- 4 cups Bok Choy
- 1 1/2 cups Broccoli
- 1 1/2 cups Celery Root
- 3/4 bulb Fennel
- 1 1/2 Garlic
- 2 1/4 tsps Ginger
- 3 cups Kale Leaves
- 3 cups Mini Potatoes
- 2 cups Mushrooms
- 3 tbsps Parsley
- 3/4 bunch Rapini
- 1 1/2 tbsps Rosemary
- 1 1/2 cups Rutabaga
- 1 1/2 Sweet Potato
- 3/4 Yellow Onion

BOXED & CANNED

- 3/4 cup Canned Coconut Milk
- 1 1/2 cups Chicken Broth
- 3/4 cup Quinoa

BAKING

- 1 1/2 tbsps Cocoa Powder
- 2 1/4 tsps Nutritional Yeast
- 1 1/2 cups Oats
- 3/4 tsp Raw Honey
- 3 tbsps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 12 ozs Chicken Thighs With Skin
- 12 ozs Extra Lean Ground Beef
- 9 ozs Salmon Fillet

CONDIMENTS & OILS

- 3 tbsps Coconut Oil
- 1 tbsp Sesame Oil
- 3 tbsps Sunflower Seed Butter

COLD

- 3 1/2 cups Unsweetened Almond Milk

OTHER

- 3 1/16 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Chia Oats with Kiwi

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Water
1/2 cup Oats (rolled)
1 tbsp Chia Seeds
1/2 Kiwi (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	7g	Sodium	6mg
Carbs	37g	Vitamin A	30IU
Fiber	8g	Vitamin C	32mg
Sugar	4g	Calcium	112mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 02 Divide the oatmeal between bowls and top with kiwi. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

SERVING SIZE

One serving is equal to half a cup of oatmeal and half of a kiwi.

MORE FLAVOR

Add cinnamon or maple syrup.

ADDITIONAL TOPPINGS

Add nuts, seeds and berries.

Blueberry Chia Parfait

1 SERVING 30 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
3 tbsps Chia Seeds
1 1/2 tps Maple Syrup
1/2 cup Frozen Blueberries (thawed)
2 tbsps Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	24g	Sodium	143mg
Carbs	36g	Vitamin A	472IU
Fiber	14g	Vitamin C	2mg
Sugar	14g	Calcium	657mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

NOTES

NO SLIVERED ALMONDS

Use shredded coconut or hemp seeds instead.

CHIA WILL NOT GEL

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

NOTES

MORE PROTEIN

Dip in almond butter.

Toasted Walnuts

2 SERVINGS 15 MINUTES



INGREDIENTS

2/3 cup Walnuts (shelled)

NUTRITION

AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Pear & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
1/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	31g	Vitamin A	45IU
Fiber	8g	Vitamin C	8mg
Sugar	18g	Calcium	45mg
Protein	5g	Iron	1mg

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

Sunflower Banana Boat

1 SERVING 5 MINUTES



INGREDIENTS

- 1 tbsp Sunflower Seed Butter
- 1 1/2 tbsps Water (warm)
- 1 Banana (peeled)
- 1 tbsp Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	237	Cholesterol	0mg
Fat	13g	Sodium	4mg
Carbs	32g	Vitamin A	84IU
Fiber	5g	Vitamin C	11mg
Sugar	16g	Calcium	18mg
Protein	4g	Iron	1mg

DIRECTIONS

- 01 In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- 02 Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut overtop. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

ADDITIONAL TOPPINGS

Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.

Cheezy Broccoli Quinoa

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Quinoa (uncooked)
1 1/3 cups Water
1 1/2 cups Broccoli (chopped into florets)
2 1/4 tsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	180	Cholesterol	0mg
Fat	3g	Sodium	25mg
Carbs	31g	Vitamin A	289IU
Fiber	5g	Vitamin C	41mg
Sugar	1g	Calcium	53mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 02 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
- 03 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

NOTES

SERVE IT WITH

Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

LEFTOVERS

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

FREEZER TIPS

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

LESS BITTER

Rinse your quinoa before cooking.

MORE FLAVOUR

Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.

Shredded Chicken

5 SERVINGS 20 MINUTES



INGREDIENTS

2 1/2 tsps Sea Salt
1 1/4 lbs Chicken Breast (skinless, boneless)

NUTRITION

AMOUNT PER SERVING

Calories	136	Cholesterol	82mg
Fat	3g	Sodium	1231mg
Carbs	0g	Vitamin A	34IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	6mg
Protein	25g	Iron	0mg

DIRECTIONS

- 01 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 02 Remove chicken and shred into pieces using two forks.

NOTES

SERVE IT WITH

Any of our sides, salads or vegetarian pastas.

LEFTOVERS

Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Rice Cakes with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Plain Rice Cake
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	262	Cholesterol	0mg
Fat	18g	Sodium	7mg
Carbs	21g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	110mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

NOTES

NO ALMOND BUTTER

Use any type of nut or seed butter instead.

LIKES IT SWEET

Add honey, jam, sliced bananas or berries.

Chocolate Crunch Bars

3 SERVINGS 2 HOURS



INGREDIENTS

2 tbsps Almond Butter
1 1/2 tbsps Coconut Oil (melted)
1 1/2 tbsps Cocoa Powder
2 1/4 tsps Hemp Seeds
2 1/4 tsps Ground Flax Seed
1 1/2 tbsps Maple Syrup
1 cup Rice Puffs Cereal

NUTRITION

AMOUNT PER SERVING

Calories	197	Cholesterol	0mg
Fat	15g	Sodium	3mg
Carbs	15g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	7g	Calcium	54mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 02 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 03 Slice into bars and enjoy!

NOTES

SERVING SIZE

One serving is equal to one bar.

NO ALMOND BUTTER

Use peanut butter, hazelnut butter or cashew butter instead.

STORAGE

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

Beef, Sweet Potato & Rapini Skillet

3 SERVINGS 25 MINUTES



INGREDIENTS

12 ozs Extra Lean Ground Beef
3/4 Yellow Onion (sliced)
2 1/4 tsps Ginger (peeled and grated)
1 1/2 Garlic (cloves, minced)
1 1/2 Sweet Potato (medium sized, grated)
3/4 bunch Rapini (chopped)
1/3 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	297	Cholesterol	74mg
Fat	12g	Sodium	468mg
Carbs	20g	Vitamin A	14190IU
Fiber	6g	Vitamin C	43mg
Sugar	6g	Calcium	175mg
Protein	28g	Iron	5mg

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI

Use kale or broccoli instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

One Pan Crispy Chicken with Potatoes & Greens

3 SERVINGS 35 MINUTES



INGREDIENTS

12 ozs Chicken Thighs with Skin
3 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 1/2 tbsps Rosemary (chopped)
3 cups Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	111mg
Fat	19g	Sodium	260mg
Carbs	28g	Vitamin A	1127IU
Fiber	4g	Vitamin C	49mg
Sugar	1g	Calcium	82mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

NOTES

NO ROSEMARY

Use thyme or another herb instead.

NO KALE

Use another green such as Swiss chard or spinach.

LEFTOVERS

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

Salmon Chowder

3 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 tbsps Coconut Oil
3/4 bulb Fennel (sliced)
1 1/2 cups Celery Root (peeled and cubed)
1 1/2 cups Rutabaga (peeled and cubed)
1 1/2 cups Chicken Broth
9 ozs Salmon Fillet
3/4 cup Canned Coconut Milk
1/8 tsp Sea Salt (or more to taste)
3 tbsps Parsley (chopped, optional garnish)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	49mg
Fat	23g	Sodium	781mg
Carbs	20g	Vitamin A	921IU
Fiber	5g	Vitamin C	36mg
Sugar	8g	Calcium	115mg
Protein	21g	Iron	2mg

DIRECTIONS

- 01 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 02 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 03 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 04 Remove the skin from the salmon, and flake the fish into chunks. Add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 05 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to three days, or freeze it.

SERVING SIZE

One serving is roughly 1 1/2 cups.

VEGAN & VEGETARIANS

Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

Honey Sesame Bok Choy & Mushrooms

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Sesame Oil
3/4 tsp Raw Honey
2 cups Mushrooms (halved or quartered)
4 cups Bok Choy (baby, halved)
1/4 tsp Sesame Seeds
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	109	Cholesterol	0mg
Fat	8g	Sodium	243mg
Carbs	8g	Vitamin A	6255IU
Fiber	2g	Vitamin C	65mg
Sugar	6g	Calcium	154mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
- 02 Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

NOTES

NO HONEY

Use maple syrup, coconut sugar or brown sugar.

LEFTOVERS

Refrigerate in an airtight container for up to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make Shredded Chicken	Make Shredded Chicken according to recipe instructions. Portion into individual containers and freeze immediately after cooking.
		Make Cheezy Broccoli Quinoa	Follow the recipe instructions. Portion into individual containers and freeze immediately.
		Make the Toasted Walnuts.	Follow the recipe instructions. Store in an airtight container in the fridge for the week.
1 Mon		Make the Chia Oats with Kiwi for breakfast	Prepare on the stovetop, as per directions. Peel and prepare kiwi as close to eating as you can.
		Pack your meals if you are on-the-go	Banana, Toasted Walnuts, Cheezy Broccoli Quinoa (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat), Rice Cakes and Almond Butter.

		Make Beef, Sweet Potato & Rapini Skillet for dinner	Follow the recipe instructions. Once done cooking, portion the leftover servings into individual containers and freeze immediately.
2 Tue		Make the Chia Oats with Kiwi for breakfast	Prepare on the stovetop, as per directions. Peel and prepare kiwi as close to eating as you can.
		Pack your meals if you are on-the-go	Banana, Toasted Walnuts, Cheezy Broccoli Quinoa (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat), Rice Cakes and Almond Butter.
		Make the One Pan Crispy Chicken with Potatoes & Greens for dinner	Follow the recipe instructions. Freeze leftovers in individual portions immediately after cooking.
		Make the Sunflower Butter for Banana Boat	Mix together warm water and sunflower seed butter. Pack for the next day.
3 Wed		Make the Chia Oats with Kiwi for breakfast	Prepare on the stovetop, as per directions. Peel and prepare kiwi as close to eating as you can.
		Pack your meals if you are on-the-go	Pears & Walnuts, One Pan Crispy Chicken with Potatoes & Greens (keep frozen until ready to reheat), Sunflower Banana Boat.
		Enjoy leftover Beef, Sweet Potato and Rapini Skillet for dinner	Reheat in the microwave or on the stovetop immediately before consuming.

		Mix together the Blueberry Chia Parfait	Mix together according to recipe instructions. Store in the fridge to enjoy in the morning.
		Make the Sunflower Butter for Banana Boat	Mix together warm water and sunflower seed butter. Pack for the next day.
4 Thu		Enjoy the Blueberry Chia Parfait for breakfast	
		Pack your meals if you are on-the-go	Sunflower Banana Boat, Cheezy Broccoli Quinoa (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat), Rice Cakes with Almond Butter.
		Enjoy leftover Beef, Sweet Potato and Rapini Skillet for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
		Mix together the Blueberry Chia Parfait	Mix together according to recipe instructions. Store in the fridge to enjoy in the morning.
		Make the Sunflower Butter for Banana Boat	Mix together warm water and sunflower seed butter. Pack for the next day.
	Make the Chocolate Crunch Bars	Prepare according to recipe instructions. Slice into bars and keep in individual portions in the freezer.	
5		Enjoy the Blueberry Chia Parfait for breakfast	

Fri		Pack your meals if you are on-the-go.	Sunflower Banana Boat, One Pan Crispy Chicken with Potatoes & Greens (keep frozen until ready to reheat) and Chocolate Crunch Bars.
		Make the Salmon Chowder for dinner	Make the Salmon Chowder according to recipe instructions. Divide into individual portions and freeze the leftovers immediately.
		Mix together the Blueberry Chia Parfait	Mix together according to recipe instructions. Store in the fridge and consume the next day.
		Make the Sunflower Butter for Banana Boat	Mix together warm water and sunflower seed butter. Pack for the next day.
6 Sat		Enjoy the Blueberry Chia Parfait for breakfast	
		Pack your meals if you are on-the-go	Pear & Walnuts, Salmon Chowder (keep frozen until ready to reheat) and Chocolate Crunch Bars.
		Enjoy leftover Shredded Chicken for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
Make the Honey Sesame Bok Choy & Mushrooms for dinner		Prepare according to recipe directions. Enjoy with the Shredded Chicken. Freeze leftovers immediately.	
7 Sun		Enjoy the Blueberry Chia Parfait for breakfast	

		Pack your meals if you are on-the-go	Pear & Walnuts, Salmon Chowder (keep frozen until ready to reheat) and Chocolate Crunch Bars.
		Shop and prep for the week ahead	Set aside some time to plan and shop for next week!
		Enjoy leftover Shredded Chicken & Honey Sesame Bok Choy & Mushrooms for dinner	Reheat in the microwave or on the stovetop immediately before consuming.

WAIVER

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. HMF cannot and does not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. HMF does not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

