



# Low Histamine Diet, Week 2

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# Low Histamine Diet, Week 2

HEAVY METAL FITNESS

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

Low Histamine Diet, Week 2 - 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.

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## **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**  
Peanut Butter Banana Oatmeal Bake



**SNACK 1**  
Kiwi



**LUNCH**  
Slow Cooker Chicken Soup, Brown Rice



**SNACK 2**  
Coconut Chia Pudding



**DINNER**  
Ground Beef, Broccoli & Rice

## TUE



**BREAKFAST**  
Peanut Butter Banana Oatmeal Bake



**SNACK 1**  
Kiwi



**LUNCH**  
Slow Cooker Chicken Soup, Brown Rice



**SNACK 2**  
Coconut Chia Pudding



**DINNER**  
Salmon with Coconut Kale

## WED



**BREAKFAST**  
Peanut Butter Banana Oatmeal Bake



**SNACK 1**  
Apples & Almonds



**LUNCH**  
Salmon with Coconut Kale



**SNACK 2**  
Radish & Cucumber Rice Cakes



**DINNER**  
Ground Beef, Broccoli & Rice

## THU



**BREAKFAST**  
Peanut Butter Banana Oatmeal Bake



**SNACK 1**  
Kiwi



**LUNCH**  
Slow Cooker Chicken Soup, Brown Rice



**SNACK 2**  
Coconut Chia Pudding



**DINNER**  
Salmon with Coconut Kale

## FRI



**BREAKFAST**  
Mango Coconut Green Smoothie



**SNACK 1**  
Kiwi, Brazil Nuts



**LUNCH**  
Ground Beef, Broccoli & Rice



**SNACK 2**  
Radish & Cucumber Rice Cakes



**DINNER**  
Chicken Thighs with Mushrooms,  
Quinoa

## SAT



**BREAKFAST**  
Mango Coconut Green Smoothie



**SNACK 1**  
Apples & Almonds



**LUNCH**  
Mashed Sweet Potato Breakfast Bowl



**SNACK 2**  
Radish & Cucumber Rice Cakes



**DINNER**  
Chicken Thighs with Mushrooms,  
Quinoa

## SUN



**BREAKFAST**  
Mango Coconut Green Smoothie



**SNACK 1**  
Kiwi, Brazil Nuts



**LUNCH**  
Mashed Sweet Potato Breakfast Bowl



**SNACK 2**  
Radish & Cucumber Rice Cakes



**DINNER**  
Chicken Thighs with Mushrooms,  
Quinoa

**MON****FAT 36%**    **CARBS 45%**    **PROTEIN 19%**

Calories 1512                      Cholesterol 173mg  
 Fat 61g                              Sodium 512mg  
 Carbs 174g                        Vitamin A 6243IU  
 Fiber 26g                         Vitamin C 217mg  
 Sugar 34g                         Calcium 630mg  
 Protein 75g                        Iron 11mg

**TUE****FAT 46%**    **CARBS 35%**    **PROTEIN 19%**

Calories 1493                      Cholesterol 161mg  
 Fat 78g                              Sodium 944mg  
 Carbs 134g                        Vitamin A 9747IU  
 Fiber 26g                         Vitamin C 214mg  
 Sugar 33g                         Calcium 801mg  
 Protein 72g                        Iron 10mg

**WED****FAT 42%**    **CARBS 40%**    **PROTEIN 18%**

Calories 1622                      Cholesterol 136mg  
 Fat 79g                              Sodium 1040mg  
 Carbs 169g                        Vitamin A 5137IU  
 Fiber 27g                         Vitamin C 178mg  
 Sugar 41g                         Calcium 714mg  
 Protein 77g                        Iron 11mg

**THU****FAT 46%**    **CARBS 35%**    **PROTEIN 19%**

Calories 1493                      Cholesterol 161mg  
 Fat 78g                              Sodium 944mg  
 Carbs 134g                        Vitamin A 9747IU  
 Fiber 26g                         Vitamin C 214mg  
 Sugar 33g                         Calcium 801mg  
 Protein 72g                        Iron 10mg

**FRI****FAT 39%**    **CARBS 38%**    **PROTEIN 23%**

Calories 1577                      Cholesterol 185mg  
 Fat 72g                              Sodium 889mg  
 Carbs 155g                        Vitamin A 2369IU  
 Fiber 23g                         Vitamin C 281mg  
 Sugar 33g                         Calcium 819mg  
 Protein 93g                        Iron 10mg

**SAT****FAT 39%**    **CARBS 42%**    **PROTEIN 19%**

Calories 1443                      Cholesterol 111mg  
 Fat 66g                              Sodium 727mg  
 Carbs 157g                        Vitamin A 20298IU  
 Fiber 30g                         Vitamin C 88mg  
 Sugar 49g                         Calcium 925mg  
 Protein 73g                        Iron 10mg

**SUN****FAT 42%**    **CARBS 39%**    **PROTEIN 19%**

Calories 1444                      Cholesterol 111mg  
 Fat 71g                              Sodium 730mg  
 Carbs 148g                        Vitamin A 20319IU  
 Fiber 27g                         Vitamin C 208mg  
 Sugar 42g                         Calcium 918mg  
 Protein 72g                        Iron 9mg



## FRUITS

- 2 Apple
- 2 Banana
- 2/3 cup Blueberries
- 10 Kiwi

## BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 2 tbsps Almond Butter
- 8 Brown Rice Cake
- 2 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1/2 cup Brazil Nuts
- 1/2 cup Chia Seeds
- 2 tpsps Hemp Seeds
- 1 1/8 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tpsps Tarragon

## FROZEN

- 3/4 cup Frozen Broccoli
- 3/4 cup Frozen Cauliflower
- 1 1/2 cups Frozen Mango

## VEGETABLES

- 3 cups Broccoli
- 1 1/2 Carrot
- 2 stalks Celery
- 1 Cucumber
- 1 1/2 Garlic
- 12 cups Kale Leaves
- 1 cup Radishes
- 1 1/2 tpsps Rosemary
- 1 1/2 tpsps Shallot
- 2 Sweet Potato
- 10 1/2 White Button Mushrooms
- 1/2 Yellow Onion

## BOXED & CANNED

- 3/4 cup Brown Rice
- 2 1/8 cups Canned Coconut Milk
- 1/3 cup Chicken Broth
- 3/4 cup Jasmine Rice
- 3/4 cup Quinoa

## BAKING

- 2 cups Oats
- 1 1/2 tpsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

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

## CONDIMENTS & OILS

- 3 tpsps Coconut Butter
- 1/4 cup Coconut Oil

## COLD

- 5 1/4 cups Unsweetened Almond Milk

## OTHER

- 3/4 cup Vanilla Protein Powder
- 6 3/4 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**

# Peanut Butter Banana Oatmeal Bake

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 Banana (divided)  
2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
2 tbsps Chia Seeds  
1/3 cup All Natural Peanut Butter (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	421	Cholesterol	0mg
Fat	19g	Sodium	89mg
Carbs	56g	Vitamin A	287IU
Fiber	9g	Vitamin C	5mg
Sugar	16g	Calcium	305mg
Protein	13g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a square or loaf pan with parchment paper, or grease it with your choice of oil.
- 02 Cut half of your bananas into slices, and mash the remaining half with the back of a fork.
- 03 In a mixing bowl, combine the oats, milk, maple syrup, chia, mashed bananas, and 2/3 of the peanut butter.
- 04 Transfer the mixture to your pan. Top with banana slices and drizzle the remaining peanut butter over top. Bake for 35 minutes and let cool slightly before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

### NO PEANUT BUTTER

Use sunflower seed, almond, cashew or hazelnut butter instead.

### NO MAPLE SYRUP

Use honey, dates, stevia or extra banana instead.

### NO ALMOND MILK

Use cashew milk or regular milk.

### MORE FIBRE

Add ground flax seed.

# Mango Coconut Green Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1/4 cup Frozen Cauliflower  
1/4 cup Frozen Broccoli  
1/2 cup Frozen Mango  
1 cup Unsweetened Almond Milk  
1/4 cup Canned Coconut Milk (full fat)  
1/4 cup Vanilla Protein Powder  
1 tbsp Coconut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Cholesterol	4mg
Fat	24g	Sodium	235mg
Carbs	24g	Vitamin A	1538IU
Fiber	7g	Vitamin C	64mg
Sugar	14g	Calcium	595mg
Protein	24g	Iron	2mg

## DIRECTIONS

01 Place all ingredients in a high-powered blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### COCONUT BUTTER

Also called "Coconut Manna". Coconut butter is the ground meat of the whole coconut. If you do not have it on hand, you can use cashew butter instead.

### NO PROTEIN POWDER

Use hemp seeds instead.

# Kiwi

1 SERVING 5 MINUTES



## INGREDIENTS

2 Kiwi

## DIRECTIONS

01 Peel and slice. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	1g	Sodium	4mg
Carbs	20g	Vitamin A	120IU
Fiber	4g	Vitamin C	128mg
Sugar	12g	Calcium	47mg
Protein	2g	Iron	0mg

# Apples & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (sliced)  
1/4 cup Almonds

## DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	33g	Vitamin A	99IU
Fiber	9g	Vitamin C	8mg
Sugar	20g	Calcium	107mg
Protein	8g	Iron	2mg

# Brazil Nuts

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Brazil Nuts

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	219	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	4g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	53mg
Protein	5g	Iron	1mg

# Slow Cooker Chicken Soup

3 SERVINGS 6 HOURS



## INGREDIENTS

1/2 Yellow Onion (diced)  
2 stalks Celery (diced)  
1 1/2 Carrot (medium, chopped)  
1 1/2 tsps Rosemary (fresh)  
4 ozs Chicken Breast (boneless, skinless)  
8 ozs Chicken Thighs (boneless, skinless)  
Sea Salt & Black Pepper (to taste)  
3 cups Water (or broth)

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Cholesterol	99mg
Fat	4g	Sodium	137mg
Carbs	6g	Vitamin A	5253IU
Fiber	2g	Vitamin C	3mg
Sugar	3g	Calcium	59mg
Protein	24g	Iron	2mg

## DIRECTIONS

- 01 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 02 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## NOTES

### MORE CARBS

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

### LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

# Brown Rice

3 SERVINGS 45 MINUTES



## INGREDIENTS

3/4 cup Brown Rice (uncooked)  
1 1/2 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	1g	Sodium	5mg
Carbs	35g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	16mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

# Mashed Sweet Potato Breakfast Bowl

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 Sweet Potato (medium sized, cut in half)  
1/4 cup Unsweetened Almond Milk  
2/3 cup Blueberries  
2 tbsps Almond Butter  
2 tsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	11g	Sodium	93mg
Carbs	37g	Vitamin A	18533...
Fiber	7g	Vitamin C	8mg
Sugar	11g	Calcium	155mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
- 02 Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
- 03 Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NUT-FREE

Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

### MORE FLAVOR

Add a dash of cinnamon to the sweet potato.

### ADDITIONAL TOPPINGS

Top with coconut or Greek yogurt and a drizzle of honey.

### SAVE TIME

Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.



# Coconut Chia Pudding

1 SERVING 1 HOUR



## INGREDIENTS

1/3 cup Canned Coconut Milk  
1/3 cup Water  
2 tbsps Chia Seeds  
1/2 tsp Vanilla Extract

## NUTRITION

### AMOUNT PER SERVING

Calories	285	Cholesterol	0mg
Fat	24g	Sodium	25mg
Carbs	13g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	1g	Calcium	147mg
Protein	5g	Iron	2mg

## DIRECTIONS

- 01 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 02 Stir well and divide into cups or containers if on-the-go. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to five days.

### SERVING SIZE

One serving is equal to approximately 1.5 cups of chia pudding.

### MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

### ADDITIONAL TOPPINGS

Top with shredded coconut, berries, banana slices, nuts or bee pollen.

# Radish & Cucumber Rice Cakes

1 SERVING 10 MINUTES



## INGREDIENTS

2 Brown Rice Cake  
1/4 cup Radishes (sliced)  
1/4 Cucumber (sliced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	136	Cholesterol	0mg
Fat	1g	Sodium	13mg
Carbs	32g	Vitamin A	8IU
Fiber	3g	Vitamin C	6mg
Sugar	2g	Calcium	19mg
Protein	3g	Iron	1mg

## DIRECTIONS

01 Top each rice cake with radishes and cucumber. Sprinkle with salt and pepper and enjoy!

## NOTES

### LEFTOVERS

Refrigerate the vegetables in an airtight container for up to three days. The rice cakes are best stored in the original packaging until ready to use.

### SERVING SIZE

One serving is equal to two rice cakes.

### ADDITIONAL TOPPINGS

Add guacamole or a hummus spread on the bottom layer.

# Ground Beef, Broccoli & Rice

3 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Jasmine Rice (dry, rinsed)  
3 cups Broccoli (chopped into florets)  
12 ozs Extra Lean Ground Beef  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Cholesterol	74mg
Fat	12g	Sodium	252mg
Carbs	44g	Vitamin A	583IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	56mg
Protein	28g	Iron	3mg

## DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

## NOTES

### NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

### LEFTOVERS

Refrigerate in an airtight container up to 3 days.

### SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

# Salmon with Coconut Kale

3 SERVINGS 20 MINUTES



## INGREDIENTS

- 12 ozs Salmon Fillet
- 1/4 cup Coconut Oil (divided)
- 3/4 tsp Sea Salt
- 12 cups Kale Leaves (roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Cholesterol	62mg
Fat	29g	Sodium	684mg
Carbs	4g	Vitamin A	4087IU
Fiber	3g	Vitamin C	78mg
Sugar	1g	Calcium	227mg
Protein	25g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 320°F (160°C).
- 02 Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
- 03 Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
- 04 Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

## NOTES

### NO COCONUT OIL

Use butter, ghee or avocado oil instead.

### NO KALE

Use collard greens, cabbage, broccolini or bok choy instead.

### MORE CARBS

Serve it with quinoa, brown rice, or potatoes.

### LEFTOVERS

Store covered in the fridge up to 3 days.

# Chicken Thighs with Mushrooms

3 SERVINGS 40 MINUTES



## INGREDIENTS

12 ozs Chicken Thighs (boneless, skinless)  
1/8 tsp Sea Salt  
1/3 tsp Coconut Oil  
10 1/2 White Button Mushrooms (quartered)  
1 1/2 tbsps Shallot (diced)  
1 1/2 Garlic (cloves, minced)  
1/3 cup Chicken Broth  
1/4 cup Canned Coconut Milk  
1 1/2 tsps Tarragon

## NUTRITION

### AMOUNT PER SERVING

Calories	200	Cholesterol	107mg
Fat	9g	Sodium	380mg
Carbs	4g	Vitamin A	41IU
Fiber	1g	Vitamin C	2mg
Sugar	2g	Calcium	20mg
Protein	25g	Iron	1mg

## DIRECTIONS

- 01 Heat a pan over medium heat. Season the chicken thighs with sea salt. Add the coconut oil to the pan and once melted, add the chicken. Cook for 5 to 6 minutes per side. Remove and set aside.
- 02 Lower the heat to medium-low and add the mushrooms. Cook for 3 to 4 minutes. Add the shallot and cook for 2 to 3 minutes. Add the garlic cloves and cook for 1 minute and then add the chicken back in along with the broth. Cover and simmer for 8 to 10 minutes.
- 03 Remove the lid and add the coconut milk and tarragon. Stir to combine. Cook for 2 to 3 minutes. Divide the chicken and mushrooms between plates and spoon your desired amount of liquid over top. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### NO TARRAGON

Use thyme instead.

### SERVE IT WITH

Cauliflower rice.

### NO COCONUT OIL

Use extra virgin olive oil or avocado oil instead.

# Quinoa

3 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Quinoa (uncooked)  
1 1/8 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

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 the Slow Cooker Chicken Soup	Make according to recipe directions. Portion into individual containers, add brown rice and freeze into individual portions immediately.
		Make the Peanut Butter Banana Oatmeal Bake	Make according to recipe instructions. Portion into individual containers and freeze immediately.
		Make Brown Rice	Follow recipe instructions and add to the Slow Cooker Chicken Soup before freezing.
		Mix together the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
1 Mon		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Kiwi (peel and cut before consuming), Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat) and Coconut Chia Pudding.

		Make the Ground Beef, Broccoli and Rice for dinner	Follow the recipe instructions. Once done, portion the leftovers into individual containers and freeze immediately.
		Make the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
<b>2 Tue</b>		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Kiwi (peel and cut before consuming), Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat) and Coconut Chia Pudding.
		Make the Salmon with Coconut Kale for dinner	Follow the recipe instructions. Freeze leftovers in individual portions once cooked.
<b>3 Wed</b>		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) and Almonds, Salmon Coconut with Kale (keep frozen until ready to reheat) and Radish & Cucumber Rice Cake.
		Enjoy leftover Ground Beef, Broccoli and Rice for dinner	Reheat in the microwave or on the stovetop immediately before consuming.

		Make the Coconut Chia Pudding	Mix together according to recipe instructions. Store in the fridge and consume the next day.
4 Thu		Enjoy Peanut Butter Banana Oatmeal Bake for breakfast	Heat immediately before consuming.
		Pack your meals if you are on-the-go	Kiwi (peel and cut before consuming), Slow Cooker Chicken Soup with Brown Rice (keep frozen until ready to reheat) and Coconut Chia Pudding.
		Enjoy the leftover Salmon with Coconut Kale for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
5 Fri		Prepare Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Kiwi (peel and cut before consuming), Brazil Nuts, Ground Beef Broccoli and Rice (keep frozen until ready to reheat), Radish & Cucumber Rice Cake (peel and cut before consuming).
		Make the Chicken Thighs with Mushroom for dinner	Prepare according to recipe directions. When the chicken is simmering, make the quinoa (below). Once done, portion leftover servings into individual containers and freeze immediately.
		Make the Quinoa for dinner	Mix together according to recipe instructions. Once done, portion leftover servings into individual

			containers and freeze immediately.
		Make the Mashed Sweet Potato Breakfast Bowl	Make according to recipe directions. Freeze immediately in individual containers. Add blueberries, hemp seed, and almond butter toppings right before consuming.
<b>6 Sat</b>		Make the Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) and Almonds, Mashed Sweet Potato Breakfast Bowl (keep frozen until ready to reheat and top with blueberries, hemp seeds and almond butter at that time) and Radish & Cucumber Rice Cake (peel and cut before consuming).
		Heat the leftover Chicken Thighs with Mushrooms and Quinoa for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
<b>7 Sun</b>		Make the Mango Coconut Green Smoothie for breakfast	Consume immediately after preparing.
		Pack your meals if you are on-the-go	Kiwi (peel and cut before consuming) and Brazil Nuts, Mashed Sweet Potato Breakfast Bowl (keep frozen until ready to reheat and top with blueberries, hemp seeds and almond butter at that time) and Radish & Cucumber Rice Cake (peel and cut before consuming).

	Shop and prep for the week ahead	Set aside some time to plan and shop for next week!
	Heat the leftover Chicken Thighs with Mushrooms and Quinoa for dinner	Reheat in the microwave or on the stovetop immediately before consuming.

## **WAIVER**

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