



Low Histamine Diet, Week 3

TRACY KACZMARCZYK



Low Histamine Diet, Week 3

HEAVY METAL FITNESS

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

Low Histamine Diet, Week 3 - 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
Tropical Coconut Oatmeal



SNACK 1
Macadamia Nuts & Walnuts



LUNCH
Green Bean Casserole, Turmeric Chicken Nuggets



SNACK 2
Apple



DINNER
Ground Beef, Potatoes & Rapini

TUE



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Cantaloupe



LUNCH
Cheesy Cauliflower & Broccoli Casserole, Shredded Chicken



SNACK 2
Macadamia Nuts & Walnuts



DINNER
Ground Beef, Potatoes & Rapini

WED



BREAKFAST
Peanut Butter Cup Overnight Oats



SNACK 1
Apple with Sunflower Seed Butter



LUNCH
Cheesy Cauliflower & Broccoli Casserole, Shredded Chicken



SNACK 2
Cantaloupe



DINNER
Green Bean Casserole, Turmeric Chicken Nuggets

THU



BREAKFAST
Peanut Butter Cup Overnight Oats



SNACK 1
Cantaloupe



LUNCH
Green Bean Casserole, Turmeric Chicken Nuggets



SNACK 2
Macadamia Nuts & Walnuts



DINNER
Ground Beef, Potatoes & Rapini

FRI



BREAKFAST
Peanut Butter Cup Overnight Oats



SNACK 1
Apple



LUNCH
Cheesy Cauliflower & Broccoli Casserole, Shredded Chicken



SNACK 2
Almond Butter Coconut Whip with Blueberries



DINNER
Ground Turkey, Green Beans & Rice

SAT



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Apple



LUNCH
Cheesy Cauliflower & Broccoli Casserole, Shredded Chicken



SNACK 2
Almond Butter Coconut Whip with Blueberries



DINNER
Ground Turkey, Green Beans & Rice

SUN



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Apple with Sunflower Seed Butter



LUNCH
Ground Turkey, Green Beans & Rice



SNACK 2
Almond Butter Coconut Whip with Blueberries



DINNER
Ground Beef, Potatoes & Rapini

MON

FAT 41% **CARBS 40%** **PROTEIN 19%**

Calories 1565 Cholesterol 140mg
Fat 73g Sodium 1132mg
Carbs 164g Vitamin A 8092IU
Fiber 34g Vitamin C 196mg
Sugar 63g Calcium 717mg
Protein 77g Iron 16mg

TUE

FAT 37% **CARBS 40%** **PROTEIN 23%**

Calories 1505 Cholesterol 156mg
Fat 65g Sodium 2027mg
Carbs 157g Vitamin A 24548IU
Fiber 33g Vitamin C 399mg
Sugar 63g Calcium 736mg
Protein 89g Iron 16mg

WED

FAT 36% **CARBS 41%** **PROTEIN 23%**

Calories 1652 Cholesterol 148mg
Fat 70g Sodium 2599mg
Carbs 179g Vitamin A 18705IU
Fiber 39g Vitamin C 334mg
Sugar 76g Calcium 671mg
Protein 98g Iron 19mg

THU

FAT 42% **CARBS 37%** **PROTEIN 21%**

Calories 1504 Cholesterol 140mg
Fat 74g Sodium 1232mg
Carbs 144g Vitamin A 15448IU
Fiber 29g Vitamin C 228mg
Sugar 48g Calcium 681mg
Protein 82g Iron 17mg

FRI

FAT 35% **CARBS 43%** **PROTEIN 22%**

Calories 1507 Cholesterol 166mg
Fat 60g Sodium 1999mg
Carbs 170g Vitamin A 9122IU
Fiber 30g Vitamin C 183mg
Sugar 54g Calcium 608mg
Protein 85g Iron 11mg

SAT

FAT 33% **CARBS 47%** **PROTEIN 20%**

Calories 1567 Cholesterol 166mg
Fat 60g Sodium 1941mg
Carbs 188g Vitamin A 11002IU
Fiber 33g Vitamin C 244mg
Sugar 72g Calcium 658mg
Protein 82g Iron 11mg

SUN

FAT 40% **CARBS 43%** **PROTEIN 17%**

Calories 1690 Cholesterol 158mg
Fat 78g Sodium 577mg
Carbs 190g Vitamin A 7877IU
Fiber 29g Vitamin C 148mg
Sugar 68g Calcium 690mg
Protein 74g Iron 12mg



FRUITS

- 5 Apple
- 1/2 cup Blueberries
- 1 1/2 Cantaloupe
- 2 Mango

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 1/2 tbsps Almond Butter
- 4 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/2 cup Cashews
- 1/3 cup Chia Seeds
- 1/3 cup Macadamia Nuts
- 1/4 tsp Paprika
- 1 1/4 tbsps Sea Salt
- 3 tbsps Slivered Almonds
- 1 1/4 tbsps Turmeric
- 1/3 cup Walnuts

FROZEN

- 3 cups Frozen Green Beans

VEGETABLES

- 4 cups Broccoli
- 2 cups Butternut Squash
- 1 1/3 heads Cauliflower
- 1 1/8 cups French Shallot
- 4 1/4 Garlic
- 3 3/4 cups Green Beans
- 4 cups Mini Potatoes
- 1 1/2 cups Mushrooms
- 1 bunch Rapini
- 1 Yellow Onion

BOXED & CANNED

- 1 cup Canned Coconut Milk
- 3/4 cup Jasmine Rice

BAKING

- 3 tps Cocoa Powder
- 2/3 cup Nutritional Yeast
- 4 1/16 cups Oats
- 1/4 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 2 tbsps Coconut Butter
- 2 tbsps Coconut Oil
- 1/4 cup Sunflower Seed Butter

COLD

- 2 1/2 cups Plain Coconut Milk
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 2 1/8 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

Tropical Coconut Oatmeal

1 SERVING 15 MINUTES



INGREDIENTS

1/2 cup Oats (rolled)
2/3 cup Plain Coconut Milk (from the box)
2 1/4 tsps Chia Seeds
1/2 Mango (cubed)
1 1/2 tsps Coconut Butter (melted)
1 tbsp Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	435	Cholesterol	0mg
Fat	18g	Sodium	31mg
Carbs	64g	Vitamin A	2130IU
Fiber	11g	Vitamin C	61mg
Sugar	29g	Calcium	372mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 02 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

MORE FLAVOR

Add a pinch of cinnamon.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.



Peanut Butter Cup Overnight Oats

1 SERVING 8 HOURS



INGREDIENTS

1/2 cup Oats (quick or rolled)
1/2 cup Unsweetened Almond Milk
1 1/3 tbsps All Natural Peanut Butter
2 tsps Chia Seeds
2 tsps Maple Syrup
1 tsp Cocoa Powder
2 2/3 tbsps Water

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	0mg
Fat	18g	Sodium	89mg
Carbs	46g	Vitamin A	250IU
Fiber	8g	Vitamin C	0mg
Sugar	11g	Calcium	322mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

TOPPINGS

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

WARM IT UP

Heat in microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use honey instead.

MORE FIBER

Add ground flaxseed.

Macadamia Nuts & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Macadamia Nuts
2 tbsps Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	4g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	29mg
Protein	4g	Iron	1mg

DIRECTIONS

01 In a small bowl or container, combine the macadamia nuts and walnuts.
Enjoy!

NOTES

LEFTOVERS

Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

MORE FLAVOR

Toast in the oven or on the stovetop.

ADDITIONAL TOPPINGS

Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..

Cantaloupe

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Cantaloupe (chopped and cubed)

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	1g	Sodium	44mg
Carbs	23g	Vitamin A	9334IU
Fiber	2g	Vitamin C	101mg
Sugar	22g	Calcium	25mg
Protein	2g	Iron	1mg

NOTES

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

Apple with Sunflower Seed Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, cored and sliced)
2 tbsps Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	115IU
Fiber	6g	Vitamin C	9mg
Sugar	22g	Calcium	31mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up four days.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Green Bean Casserole

3 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

- 1 1/2 tbsps Coconut Oil (divided)
- 1 1/8 cups French Shallot (thinly sliced)
- 1/3 head Cauliflower (chopped into florets)
- 3 3/4 cups Green Beans (trimmed and halved)
- 1 1/2 cups Mushrooms (sliced)
- 2 1/4 Garlic (cloves, minced)
- 1 1/8 cups Water
- 3/4 tsp Sea Salt
- 1 1/2 tbsps Nutritional Yeast
- 3 tbsps Slivered Almonds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	244	Cholesterol	0mg
Fat	12g	Sodium	644mg
Carbs	28g	Vitamin A	865IU
Fiber	9g	Vitamin C	57mg
Sugar	12g	Calcium	124mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 02 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 03 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 04 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 05 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 06 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 07 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Turmeric Chicken Nuggets

3 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Oats (rolled)
1 1/4 tbsps Turmeric
1/8 tsp Sea Salt
1/8 tsp Black Pepper
9 2/3 ozs Chicken Breast (boneless, cubed)
1 1/4 tbsps Avocado Oil (divided)

NUTRITION

AMOUNT PER SERVING

Calories	231	Cholesterol	66mg
Fat	9g	Sodium	161mg
Carbs	13g	Vitamin A	28IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	20mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 02 In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 03 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 04 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately five nuggets.

MAKE IT VEGAN

Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.

Cheesy Cauliflower & Broccoli Casserole

4 SERVINGS 1 HOUR



INGREDIENTS

2 cups Butternut Squash (peeled, seeded and cubed)
1 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1/2 cup Water
1 head Cauliflower (medium, chopped into florets)
4 cups Broccoli (chopped into florets)
1/2 cup Cashews
1/2 cup Nutritional Yeast
1/2 tsp Sea Salt
1/4 tsp Paprika

NUTRITION

AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	9g	Sodium	427mg
Carbs	36g	Vitamin A	8079IU
Fiber	12g	Vitamin C	167mg
Sugar	9g	Calcium	143mg
Protein	19g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 03 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 04 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsps at a time.)
- 05 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 06 Bake for 40 minutes. Serve immediately. Enjoy!

NOTES

SAVE TIME

Buy frozen, pre-sliced butternut squash cubes.

MORE PROTEIN

Serve with roasted chicken or top with bacon.

MORE CARBS

Serve with brown rice macaroni or quinoa.

Shredded Chicken

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tsps Sea Salt
1 lb 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.

Almond Butter Coconut Whip with Blueberries

3 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Canned Coconut Milk (full fat, refrigerated overnight)
1 1/2 tbsps Almond Butter
2 tbsps Maple Syrup
1/2 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	238	Cholesterol	0mg
Fat	19g	Sodium	23mg
Carbs	16g	Vitamin A	13IU
Fiber	1g	Vitamin C	2mg
Sugar	12g	Calcium	45mg
Protein	3g	Iron	0mg

DIRECTIONS

- 01 Scoop out the thickened cream from the can of coconut milk that has been refrigerated overnight into the mixing bowl, and set aside the remaining coconut juice for other uses.
- 02 Add the almond butter and maple syrup. Use a hand mixer to whip until fluffy.
- 03 Divide the almond butter coconut whip into small bowls and top with blueberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

NO MAPLE SYRUP

Use honey or your sweetener of choice.

NO ALMOND BUTTER

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

CAKE FROSTING

This whip makes a great cake frosting. Simply double or triple the recipe (depending on cake size) to make enough whip to ice a cake.

SERVING SIZE

Each serving yields approximately 1/3 cup of almond butter coconut whip.

Ground Beef, Potatoes & Rapini

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
1 bunch Rapini (chopped, divided)
1 lb Extra Lean Ground Beef
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	342	Cholesterol	74mg
Fat	12g	Sodium	293mg
Carbs	30g	Vitamin A	4971IU
Fiber	6g	Vitamin C	70mg
Sugar	2g	Calcium	161mg
Protein	30g	Iron	5mg

DIRECTIONS

- 01 Set the potatoes in a steaming basket over boiling water and cover. Steam for 15 minutes, or until tender. Set aside.
- 02 Meanwhile, add the rapini stems to a large pan. Add enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until just tender. Transfer the rapini 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 cooks. Season with salt. Once cooked through, drain any excess liquid.
- 04 Divide the beef, rapini, and potatoes onto plates or into containers. Enjoy!

NOTES

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Cook the rapini in oil and season after boiling.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1/2 cup of ground beef, 1 cup of potatoes and 1 cup of rapini.

Ground Turkey, Green Beans & Rice

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/8 tsps Coconut Oil
- 12 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 3/4 cup Jasmine Rice (dry/uncooked)
- 3 cups Frozen Green Beans

NUTRITION

AMOUNT PER SERVING

Calories	383	Cholesterol	84mg
Fat	11g	Sodium	227mg
Carbs	47g	Vitamin A	648IU
Fiber	5g	Vitamin C	6mg
Sugar	3g	Calcium	81mg
Protein	26g	Iron	2mg

DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

NOTES

LEFTOVERS

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

NO GROUND TURKEY

Use ground chicken, beef, pork, or lamb instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO GREEN BEANS

Use asparagus, edamame or green peas instead.

LIKES IT SPICY

Serve with hot sauce.

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 Green Bean Casserole	While the casserole is in the oven, start on the Turmeric Chicken Nuggets. Freeze the casserole in individual containers immediately after cooking.
		Make the Turmeric Chicken Nuggets	Follow the recipe instructions and freeze the nuggets in individual containers immediately after cooking.
		Make the Shredded Chicken	Prepare according to recipe directions. Freeze the Shredded Chicken in individual containers immediately after cooking.
1 Mon		Make the Tropical Coconut Oatmeal for breakfast	Prepare according to recipe directions. Cut mango immediately before consuming.
		Pack your meals if you are on-the-go	Macadamia Nuts & Walnuts, Green Bean Casserole (keep frozen until ready to reheat), Turmeric Chicken Nuggets (keep frozen until ready to reheat) and Apple.

		Make the Ground Beef, Potatoes & Rapini for dinner	Follow the recipe instructions and freeze the leftovers in individual containers immediately after cooking.
		Make the Cheesy Cauliflower & Broccoli Casserole	Prepare according to recipe directions. While the recipe is in the oven, start on the shredded chicken. Freeze the Cheesy Cauliflower & Broccoli Casserole in individual containers immediately after cooking.
2 Tue		Make the Tropical Coconut Oatmeal for Breakfast	Prepare according to recipe directions. Cut mango immediately before consuming.
		Pack your meals if you are on-the-go	Cantelope, Cheesy Cauliflower & Broccoli Casserole (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat) and Macadamia Nuts & Walnuts.
		Reheat leftovers of the Ground Beef, Potatoes & Rapini for dinner.	Reheat in the microwave or on the stovetop immediately before consuming.
		Make the Peanut Butter Cup Overnight Oats	Prepare one serving, according to recipe directions for the next day.
3 Wed		Have the Peanut Butter Cup Overnight Oats for breakfast	
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) with Sunflower Seed Butter, Cheesy Cauliflower & Broccoli Casserole

			(keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat) and Cantaloupe.
		Heat the leftover Green Bean Casserole and Turmeric Chicken Nuggets for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
		Make the Peanut Butter Cup Overnight Oats	Prepare one serving for tomorrow.
4 Thu		Have the Peanut Butter Cup Overnight Oats for breakfast	
		Pack your meals if you are on-the-go	Cantaloupe, Green Bean Casserole (keep frozen until ready to reheat), Turmeric Chicken Nuggets (keep frozen until ready to reheat) and Macadamia Nuts & Walnuts.
		Reheat leftovers of the Ground Beef, Potatoes & Rapini for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
		Make the Peanut Butter Cup Overnight Oats	Prepare one serving for tomorrow morning.
		Make the Almond Butter Coconut Whip with Blueberries	Follow instructions and store in the fridge. Top with blueberries before consuming.
5		Have the Peanut Butter Cup Overnight Oats for breakfast	

Fri		Pack your meals if you are on-the-go	Apple (peel and cut before consuming), Cheesy Cauliflower & Broccoli Casserole (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat) and Almond Butter Coconut Whip with Blueberries.
		Make the Ground Turkey, Green Beans & Rice for dinner	Prepare according to recipe directions. Freeze leftovers of the Ground Turkey, Green Beans & Rice in individual containers immediately after cooking.
6 Sat		Make the Tropical Coconut Oatmeal for breakfast	Prepare according to recipe directions. Cut mango immediately before consuming.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming), Cheesy Cauliflower & Broccoli Casserole (keep frozen until ready to reheat), Shredded Chicken (keep frozen until ready to reheat) and Almond Butter Coconut Whip with Blueberries.
		Heat the leftover Ground Turkey, Green Beans & Rice for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
7 Sun		Make the Tropical Coconut Oatmeal for breakfast	Prepare according to recipe directions. Cut mango immediately before consuming.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming) with Sunflower Seed Butter, Ground Turkey, Green Beans & Rice

			(keep frozen until ready to reheat) and Almond Butter Coconut Whip with Blueberries.
		Shop and prep for the week ahead	Set aside some time to plan and shop for next week!
		Heat the leftover Ground Beef, Potatoes & Rapini 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.

