



Low Histamine Diet, Week 4

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Low Histamine Diet, Week 4

HEAVY METAL FITNESS

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

Low Histamine Diet, Week 4 - 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
Banana Coconut & Cauliflower Breakfast Bowls



SNACK 1
Apple



LUNCH
Spaghetti Squash, Turkey & Broccoli



SNACK 2
Pistachios



DINNER
Soothing Pork Hock Noodle Soup

TUE



BREAKFAST
Banana Coconut & Cauliflower Breakfast Bowls



SNACK 1
Apple



LUNCH
Soothing Pork Hock Noodle Soup



SNACK 2
Celery with Creamy Sunflower Seed Butter



DINNER
Coconut Turmeric Cauliflower Bowls

WED



BREAKFAST
Banana Coconut & Cauliflower Breakfast Bowls



SNACK 1
Blueberries



LUNCH
Coconut Turmeric Cauliflower Bowls



SNACK 2
Pistachios, Pear



DINNER
Spaghetti Squash, Turkey & Broccoli

THU



BREAKFAST
Banana Coconut & Cauliflower Breakfast Bowls



SNACK 1
Blueberries



LUNCH
Coconut Turmeric Cauliflower Bowls



SNACK 2
Pistachios, Pear



DINNER
Spaghetti Squash, Turkey & Broccoli

FRI



BREAKFAST
Blueberry Overnight Steel Cut Oats



SNACK 1
Blueberries



LUNCH
Spaghetti Squash, Turkey & Broccoli



SNACK 2
Celery with Creamy Sunflower Seed Butter



DINNER
Soothing Pork Hock Noodle Soup

SAT



BREAKFAST
Blueberry Overnight Steel Cut Oats



SNACK 1
Blueberries



LUNCH
Coconut Turmeric Cauliflower Bowls



SNACK 2
Celery with Creamy Sunflower Seed Butter



DINNER
Cheezy Beef & Zoodle Bowl

SUN



BREAKFAST
Blueberry Overnight Steel Cut Oats



SNACK 1
Apple



LUNCH
Soothing Pork Hock Noodle Soup



SNACK 2
Pear



DINNER
Cheezy Beef & Zoodle Bowl

MON**FAT 42%** **CARBS 29%** **PROTEIN 29%**

Calories 1648 Cholesterol 315mg
 Fat 77g Sodium 1604mg
 Carbs 117g Vitamin A 2298IU
 Fiber 22g Vitamin C 128mg
 Sugar 41g Calcium 315mg
 Protein 121g Iron 10mg

TUE**FAT 34%** **CARBS 43%** **PROTEIN 23%**

Calories 1678 Cholesterol 231mg
 Fat 63g Sodium 1497mg
 Carbs 179g Vitamin A 1756IU
 Fiber 20g Vitamin C 108mg
 Sugar 43g Calcium 472mg
 Protein 94g Iron 6mg

WED**FAT 36%** **CARBS 50%** **PROTEIN 14%**

Calories 1520 Cholesterol 84mg
 Fat 63g Sodium 1655mg
 Carbs 199g Vitamin A 1529IU
 Fiber 32g Vitamin C 191mg
 Sugar 60g Calcium 481mg
 Protein 57g Iron 7mg

THU**FAT 36%** **CARBS 50%** **PROTEIN 14%**

Calories 1520 Cholesterol 84mg
 Fat 63g Sodium 1655mg
 Carbs 199g Vitamin A 1529IU
 Fiber 32g Vitamin C 191mg
 Sugar 60g Calcium 481mg
 Protein 57g Iron 7mg

FRI**FAT 33%** **CARBS 35%** **PROTEIN 32%**

Calories 1513 Cholesterol 315mg
 Fat 55g Sodium 1630mg
 Carbs 131g Vitamin A 2777IU
 Fiber 25g Vitamin C 135mg
 Sugar 24g Calcium 682mg
 Protein 120g Iron 11mg

SAT**FAT 32%** **CARBS 47%** **PROTEIN 21%**

Calories 1501 Cholesterol 147mg
 Fat 54g Sodium 1449mg
 Carbs 181g Vitamin A 1381IU
 Fiber 28g Vitamin C 126mg
 Sugar 33g Calcium 782mg
 Protein 79g Iron 11mg

SUN**FAT 29%** **CARBS 36%** **PROTEIN 35%**

Calories 1639 Cholesterol 378mg
 Fat 52g Sodium 1219mg
 Carbs 144g Vitamin A 2058IU
 Fiber 26g Vitamin C 77mg
 Sugar 47g Calcium 595mg
 Protein 139g Iron 13mg



FRUITS

- 3 Apple
- 2 Banana
- 4 3/4 cups Blueberries
- 3 Pear

BREAKFAST

- 1 1/2 tbsps Maple Syrup
- 1 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1 1/2 cups Pistachios, In Shell
- 3 tsps Sea Salt
- 3/4 cup Sunflower Seeds
- 1 tsp Turmeric

VEGETABLES

- 4 cups Broccoli
- 1 head Cauliflower
- 4 cups Cauliflower Rice
- 3 stalks Celery
- 9 ozs Chinese Broccoli
- 1/4 cup Cilantro
- 1 tbsp Fresh Dill
- 1 Spaghetti Squash
- 2 Zucchini

BOXED & CANNED

- 5 1/4 ozs Buckwheat Soba Noodles
- 2 cups Canned Coconut Milk
- 2 cups Jasmine Rice

BAKING

- 1/2 cup Nutritional Yeast
- 1/4 cup Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 3 lbs Pork Hock

COLD

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

OTHER

- 10 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

Banana Coconut & Cauliflower Breakfast Bowls

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk
1 cup Cauliflower Rice
1 1/8 tps Maple Syrup
1/2 Banana (peeled, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	0mg
Fat	21g	Sodium	52mg
Carbs	26g	Vitamin A	38IU
Fiber	4g	Vitamin C	5mg
Sugar	15g	Calcium	34mg
Protein	4g	Iron	0mg

DIRECTIONS

- 01 In a large pan, combine the coconut milk and cauliflower rice over medium heat. Cook until the cauliflower is tender, about 5 to 8 minutes.
- 02 Stir in the maple syrup.
- 03 Divide into bowls and top with banana slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately one cup of cauliflower porridge and half a banana.

MORE FLAVOR

Add cinnamon and/or vanilla extract.

ADDITIONAL TOPPINGS

Top with your choice of crushed nuts, seeds, fresh and/or dried fruit.

NO COCONUT MILK

Use any alternative milk such as almond milk, oat milk or rice milk.

NO MAPLE SYRUP

Use honey, coconut sugar or an artificial sweetener such as stevia.

Blueberry Overnight Steel Cut Oats

1 SERVING 8 HOURS



INGREDIENTS

1/3 cup Steel Cut Oats
1 cup Water (boiling)
2/3 cup Unsweetened Almond Milk
2 tsps Chia Seeds
1/4 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	0mg
Fat	9g	Sodium	112mg
Carbs	51g	Vitamin A	353IU
Fiber	9g	Vitamin C	4mg
Sugar	5g	Calcium	390mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Place the steel cut oats in a large bowl and cover with boiling water. Let it sit for 10 to 15 minutes.
- 02 Drain and rinse the oats. Add to a large container along with the almond milk and chia seeds. Stir and place in the fridge overnight or for at least 8 hours.
- 03 When ready to eat, top with blueberries. Serve and enjoy!

NOTES

LEFTOVERS

Overnight steel cut oats taste better the longer they sit, so make a big batch and keep it in the fridge for up to three days.

NUT-FREE

Use coconut milk or hemp milk instead of almond milk.

MORE FLAVOR

Add cinnamon or maple syrup if you like it sweeter.

ADDITIONAL TOPPINGS

Top with coconut flakes, strawberries, raspberries or banana.

MORE PROTEIN

Stir in your favorite protein powder when adding the milk.

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

Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Blueberries

DIRECTIONS

01 Wash the berries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	21g	Vitamin A	80IU
Fiber	4g	Vitamin C	14mg
Sugar	15g	Calcium	9mg
Protein	1g	Iron	0mg

Spaghetti Squash, Turkey & Broccoli

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 Spaghetti Squash (medium)
- 1 lb Extra Lean Ground Turkey
- 2 cups Water
- 4 cups Broccoli (chopped into florets)
- 1/4 cup Nutritional Yeast
- 1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	84mg
Fat	10g	Sodium	729mg
Carbs	20g	Vitamin A	1045IU
Fiber	6g	Vitamin C	93mg
Sugar	2g	Calcium	119mg
Protein	30g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 02 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 03 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 04 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of each ingredient.

MORE FLAVOR

Season the turkey with minced onion or garlic while it cooks.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro or your favorite hot sauce.

MAKE IT VEGAN

Use chickpeas or lentils instead of ground turkey.

Pistachios

1 SERVING 1 MINUTE



INGREDIENTS

1/2 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

Celery with Creamy Sunflower Seed Butter

1 SERVING 10 MINUTES



INGREDIENTS

1/4 cup Sunflower Seeds (raw, soaked overnight, drained, rinsed)
2/3 cup Water
1/16 tsp Sea Salt
1 stalk Celery (cut into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	192	Cholesterol	0mg
Fat	16g	Sodium	183mg
Carbs	9g	Vitamin A	182IU
Fiber	4g	Vitamin C	2mg
Sugar	1g	Calcium	53mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
- 02 Serve with celery sticks and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

Each serving equals approximately one celery stalk and 1/3 cup of sunflower seed cream.

NO SUNFLOWER SEEDS

Use cashews instead.

Pear

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear

DIRECTIONS

- 01 Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	45IU
Fiber	6g	Vitamin C	8mg
Sugar	17g	Calcium	16mg
Protein	1g	Iron	0mg

Soothing Pork Hock Noodle Soup

4 SERVINGS 8 HOURS 30 MINUTES



INGREDIENTS

3 lbs Pork Hock
4 cups Water
1/2 tsp Sea Salt
5 1/4 ozs Buckwheat Soba Noodles
9 ozs Chinese Broccoli

NUTRITION

AMOUNT PER SERVING

Calories	652	Cholesterol	231mg
Fat	20g	Sodium	605mg
Carbs	30g	Vitamin A	1117IU
Fiber	2g	Vitamin C	22mg
Sugar	1g	Calcium	111mg
Protein	75g	Iron	4mg

DIRECTIONS

- 01 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 02 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 03 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 04 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

SERVING SIZE

One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

MORE FLAVOR

Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

ADDITIONAL TOPPINGS

Top with fresh herbs, fried garlic and lime juice.

NO PORK HOCK

Use pork shank instead.

Coconut Turmeric Cauliflower Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Jasmine Rice (dry, rinsed)
2 cups Plain Coconut Milk (from the carton)
1 tsp Turmeric
1 tsp Sea Salt
1 tsp Black Pepper
1 head Cauliflower (chopped into florets)
1/4 cup Unsweetened Shredded Coconut
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	6g	Sodium	655mg
Carbs	89g	Vitamin A	321IU
Fiber	6g	Vitamin C	71mg
Sugar	7g	Calcium	263mg
Protein	9g	Iron	1mg

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 03 Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 04 Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add garlic powder or chilli flakes to the sauce.

ADDITIONAL TOPPING

Top with sesame seeds.



Cheezy Beef & Zoodle Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 3 tbsps Nutritional Yeast
- 1 tbsp Fresh Dill (chopped, divided)
- 1/4 tsp Sea Salt
- 2 Zucchini (spiralized)

NUTRITION

AMOUNT PER SERVING

Calories	484	Cholesterol	147mg
Fat	23g	Sodium	498mg
Carbs	11g	Vitamin A	445IU
Fiber	5g	Vitamin C	35mg
Sugar	5g	Calcium	67mg
Protein	55g	Iron	7mg

DIRECTIONS

- 01 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 02 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 03 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

ADDITIONAL TOPPINGS

Add cherry tomatoes or bell peppers.

MAKE IT VEGAN

Use black beans instead of ground beef.

NO SPIRALIZER

Chop the zucchini into small circles and sauté until they're cooked to your preference.

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 Spaghetti Squash, Turkey and Broccoli	Follow the recipe instructions and freeze the leftovers in individual containers immediately after cooking.
		Make the Soothing Pork Hock Noodle Soup for dinner	Follow the recipe instructions and freeze the leftover servings in individual containers immediately after cooking.
1 Mon		Make the Banana Coconut & Cauliflower Breakfast Bowls for breakfast	Prepare according to recipe directions.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming), Spaghetti Squash, Turkey and Broccoli (keep frozen until ready to reheat) and Pistachios.
		Enjoy the Soothing Pork Hock Noodle Soup for dinner	Remove from freezer and warm just before serving.
		Make the Sunflower Seed Butter for tomorrow's snack	Prepare according to recipe directions. Keep in the fridge and pack with cut celery.

2 Tue		Make the Banana Coconut & Cauliflower Breakfast Bowls for breakfast	Prepare according to recipe directions.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming), Soothing Pork Hock Noodle Soup (keep frozen until ready to reheat) and Sunflower Seed Butter with Celery.
		Make the Coconut Turmeric Cauliflower Bowls for dinner	Follow the recipe instructions and freeze the leftover servings in individual containers immediately after cooking.
3 Wed		Make the Banana Coconut & Cauliflower Breakfast Bowls for breakfast	Prepare according to recipe directions.
		Pack your meals if you are on-the-go	Blueberries, Coconut Turmeric Cauliflower Bowls (keep frozen until ready to reheat), Pistachios and Pear (peel and cut before consuming).
		Heat the leftover Spaghetti Squash, Turkey and Broccoli for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
4 Thu		Make the Banana Coconut & Cauliflower Breakfast Bowls for breakfast	Prepare according to recipe directions.
		Pack your meals if you are on-the-go	Blueberries, Coconut Turmeric Cauliflower Bowls (keep frozen until ready to reheat), Pistachios and Pear (peel and cut before consuming).

		Heat the leftover Spaghetti Squash, Turkey and Broccoli for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
		Make the Blueberry Overnight Steel Cut Oats	Prepare of the recipe and keep in the fridge. Wait to add blueberries in the morning.
		Make the Sunflower Seed Butter for tomorrow's snack	Prepare according to recipe directions. Keep in the fridge and pack with cut celery.
5 Fri		Have the Blueberry Overnight Steel Cut Oats for breakfast	Add the fresh blueberries in the morning
		Pack your meals if you are on-the-go	Blueberries, Spaghetti Squash, Turkey & Broccoli (keep frozen until ready to reheat) and Celery with Sunflower Seed Butter.
		Reheat the Soothing Pork Hock Noodle Soup for dinner	Reheat in the microwave or on the stovetop immediately before consuming.
		Make the Blueberry Overnight Steel Cut Oats	Prepare of the recipe and keep in the fridge. Wait to add blueberries in the morning.
6 Sat		Have the Blueberry Overnight Steel Cut Oats for breakfast	Add the fresh blueberries in the morning.
		Pack your meals if you are on-the-go	Blueberries, Coconut Turmeric Cauliflower Bowls (keep frozen until ready to reheat) and Celery with

			Sunflower Seed Butter.
		Make the Cheezy Beef & Zoodle Bowl for dinner	Follow the recipe instructions and freeze the leftover servings in individual containers immediately after cooking.
		Make the Blueberry Overnight Steel Cut Oats	Prepare of the recipe and keep in the fridge. Wait to add blueberries in the morning.
7 Sun		Have the Blueberry Overnight Steel Cut Oats for breakfast	Add the fresh blueberries in the morning.
		Pack your meals if you are on-the-go	Apple (peel and cut before consuming), Soothing Pork Hock Noodle Soup (keep frozen until ready to reheat) and Pear.
		Shop and prep for the week ahead	Set aside some time to plan and shop for next week!
		Heat the Cheezy Beef & Zoodle Bowl for dinner	Follow the recipe instructions and freeze the leftover servings in individual containers immediately after cooking.

WAIVER

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