

# Understanding your Histamine Overload

**By Laura Kopec**

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Kopec 2024



## **Introduction and Understanding Histamines**

Welcome to the part of your health journey where you will address your histamine imbalance. Let's start with some simplified facts and simple analogies to help you understand histamines and how I recommend addressing the histamine overload to your body. The following information is for informational purposes only and is not a substitute for medical advice or for the diagnosis and or treatment of any disease.

What are histamines? Well right now there is a bit of what I would call a debate around what histamines are and how they impact a person's body. I believe histamines behave in such a way you could make an argument for the fact they are all suspected theories. They certainly impact the body in all those ways.

Histamines are believed to be a pseudo allergy, a neurotransmitter, a hormone (or I would say a hormone disruptor of a kind), a substance and or byproduct in the gut and mucosal lining (your mucosal lining runs the length of your sinuses to your descending colon) similar to methane and hydrogen which can create havoc if in abundance. As I learn more about histamines, you may find this information to change or improve, but for now let me further explain these definitions.

The reason histamines are believed to be a pseudo allergy is for some people their reactions to histamines will resemble the way an allergy behaves. Meaning a person might have reactions to seasonal weather changes, and or foods containing or releasing histamines. Since part of my recommendation for navigating histamines is dietary changes first with an elimination diet then with managing your triggers, I believe pseudo allergy

affects everyone in histamine overload, whether your symptoms are seasonal or not. An allergy is an antibody produced in the body known as IgE, which stands for Immuno globulin E where an immediate reaction in the body occurs. An IgG (Immuno globulin G) is categorized as an intolerance or sensitivity. In functional health, I consider both IgE and IgG a part of a dysregulated immune response. Therefore, histamines are different in the sense that they are not coming from a dysregulated immune response, although I personally believe they are often a part of autoimmune and are related to post Covid health.

The reason why histamines are believed to be a neurotransmitter is because they can affect the mood, especially become a trigger for anxiety and they affect the vagus nerve which is the main nerve in the parasympathetic nervous system which helps the body regulate a stress response. This can become a vicious cycle of histamines causing stress, triggering irregularities in mood which can limit the body's protective stress fighting ability causing more histamines to be released and or trapped. As a result, this cycle may impact the adrenal glands which may impact the thyroid gland. Thyroid is impacted by so many aspects of our health from hormonal irregularities to adrenal and stress, to gut health and immune health, and the list goes on, but if you are having trouble regulating your thyroid you might be struggling with histamines.

The reason why histamines are believed to be a hormone is they are heavily linked to estrogen. In most basic terms, histamines create more estrogen and estrogen creates more histamines. Now, this is not the only way histamines are affected, remember they exist in certain foods, and I will discuss certain bodily functions that can keep the body

from balancing histamines including a person's genetic makeup, but for now if you have unknown hormonal irregularities it may be tied to histamine overload, especially if you have elevated estrogen at a time in your cycle where you should not have elevated or if you have elevated histamines in menopause and are not taking any hormone therapy.

Part of how we recommend you address your imbalances related to too many histamines is to address your gut health and any infections or inflammation present, including addressing something called biofilm which I will discuss more later, the balancing and management of your hormones, improved stress management beginning with understanding a bigger concept of stress, balancing your immune system, supporting your histamines with diet, nutritional supplements and lifestyle changes.

Histamines are found in two places. In mast cells, which are cells contained within our body, often associated with mitochondrial health and these mast cells can release histamines based on certain triggers which we want to identify through our evaluation process. And secondly, they are found in the foods, types of foods and age of food we eat. There is not really a comprehensive test panel to determine where someone is affected by their histamine overload, so we make an assessment based on an evaluation of your health history, symptoms, and how your body is behaving. We use tests that show us the effect of elevated histamines such as hormone panels, functional panels showing mitochondrial and cellular behavior and stress reactions. We assess using a checklist of imbalances along with how your body is behaving both in the assessment and the education of helping you take charge of your health. Let the journey begin....

## **Histamine Symptoms and Effect on the Body**

Some of your histamine “symptoms” may be strong and obvious, some of them are subtle and will require time to understand your body and the reactions associated with a rise in your histamines, and some vary, and some are heavily connected to other systems in your body.

Let’s get started with an analogy. Imagine you have an imaginary bathtub in your body that based on your histamine receptors give you a certain size bathtub. This bathtub fills up and when you are reactive or symptomatic your bathtub overflows. Some with chronic issues have a bathtub lined with something called biofilm, a web like cellular matrix which traps substances in the body, like a fly paper and like the way a spider puts a web around its prey for later. Unfortunately, biofilm may cause the drain of your bathtub to be slower than you would like it to be. Imagine the faucets turn on when you are exposed to histamines through food, your environment or stress. Therefore, in our histamine protocol we want you to turn those faucets off or to a trickle so that with nutritional supplements you assist your body to lower your histamine levels (drain your bathtub) and teach you how to understand your body’s capacity for histamines as you move through your day to day.

Our body assists us in the breakdown of histamines with an enzyme called DAO. This DAO is blocked from behaving during times in our life such as menstrual fluctuations in estrogen, and estrogen dominance caused by other issues, and sometimes even a gut infection can alter our DAO behavior.

Here is a list of symptom imbalances and or conditions that I consider the more obvious ones that we can measure your progress on as we teach you to address this chronic issue. You may have only one or two, you may have more than a few. Having a histamine overload is not tied to how many of these symptoms you have. Please note some of these symptoms may be associated with something other than histamines such as adrenal fatigue or menopause to name a few.

Insomnia/sleep issues

Anxiety

Mood irregularities

Hives/rashes or other skin issues

Itchy skin (and or chronic dry skin)

Breathlessness (climbing stairs, with exercise that used to not bother you)

Exercise intolerant (used to be able to do things and now struggle)

Body temperature fluctuations

Chronic UTI, bladder infections

Frequent urination

Constant congestion

Frequent nausea

Weird reactions to foods

Irregular blood pressure

Headaches and or migraines

Chronic fatigue

Frequent nausea (or morning nausea)

Dizziness (episodic or chronic)

Weight loss resistance

Fibromyalgia

Food sensitivities or intolerances

IBS

Long Covid

Brain fog

Seasonal allergies

Here is a list of symptom imbalances that are a little more subtle that you may not link to histamines without this new understanding.

Runny nose right after eating

Sneezing after eating or seasonal

Coughing chronic



Racing heartbeat

Breathless for no reason

Headaches mild and infrequent

Heavy periods

PMS/PMDD symptoms

Perimenopausal symptoms outside of menopause years

Thyroid irregularities not controlled by medication

Menopausal symptoms (yes, some menopausal symptoms are connected to your histamine overload and not just a fact of the phase of life you are in)

Appetite fluctuations (cannot go too long without eating but also have low appetite especially in the morning)

Other gut issues like yeast overgrowth

Middle of the night urination

Itchy scalp

Night sweats unrelated to hormone imbalances

Stuffy nose in the morning

## **Histamine Rules for Successful Elimination and Reintroduction**

Chances are you have been recommended to follow a low histamine diet for a certain period of time, or a low to medium histamine diet for a period of time. We know any elimination diet is challenging, and we are here to support you as best we can.

The first thing to understand is histamine is very much tied to the age of food. If you look at the farthest column on the histamine food list, it is a complete avoidance of foods that are processed and contain chemical ingredients. These preservatives and artificial ingredients keep food from breaking down efficiently in your body, and histamines are tied to the age of food.

Many foods on the high and very high column are tied to age as well. Alcohol, coffee and others are aged food. While seafood is on the high column, I do believe that if you were coastal and had access to fresh seafood you might find there is little to no histamine reaction. So, this also means that something on the low side such as chicken could be a problem if the chicken was too old, like in a restaurant or a buffet and might cause a reaction. This is important to know because you are going to want to understand your body reactions as you eliminate and reintroduce foods.

Okay, here are your rules during the elimination phase:

1. Keep to the low column for a consecutive 30 days. If your practitioner says you can do low medium, then you can do low medium, if not keep to the low side for 30 days. During your follow-up you may have to go a bit longer.

2. When you follow your elimination diet you must keep as much to farm to table as much in whole foods as possible. Frozen whole foods are fine, but anything that is canned or boxed may still cause a problem. For example, while oats are on the low list there is a big difference between a packet of instant oatmeal and steel cut oats. The packet of instant oatmeal is not low histamine, whereas the steel cut oats made from scratch are low histamine.
3. When eating at a restaurant you may have to use the menu as a list of food in the kitchen and ask for things to be moved around.
4. Drink plenty of water throughout the day. Water helps flush histamines. Tap water, if contaminated, may increase your histamines, so make sure your water is filtered and when able avoid water that has been stored in plastic bottles.
5. When storing leftovers keep in fridge for 2-3 days and eat during that time. If you plan on waiting longer than 2-3 days, put it in the freezer and defrost when consuming.
6. When reintroducing foods, follow same rules as above adding your DAO blocker enzyme with the reintroduction of each food.

Lifestyle strategies are important as well, as these will allow you more flexibility with some of the fresh foods on the medium list.

Lifestyle tips include the following:

1. Strive for a consistent bedtime with the lights out between 10 and 10:30 as often as possible.

2. Avoid being on your phone at least 2 hours before bedtime.
3. Deep breathing on a daily basis helps your body register better nervous system responses and cortisol levels.
4. Yoga helps the body “breathe under stress”. Yoga does not have to be intense or complicated, even one or two poses is helpful
5. Follow recommendations for proper hormone testing which includes both saliva and blood to navigate your hormonal imbalances both in and out of the cell.
6. Walking helps improve oxygen flow while moving you away from exercise intolerance.
7. Track your health in our health diary to know the impact of everything on your health.
8. Be patient with yourself. While personal responsibility is a huge part of your process, you will have setbacks, and this may feel defeating at times. We recommend one day at a time, be as committed as you can, track your progress and setbacks as fact finding missions to help us educate you to better understanding and health.
9. Communication with those close to you may be helpful if you can talk about how you need them to be patient with you too as you navigate this protocol and work toward better health.

## Reintroduction

When you reintroduce foods from the medium list, please have the support of our office to reintroduce them especially if you are monitoring your blood pressure. We strongly suggest

starting reintroduction when you are healthy and in a good place with stress. This will help you be more successful. Use your DAO supplement to reintroduce from the medium side first, introducing vegetables first, then fruit then protein then grains if appropriate to your care plan. Observe and track your symptoms with each reintroduction looking for previous symptoms. Be honest with yourself about your symptoms that are showing up when you reintroduce. The goal is to isolate your trigger foods so that you can decide as to how often you want to consume these foods. Trigger foods are those foods that cause symptoms that you are not willing to live with and the effect of those symptoms on your health. Mild symptoms that you are comfortable living with based on reintroduction will be your decision to make on an ongoing basis. The most important thing to know is that if you eat foods that cause symptoms, and your nutritional supplements only minimize your symptoms..... then you will have to make a choice.

### Maintenace Tips

In our office we address acute imbalances phase differently from rebuilding phase and different from your maintenance protocol. In histamine overload our goal is to help you navigate the place you are in to get to maintenance, but maintenance may mean you have to think about your health differently. This means you might have to consider the following: stress and its impact on histamines, hormones and its impact on histamines, food and its impact on histamines and biofilm and its impact on histamines. Once you understand the ebb and flow you may be able to avoid a long-term histamine overload. It certainly is our wish for you.



## Kopec Functional Wellness

VEGETABLES				
Low	Medium	High	Very High	Avoid
Alfalfa Artichoke Asparagus Beet Greens Bok Choy Brussel Sprouts Celery Chicory Choko Cucumber Dandelion Leaves Fennel Green Beans Lettuce Snow Peas Snap Peas Turnip Greens Watercress Zucchini All Fresh Herbs All Sprouts  <b>Root Vegetables:</b> Beets Cassava Chestnuts Garlic Jiacama Parsnip Sweet Potato Swede Turnip Water Chestnuts Yam  <b>Starchy Vegetables:</b> Butternut Squash Jerusalem Artichoke Okra Spaghetti Squash Sweet Corn Taro	Avocado (Firm) Bamboo Shoots Cabbage Cauliflower Chinese Broccoli Chives Endive Kale Radish Leaves Mizuna Spring Onion (Shallot)  <b>Root Vegetables:</b> Carrots Celeriac Daikon Onion Radish	Arugula Avocado (Soft) Broccoli sprouts Broccoli Broccolini Chard Collard Greens Kohlrabi Leek Mushrooms Mustard Greens Radicchio Spinach  <b>Starchy Vegetables:</b> Pumpkin	<b>Pickled &amp; Preserved Vegetables:</b> Gherkin Olives Onions Pickles Sauerkraut Truffles Beet Kimchi Pickles  Sea Vegetables Algae Chlorella Spirulina Seaweed Dulce Irish Moss Nori Bladderwack Kelp Kombu Wakame Sea Lettuce  <b>Nightshades:</b> Bell Pepper Cayenne Chili Pepper Eggplant Goji Berry Habanero Jalapeno Paprika Poblano Potatoes Sweet Peppers Tobacco Tomatillo Tomato	<b>All Processed Foods</b>



## Kopec Functional Wellness

Fruit				
Low	Medium	High	Very High	Avoid
Apple Apricot Blackberries Blueberries Boysenberries Cantaloupe Cherry Elderberries Honeydew Loquat Lychee Mulberries Pear Asian Nectarine Peach Pear Persimmon Plantain Pomegranate Rhubarb Star Fruit  <b>Fruit Flours:</b> Banana Flour Plantain Flour	Avocado (Firm) Banana (Firm) Coconut Flesh (Fresh) Cranberry Currants	Avocado (Ripe) Banana (Ripe) Figs (Fresh) Raspberry Strawberry  <b>Citrus:</b> Grapefruit Kumquats Orange Lemon Lime Mandarin  <b>Tropical Fruits:</b> Dragon-fruit Guava Jackfruit Kiwifruit Mango Papaya Passion Fruit Pineapple Watermelon	Dates Grape Plum Prune Raisin ALL Dried Fruit	<b>All Processed Foods</b>



Kopec Functional Wellness

PROTEIN				
Low	Medium	High	Very High	Avoid
<p><b>Poultry (Without Skin):</b>            Chicken            Goose            Quail            Turkey</p> <p>Beef (farm fresh only)            Bison/Buffalo            Lamb            Rabbit            Veal            Venison</p> <p><b>Protein Powder:</b>            Hemp Protein            Whey Protein</p>	<p>Duck</p> <p><b>Eggs:</b>            Duck Eggs            Chicken Eggs (Yolks)</p>	<p>Beef            Pork</p> <p><b>Eggs:</b>            Chicken Eggs (white)            Goose Eggs</p> <p><b>Non-White Fish (Fresh):</b>            Tuna            Cod            Salmon            Trout            Marlin            Sashimi</p> <p><b>Shellfish:</b>            Clam            Scallops            Crayfish            Mussel            Oyster            Squid            Prawns            Crab            Lobster</p> <p><b>Organ:</b>            Brain            Liver            Heart            Kidneys            Sweetbreads            Tongue</p>	<p>Fish (Not Fresh)            Anchovy            Herring            Mackerel            Sardines</p> <p><b>Preserved Fish &amp; Meat:</b>            Bacon            Caviar            Dried (Jerky)            Ham            Pastes            Salami            Sauces            Smoked Meat            Canned meat</p>	<p><b>All Processes Foods:</b>            Cold cuts            Fish sticks</p> <p>Hydrolyzed Vegetable Protein (HVP)</p> <p>Soy protein</p> <p>Vegetable Protein (TVP)</p> <p><b>All Soy:</b>            Tempeh            Tofu</p>





GRAINS				
Low	Medium	High	Very High	Avoid
<p><b>Rice:</b> Brown Rice Rice Pasta Rice Flour Rice Cakes (plain) Rice Cereal White Rice</p> <p><b>Gluten:</b> Barley Fresh Egg Pasta Farro Durum Bulgar Kamut Oats (steel cut) Rye Semolina Spelt</p> <p><b>Gluten Free Grains:</b> Amaranth Corn (fresh) Millet Polenta/Grits Quinoa Sago Sorghum Tapioca Teff</p>	<p>Biscuits Flatbread Scones Crackers Wheat</p>	<p><b>Yeast-Risen:</b> Bagel Baguette Bread Croissants Crumpets English Muffins Focaccia Pumpernickel Pita Bread Pizza Dough Sourdough</p>	<p>Baker's Yeast Breadcrumbs Carob Wheat Germ</p>	<p>All baked goods containing artificial or preservatives</p>



## Kopec Functional Wellness

FATS				
Low	Medium	High	Very High	Avoid
Coconut Oil Olive Oil Red Palm Oil  <b>Dairy Fats:</b> Butter Ghee  <b>Nut &amp; Seed Oils:</b> Hemp Oil Flax Oil Macadamia Oil	<b>Coconut Products:</b> Coconut Cream Coconut Butter Coconut Milk	<b>Animal Fat:</b> Chicken Fat Duck Fat Lard Suet Tallow	Almond Oil  <b>Nut &amp; Seed Oils:</b> Avocado Oil Sesame Oil Walnut Oil	<b>Refined Oils:</b> Canola Mayonnaise Salad Dressings  Grapeseed Margarine Peanut Oil Safflower Soybean Sunflower



NUTS, SEEDS, BEANS, PEAS, LEGUMES				
Low	Medium	High	Very High	Avoid
<b>Seeds:</b> Chia Flax Hemp Linseed Poppy Sesame All Other Spices	<b>Nuts:</b> Cashew Nut Coconut Flesh (Fresh)	<b>Nuts:</b> Almond Brazil Hazel Macadamia Pecan Pine Pistachio  <b>Seeds:</b> Anise Cinnamon Cloves Cocoa Coffee Coriander Mustard Nutmeg Paprika Pumpkin Sunflower	<b>Nuts:</b> All Nut Butters Almond Flour Mixed Nuts Walnuts  <b>Seeds:</b> Seed butter Buckwheat Tahini  <b>Legumes, Peas &amp; Beans:</b> Adzuki Beans Black Beans Borlotti Beans Broad Beans Fava Beans Garbanzo Beans Kidney Beans Lentils Lima Beans Mung Beans Navy Beans Pinto Beans Soybeans Navy Beans Green Peas	Peanuts Wheat Germ



## Kopec Functional Wellness

DAIRY & MILK				
Low	Medium	High	Very High	Avoid
Butter Ghee Whey Protein  Mozzarella only made from Buffalo (fresh)	<b>Fresh Cheeses:</b> Cottage Cheese Quark Ricotta Yoghurt Cheese  <b>Milks:</b> Butter Milk Goats Milk Cows Milk (raw)  <b>Additional:</b> Cream Sour Cream  Yogurt (homemade)	<b>Young Cheeses:</b> Cheddar Gruyere Goat cheese Mozzarella (cow)	All Other Cheeses  Commercial Yogurt  Raw Milk Cheese  Almond milk	<b>Processed Foods:</b> Condensed Milk  Milk Powder  Processed Cheese  UHT Milk Soy Milk



## Kopec Functional Wellness

BEVERAGES				
Low	Medium	High	Very High	Avoid
Ginger Tea Fresh Herb Tea Chamomile tea Spring Water Tap Water	Club Soda (Soda Water) Fruit Juice Spring Water (Sparkling)	Tonic Water  <b>Dried Tea &amp;            Coffee:</b> Black Tea Chai Green Tea Lemon Myrtle Peppermint Rosehip Yerbe Matte  <b>Seeds:</b> Coffee Cocoa  <b>Spirits</b> Gin Rum Sake Vodka	<b>Alcohol:</b> Beer Champagne Cider Wine  <b>Spirits:</b> Brandy Liquour Port Scotch Sherry	Soda Drinks Energy Drinks Flavored Drinks Fruit Juices Lemonade



Kopec Functional Wellness

SWEETENERS				
Low	Medium	High	Very High	Avoid
<b>Sparse Use Only:</b> Raw Honey Maple Syrup			Cacao Carob Chocolate Cocoa Powder Licorice Malt Extract Marzipan  White Chocolate	<b>All Refined Sugar:</b> Agarve Nectar Aspartame Brown Rice Syrup Cane Sugar Caramel Coconut Sugar Corn Syrup Equal Golden Syrup Icing Sugar Malt Syrup Molasses Processed Honey Splenda Stevia White Sugar



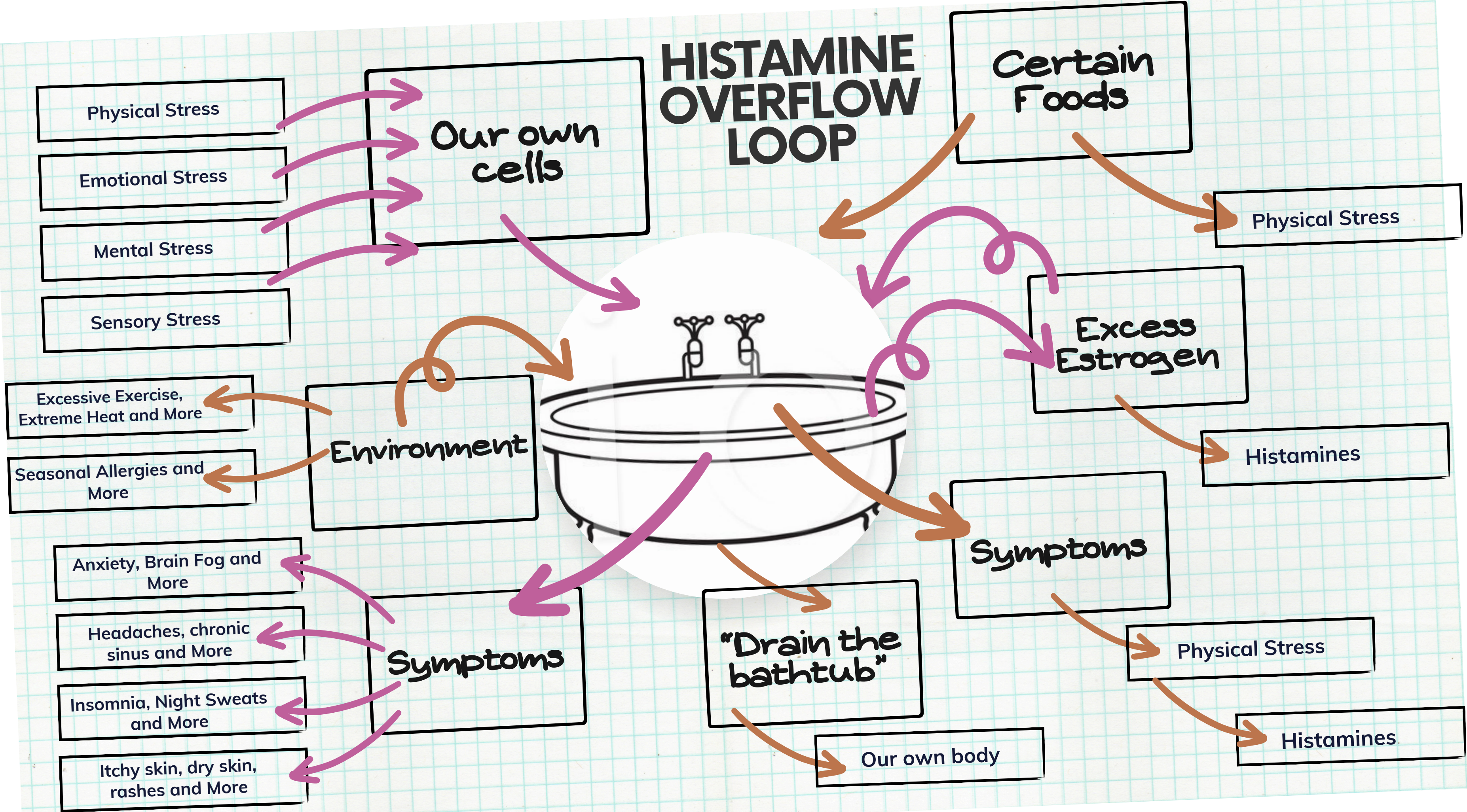
Kopec Functional Wellness

OTHER				
Low	Medium	High	Very High	Avoid
Baking Soda Citric Acid Cream of Tartar Himalayan Salt Horseradish Lemongrass Pectin Saffron Sea Salt	Baking Powder Gelatin Ginger Green Pepper (Fresh) Tamarind Turmeric Vanilla (Extract)	White and Black Pepper	Vinegar Nutritional Yeast Brewer's Yeast  <b>Commercial            Sauces:</b> Coconut Aminos  Fish sauce Mustard Oyster Soy Tamari Tandoori Teriyaki Wasabi Worcestershire	Additives Carrageenan Folic Acid Gar Gum Iodine Meat Extracts NSAIDS Preservatives Stock Cubes Table Salt (Iodonized) Tomato Paste Vegetable Stock (Carton) Yeast Extracts





# HISTAMINE OVERFLOW LOOP



Physical Stress

Emotional Stress

Mental Stress

Sensory Stress

Our own cells

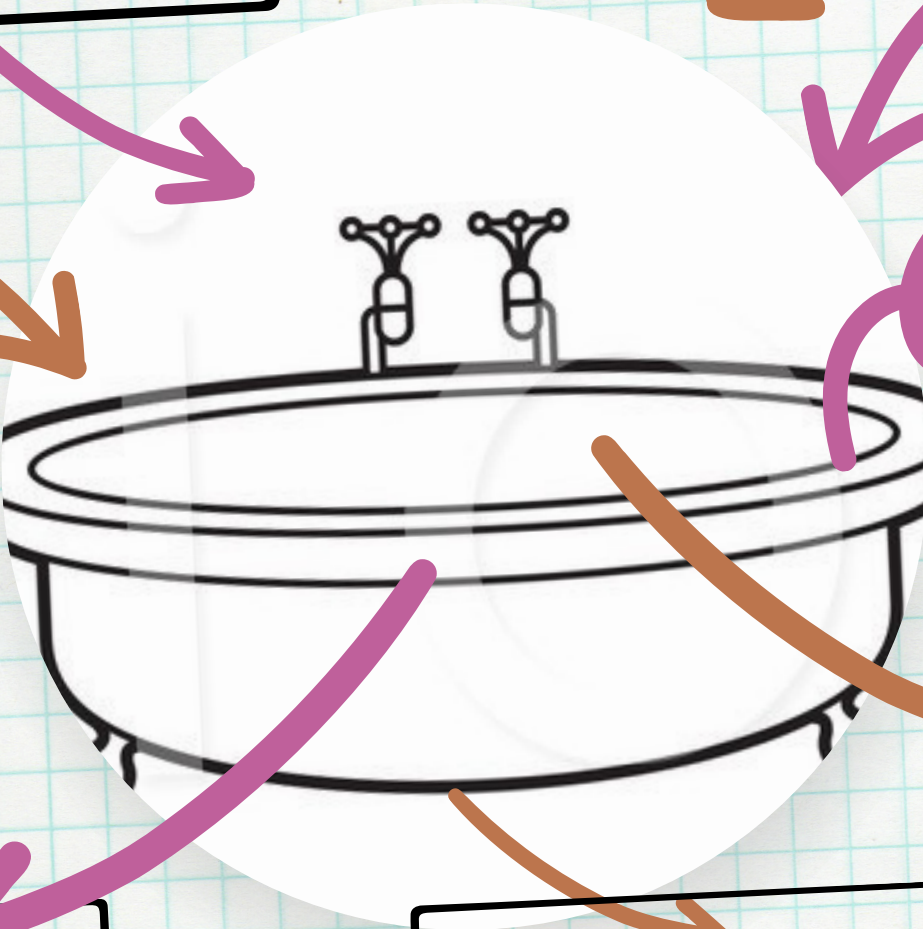
Certain Foods

Physical Stress

Excessive Exercise, Extreme Heat and More

Seasonal Allergies and More

Environment



Excess Estrogen

Histamines

Anxiety, Brain Fog and More

Headaches, chronic sinus and More

Insomnia, Night Sweats and More

Itchy skin, dry skin, rashes and More

Symptoms

"Drain the bathtub"

Symptoms

Physical Stress

Our own body

Histamines



# HISTAMINE MEALS

## BREAKFAST IDEAS

- STEEL CUT OATS WITH SLICED APPLE OR SAUTEED APPLE SLICES IN BUTTER, 1 TSP PURE MAPLE SYRUP OVER EITHER OATS OR APPLES AFTER COOKED, 1 TSP OF CHIA SEEDS FOR PROTEIN SOURCE
- SWEET POTATO “HASH” SLICED APPLE, ¼ C BLUEBERRIES. PREPARE SWEET POTATO BY USING CHEESE GRATER AND PAN FRY IN OLIVE OIL. SAUTEE FRESH PEAS IN THE POD
- CHIA SEED “PUDDING” MADE FROM UNSWEETENED HEMP MILK WITH MAPLE SYRUP, FRESH OR FROZEN BLACKBERRIES OR BLUEBERRIES
- SWEET POTATO MASH (COOK NIGHT BEFORE IF NEED) “CRUMBLE”, WITH LEFTOVER STEEL CUT OATMEAL CONGEALED AND PAN FRIED IN ORGANIC BUTTER SERVED OVER THE TOP, SPRINKLE WITH HEMP SEEDS FOR PROTEIN
- BAKED APPLE WITH CHIA SEED PUDDING FROM HEMP MILK



## LUNCH IDEAS

- CHICKEN BREAST WITH GARLIC BUTTER PAN FRIED FROZEN GREEN BEANS (CAN ADD SWEET POTATO IF NEED EXTRA STARCH)
- BROWN RICE COOKED AND, ON THE SIDE, SLIVERED CARROTS PAN FRIED IN OLIVE OIL. SPRINKLE CHIA OR HEMP SEEDS OVER TOP.
- FROZEN SWEET POTATO FRIES AND CHICKEN WINGS OR GROUND CHICKEN PATTY OR CHICKEN BREAST, SLICED CUCUMBER
- LEFTOVER BROWN RICE STIR FRY WITH RICE, PARSNIPS, CELERY, FRESH PEAS AND 1 EGG YOLK. FRY VEGETABLES FIRST, THEN ADD YOLK.
- RISOTTO WITH FRESH PEAS
- TURKEY OR CHICKEN SALAD WITH LEFTOVER CHICKEN BREAST, FRESH RED LETTUCE, SHREDDED OR GRATED PARSNIPS, OLIVE OIL AND SALT
- “BUNLESS” TURKEY BURGER FROM GROUND TURKEY, CAN LETTUCE WRAP IF DESIRED, SWEET POTATO AND CUCUMBER
- CASSAVA CHIPS (ARTISAN TROPIC) ON THE SIDE, SHREDDED CHICKEN AND LETTUCE, FRESH SNAP PEAS

## DINNER IDEAS

- BROWN RICE PASTA WITH GARLIC BUTTER AND SHREDDED OR DICED CHICKEN BREAST AND COOKED CHOPPED CELERY
- CORNISH GAME HEN OR WHOLE CHICKEN ROASTED WITH BUTTER, SALT AND PEPPER, QUINOA (COOKS LIKE RICE) OR ACORN SQUASH, ROASTED BROCCOLI (½ C PORTION)
- CASSAVA OR RICE PASTA WITH FRESH BASIL, GARLIC AND OLIVE OIL, LETTUCE CUCUMBER SALAD ON THE SIDE
- PLAIN CHICKEN WINGS, CELERY STICKS AND SWEET POTATO FRIES
- CHICKEN BREAST COOKED WITH FRESH HERBS, CASSAVA PASTA AND CHOPPED BROCCOLI ALL TOSSED TOGETHER
- GROUND TURKEY “SHEPHERDS PIE” WITH MASHED SWEET POTATOES AND SAUTEED SNOW PEAS IN THE POD
- GROUND TURKEY OVER POLENTA WITH GREEN BEANS ON THE SIDE



# HISTAMINE AUTOIMMUNE MEALS

## BREAKFAST IDEAS

- CASSAVA RICE STYLE PASTA WITH SLICED APPLE OR SAUTEED APPLE SLICES IN OLIVE OIL, 1 TSP PURE MAPLE SYRUP OVER EITHER OATS OR APPLES AFTER COOKED, 1 TSP OF CHIA SEEDS FOR PROTEIN SOURCE
- SWEET POTATO "HASH" SLICED APPLE, ¼ C BLUEBERRIES. PREPARE SWEET POTATO BY USING CHEESE GRATER AND PAN FRY IN OLIVE OIL. SAUTEE FRESH PEAS IN THE POD
- CHIA SEED "PUDDING" MADE FROM UNSWEETENED HEMP MILK WITH MAPLE SYRUP, FRESH OR FROZEN BLACKBERRIES OR BLUEBERRIES
- SWEET POTATO MASH (COOK NIGHT BEFORE IF NEED) SPRINKLE WITH HEMP AND CHIA SEEDS FOR PROTEIN
- BAKED APPLE WITH CHIA SEED PUDDING FROM HEMP MILK



## LUNCH IDEAS

- CHICKEN BREAST WITH GARLIC OLIVE OIL PAN FRIED FROZEN GREEN BEANS (CAN ADD SWEET POTATO IF NEED EXTRA STARCH)
- CASSAVA PASTA COOKED AND, ON THE SIDE, SLIVERED CARROTS PAN FRIED IN OLIVE OIL. SPRINKLE CHIA OR HEMP SEEDS OVER TOP.
- FROZEN SWEET POTATO FRIES AND CHICKEN WINGS OR GROUND CHICKEN PATTY OR CHICKEN BREAST, SLICED CUCUMBER
- CASSAVA PASTA NOODLES, PARSNIPS, CELERY, FRESH PEAS. FRY VEGETABLES FIRST, THEN TOSS PASTA W OLIVE OIL. ADD FRESH PARSLEY IF DESIRED.
- CASSAVA PASTA RICE STYLE WITH FRESH PEAS
- TURKEY OR CHICKEN SALAD WITH LEFTOVER CHICKEN BREAST, FRESH RED LETTUCE, SHREDDED OR GRATED PARSNIPS, OLIVE OIL AND SALT
- "BUNLESS" TURKEY BURGER FROM GROUND TURKEY, CAN LETTUCE WRAP IF DESIRED, SWEET POTATO AND CUCUMBER
- CASSAVA CHIPS (ARTISAN TROPIC) ON THE SIDE, SHREDDED CHICKEN AND LETTUCE, FRESH SNAP PEAS

## DINNER IDEAS

- CASSAVA PASTA WITH GARLIC OLIVE OIL AND SHREDDED OR DICED CHICKEN BREAST AND COOKED CHOPPED CELERY
- CORNISH GAME HEN OR WHOLE CHICKEN ROASTED WITH BUTTER, SALT AND PEPPER, QUINOA (COOKS LIKE RICE) OR ACORN SQUASH, ROASTED BROCCOLI (½ C PORTION)
- CASSAVA OR RICE PASTA WITH FRESH BASIL, GARLIC AND OLIVE OIL, LETTUCE CUCUMBER SALAD ON THE SIDE
- PLAIN CHICKEN WINGS, CELERY STICKS AND SWEET POTATO FRIES
- CHICKEN BREAST COOKED WITH FRESH HERBS, CASSAVA PASTA AND CHOPPED BROCCOLI ALL TOSSED TOGETHER
- GROUND TURKEY "SHEPHERDS PIE" WITH MASHED SWEET POTATOES AND SAUTEED SNOW PEAS IN THE POD
- GROUND TURKEY, CUBED SWEET POTATO HASH OR WEDGES WITH GREEN BEANS ON THE SIDE

