

MasalaMonk Low Histamine Diet

Food List | 7-Day Meal Plan | Storage & Batch-Cooking | Re-Introduction

Practical. Fresh-first. Minimal bloat. Built by MasalaMonk.com

Quick Start (How to Use This)

- Buy small, cook quickly, cool shallow, and eat within 24h or freeze.
- Batch once weekly: 2 proteins + 2 carb bases; freeze half same day.
- Follow the 7-Day Meal Plan; swap like-for-like foods you tolerate.
- Log meals, storage, and symptoms daily; re-introduce one food every 2-3 days.

Disclaimer

General nutrition information, not medical advice. Consult your clinician, especially with chronic illness, pregnancy, medications, or a history of eating disorders.

At-a-Glance Food List

Emphasize	Limit Trial Later
Proteins: fresh chicken, turkey, lamb, eggs	• Limit initially: ferments (soy sauce, vinegar, sauerkraut, kimchi)
Fish: same-day white fish (cook immediately)	• Limit: aged/cured meats; wine/beer
Carbs: rice, quinoa, buckwheat, oats, rice noodles	• Avoid at first: canned/smoked fish; long-simmered broths
Veg: zucchini, carrots, green beans, cucumber, bok choy, lettuce	• Trial later: tomato, spinach, eggplant, avocado, citrus
Fruit: apples, pears, blueberries	• Habits: buy small; cook fast; shallow-cool; eat within 24h then freeze if needed
Fats: olive oil; avocado oil as tolerated	• Label: dish, date, eat-by

Shopping List (7 Days, 1 Adult — Scale as Needed)

Produce

Item	Item
☐ Zucchini (6-8)	☐ Sweet potatoes (6)
☐ Carrots (10-12)	☐ Fresh herbs (parsley, dill, chives)
☐ Green beans (700 g)	☐ Apples (6)
☐ Cucumbers (3)	☐ Pears (6)

Item	Item
☐ Bok choy (3 heads)	☐ Blueberries (400 g)
☐ Lettuce/mild greens (2)	☐

Protein

Item	Item
☐ Chicken breast/thighs (1.6-2.0 kg)	☐ Eggs (18)
☐ Turkey breast (600 g)	☐ White fish (900 g)
☐ Lamb mince (600 g)	☐ Prawns (very fresh; optional)

Grains and Carbs

Item	Item
☐ Rice (1.5 kg)	☐ Rice noodles (2 packs)
☐ Quinoa (700 g)	☐ Rice cakes (2 sleeves)
☐ Buckwheat groats (500 g)	☐ Gluten-free or oat crackers (1-2 boxes)
☐ Rolled oats (1 kg)	☐

Fats and Pantry

Item	Item
☐ Olive oil (1 bottle)	☐ Coconut flakes (200 g)
☐ Coconut milk (4 cans or 1 L beverage)	☐ Maple syrup (small)
☐ Pumpkin seeds (300 g)	☐ Salt, pepper, dried herbs

Optional or Re-Intro Later

Item	Item
☐ Tomatoes	☐ Citrus
☐ Spinach	☐ Cultured dairy
☐ Eggplant	☐ Cocoa/chocolate
☐ Avocado	☐

Substitutions Matrix (Swap like-for-like)

Category	Base Option	Swap 1	Swap 2	Notes
Protein	Chicken	Turkey	Lamb	Keep portions similar; cook fresh and freeze same day if needed.
Fish	White fish (same-day)	Prawns (very fresh)	-	Cook right away or freeze immediately.
Carb	Rice	Quinoa	Buckwheat	Use what digests best; rinse quinoa well.
Veg (mild)	Zucchini	Green beans	Carrots	Rotate colors; keep crunchy; avoid long warm holds.
Fruit	Apple	Pear	Blueberries	Test one new fruit at a time.
Fat	Olive oil	Avocado oil (trial)	-	Use minimal heat where possible.
Snack base	Rice cakes	Oat crackers	Puffed rice	Pair with fruit or seeds for better satiety.

Vegetarian Path (trial carefully)

Protein pattern	Eggs; quinoa + buckwheat; pumpkin seeds; tolerated dairy (trial later)
Meal ideas	Omelette + zucchini; quinoa bowl with carrots/beans; buckwheat porridge; chia pudding
Note	Avoid long-simmered broths; keep storage tight; re-introduce beans individually if sensitive

7-Day Meal Plan

Legend: F = freeze-friendly. Portions per adult: protein 100-150 g; carbs 1/2-1 cup; vegetables 1-2 cups; olive oil 1-2 tbsp.

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Oats + pear + chia	Poached chicken, quinoa, zucchini and carrot	• Rice cakes + apple	• Cod, sweet potato mash (F), green beans

Day	Breakfast	Lunch	Snack	Dinner
Day 2	Buckwheat porridge + blueberries	Turkey lettuce wraps, cucumber and herbs	• Pumpkin seeds + pear	• Lamb meatballs (F), rice, carrots
Day 3	Eggs + sauteed courgette + toast	Rice-noodle chicken soup (short simmer)	• Coconut yogurt alternative	• Stir-fried chicken/prawns, rice, pak choi
Day 4	Chia pudding + apple	Chicken and rice salad, zucchini ribbons	• Oat crackers + cucumber	• Herbed chicken (F), quinoa, steamed greens
Day 5	Puffed rice + coconut milk + seeds	Lamb and sweet potato bowl, green beans	• Blueberries handful	• Fish en papillote, rice, carrots
Day 6	Oat pancakes (trial banana later)	Egg fried rice with zucchini	• Rice cakes + olive oil	• Roast turkey, buckwheat, lettuce mix
Day 7	Eggs, rice cakes and cucumber	Quinoa tabbouleh (no tomato) and chicken	• Baked apple	• Quick chicken stew (F base), sweet potato, carrots

Batch-Cooking Blueprint (90 Minutes, Once Weekly)

- 0-10 min: Preheat oven (200C / 400F). Rinse quinoa and rice; set both to cook.
- 10-25 min: Season chicken thighs and a tray of sweet potatoes; roast.
- 25-40 min: Poach chicken breast on the stovetop; steam green beans.
- 40-55 min: Mix lamb meatballs; bake on top rack.
- 55-70 min: Slice cucumbers, zucchini ribbons, and herbs; portion fruit.
- 70-90 min: Cool everything shallow; label; freeze half the cooked protein bases.

Time-saver: double the chicken and freeze half in 150 g portions for fast dinners.

Breakfast Builder

Base	Add	Top
Oats or puffed rice	Pear, apple, or blueberries	Chia or pumpkin seeds
Buckwheat porridge	Coconut milk (or beverage)	Coconut flakes
Eggs + toast/rice cakes	Zucchini ribbons or cucumber	Olive oil drizzle

Snack Matrix

Snack	Pairing	Why it works
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Rice cakes	Apple slices	Crunch + fiber + quick carbs
Pumpkin seeds	Pear halves	Fat + protein + fiber
Blueberries	Coconut yogurt alternative	Cool sweet; easy to portion
Oat crackers	Cucumber + olive oil	Salt + crunch + hydration

Quick Sauces & Dressings (no ferments)

Name	Ingredients	Use with
Herb Olive Drizzle	Olive oil, parsley, dill, chives, salt	Fish, chicken, steamed veg
Lemon-less Green	Olive oil, fresh herbs, a splash of coconut water, salt	Rice bowls, quinoa salads
Coconut Cream	Coconut milk, pinch of salt, warm briefly	Rice, sweet potato, carrots

Daily Log (Meals, Storage, Symptoms | Notes)

Date	Meal	New?	Storage	Sleep/Stress	Symptoms (1-10)	Notes

Re-Introduction Tracker

Food	Date	Portion	2h	24h	48h	Decision

Travel & Eating Out (survival tips)

- Carry safe snacks (rice cakes, seeds, fruit).
- Order simple grilled protein with plain rice and steamed veg; skip sauces and ferments.
- Ask for fresh-cooked fish or chicken; avoid buffets and long-held items.
- Keep a small cooler bag with ice packs for leftovers on the go.

Budget & Sourcing

- Buy smaller amounts more frequently; rotate frozen portions to avoid waste.
- Choose whole cuts (chicken thighs) over pre-cut; better price and freshness control.
- Use frozen vegetables and fruit for smoothies and sides (flash-frozen can be low histamine).
- Batch-cook grains and freeze flat in bags for quick portions.