

## Low Histamine Recipes

### Mixed Berries Chia Pudding (Unsweetened)

🕒 15 min    🍽️ 2 servings

*Per serving:* 193 Kcal 6g Protein 11g Fat 22g Carbs

#### Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (56 g)
- Almond milk, 1 cup (250 g)



#### Instructions

In a medium-sized bowl, mash the mixed berries with a fork until they are slightly crushed.

Add chia seeds, almond milk and maple syrup to the bowl. Stir well to combine all the ingredients.

Cover the bowl and refrigerate. Stir the mixture once or twice during this time to prevent clumping.

Once the chia pudding has thickened and set, give it a final stir to break up any clumps.

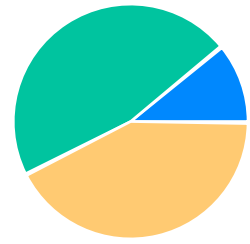
Divide the pudding into serving bowls or glasses.

Garnish with fresh berries and mint leaves, if desired.

Serve chilled and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	385.2	83.8	193.1
Protein [g]	11.2	2.4	5.6
Fat [g]	21.2	4.6	10.6
Carbs [g]	43.5	9.4	21.8
Fiber [g]	24.2	5.2	12.1
Net Carbs [g]	19.3	4.2	9.7



11 % Protein 47 % Fat 42 %  
Carbs

# Rosemary Pork with Corn and Broccoli

🕒 15 min    🍽️ 4 servings

*Per serving:* 337 Kcal 30g Protein 13g Fat 30g Carbs

## Ingredients

- Rosemary, 1 tbsp (1.7 g)
- Olive oil, 2 tablespoon (27 g)
- Broccoli florets, 2 cup (182 g)
- Pork Tenderloin, 1 pound (453.6 g)
- Corn, Fresh, kernels, 4 cups (580 g)



## Instructions

Heat olive oil in a large skillet over medium-high heat.

Add the sliced pork to the skillet and cook for 3-4 minutes on each side, or until browned and cooked through.

Remove the pork from the skillet and set aside.

In the same skillet, add the corn kernels and broccoli florets.

Cook for 5-6 minutes, or until the vegetables are tender-crisp.

Add the chopped rosemary to the skillet and stir to combine.

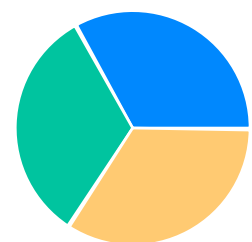
Return the cooked pork to the skillet and toss with the vegetables and rosemary.

Cook for an additional 1-2 minutes to heat through.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1345.9	108.2	336.5
Protein [g]	117.8	9.5	29.5
Fat [g]	51.6	4.1	12.9
Carbs [g]	120.9	9.7	30.2
Fiber [g]	16.6	1.3	4.2
Net Carbs [g]	104.3	8.4	26.1



33 % Protein 33 % Fat 34 % Carbs

# Basil Garlic Chicken over Brown Rice

🕒 15 min 🍽️ 4 servings

*Per serving:* 306 Kcal 27g Protein 11g Fat 24g Carbs

## Ingredients

- Basil leaves, 1 cup (24 g)
- Olive oil, 2 servings (28 g)
- Garlic, 4 clove (12 g)
- Brown rice, 2 cup (390 g)
- Chicken breasts, 4 portion (452 g)



## Instructions

In a large skillet, heat olive oil over medium-high heat.

Add minced garlic and cook for 1 minute until fragrant.

Add chicken breasts to the skillet and cook for 5-7 minutes per side, or until cooked through.

Remove the chicken from the skillet and set aside.

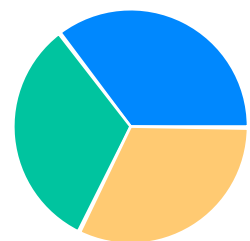
In the same skillet, add chopped basil leaves and cook for 1-2 minutes until wilted.

Return the cooked chicken to the skillet and toss with the basil leaves to coat.

Serve the chicken over cooked brown rice and garnish with additional basil leaves, if desired.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1223	135	305.8
Protein [g]	106.5	11.8	26.6
Fat [g]	43.2	4.8	10.8
Carbs [g]	96.3	10.6	24.1
Fiber [g]	7.7	0.8	1.9
Net Carbs [g]	88.6	9.8	22.2



36 % Protein 32 % Fat 32 % Carbs

# Broccoli and Zucchini Chicken Stir Fry over Brown Rice

🕒 20 min    🍽️ 4 servings

*Per serving:* 309 Kcal 26g Protein 11g Fat 27g Carbs

## Ingredients

- Salt, 1/2 teaspoon (2.9 g)
- Chicken breasts, 4 portion(s) (400 g)
- Olive oil, 2 tablespoon (27 g)
- Brown rice, 2 cup (390 g)
- Broccoli florets, 2 cup (182 g)
- Zucchini, sliced, 1 small (118 g)



## Instructions

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.

Add the sliced chicken breasts to the skillet and cook until browned and cooked through, about 5-6 minutes. Remove the chicken from the skillet and set aside.

In the same skillet, add the remaining tablespoon of olive oil and the sliced zucchini. Cook for 2-3 minutes until slightly tender.

Add the broccoli florets to the skillet and cook for an additional 2-3 minutes until the vegetables are crisp-tender.

Return the cooked chicken to the skillet and season with salt. Stir everything together to combine.

Add the cooked brown rice to the skillet and cook for 1-2 minutes until heated through.

Serve the stir fry hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1237.4	110.5	309.4
Protein [g]	105.6	9.4	26.4
Fat [g]	41.8	3.7	10.5
Carbs [g]	107.4	9.6	26.9
Fiber [g]	12.9	1.2	3.2
Net Carbs [g]	94.5	8.4	23.6



34 % Protein 31 % Fat 35 % Carbs

# Overnight Oats with Chia Seeds, Coconut Milk, and Blueberry

🕒 5 min 🍴 1 serving

Per serving: 509 Kcal 10g Protein 35g Fat 45g Carbs

## Ingredients

- Blueberries, 1/4 cup (37 g)
- Rolled oats, 1/2 cup (40.5 g)
- Coconut milk, 1/2 cup (120 g)
- Chia seeds, 1 tbsp (12 g)



## Instructions

In a small mason jar or container, combine the rolled oats and chia seeds.

Pour in the coconut milk and mix well to combine.

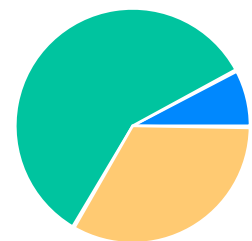
Add the blueberries on top.

Cover the jar or container and refrigerate overnight.

In the morning, stir the oats well and enjoy cold or heat in the microwave for 1-2 minutes before serving.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	509	242.9	509
Protein [g]	10.3	4.9	10.3
Fat [g]	35.1	16.8	35.1
Carbs [g]	44.5	21.2	44.5
Fiber [g]	11.7	5.6	11.7
Net Carbs [g]	32.8	15.7	32.8



8 % Protein 59 % Fat 33 % Carbs