



# Low Histamine Recipe Bundle

BE YOUR BEST AFTER CALMING  
THE HISTAMINE STORM WITH  
THESE NOURISHING LOW  
HISTAMINE FOODS.



Lean Living Jax  
[leanlivingjax.com](http://leanlivingjax.com)

# Table of Contents

## Breakfast

• Arugula and Eggs .....	4
• Blackberry Apple Smoothie .....	5
• Blueberry Macadamia Breakfast Cookies .....	6
• Coconut Mango Oatmeal .....	7
• Cottage Cheese Bowl .....	8
• Green Glow Smoothie .....	9
• Mango Smoothie Bowl .....	10
• Sweet Potato PearSmoothie Bowl .....	11
• Turkey Breakfast Hash .....	12
• Zucchini Tahini Muffins .....	13

## Lunch

• Beef and Rice Bowl .....	15
• Bunless "Greek" Burger .....	16
• Eggs and Greens .....	17
• Grab n' Go Lunch .....	18
• Green Goddess Salad .....	19
• Ground Turkey Lettuce Wraps .....	20
• Pulled Chicken Wrap .....	21
• Simple Salad .....	22
• Summer Salad .....	23
• Thai-Inspired Quinoa Salad .....	24

## Dinner

• Buttery Chicken Sheet Pan Dinner .....	26
• Fried Quinoa .....	27
• Garlic Basic Pasta .....	28
• Parsley Salmon w/ Vegetable Quinoa .....	29
• Pork Roast with Cauliflower and Sweet Potato .....	30
• Roasted Chicken Thighs w/ Sweet Potato & Broccoli .....	31
• Roasted Potatoes and Carrots with Chicken .....	32
• Sautéed Brussels Sprouts and Chicken .....	33
• Shrimp Asparagus Pasta .....	34
• Traditional Steak & Potatoes .....	35

A stack of four golden-brown muffins is centered on a teal-colored plate. The muffins have a crumbly texture and are slightly domed. The background is a soft, out-of-focus grey.

# Low Histamine Breakfast

KICKSTART YOUR DAY



Lean Living Jax  
[leanlivingjax.com](http://leanlivingjax.com)

# Arugula and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 0.5 tbsp [6.4 g] Clarified Butter Ghee</li><li>• 0.25 onion [27.5 g] Yellow Onions <i>(Chopped)</i></li><li>• 3 large [150 g] Egg <i>(Beaten)</i></li><li>• 1 Dash [1 g] Himalayan Pink Salt</li><li>• 1 cup [20 g] Arugula (Rocket)</li><li>• 1 tbsp [10 g] Hemp Seeds</li><li>• 1.5 cup, cubes [240 g] Cantaloupe Melons</li></ul>	<ol style="list-style-type: none"><li>1. Warm ghee in a medium skillet over medium heat.</li><li>2. Add onion and cook 2-3 minutes.</li><li>3. Add eggs, salt, and pepper. Cook approximately 1 minute, scraping from the pan with a soft spatula as it cooks.</li><li>4. Add arugula or rocket and continue as above, until eggs are desired consistency.</li><li>5. Top with hemp seeds and serve with cantaloupe.</li></ol>

NUTRITION INFO				
Calories : 435	Fat : 27.09 g	Carbs : 24.43 g	Protein : 25.02 g	Fiber : 3.18 g



# Blackberry Apple Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 tbsp [28 g] Chia Seed
- 1 tbsp, ground [6.5 g] Flaxseeds
- 0.5 cup [72 g] Blackberries
- 1 apple Apples (*Sliced and cored*)
- 0.18 cup [16.2 g] Rolled Oats Gluten Free
- 1.5 cup [367.5 g] Almond Milk
- 0.25 cup [59.25 g] Water

## DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and enjoy!

## NUTRITION INFO

Calories : 395.98

Fat : 19.44 g

Carbs : 55.89 g

Protein : 11.6 g

Fiber : 22.42 g

# Blueberry Macadamia Breakfast Cookies



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 12 MINUTES

## INGREDIENTS

- 0.25 cup, whole or halves [33.5 g] Macadamia Nuts (*Chopped*)
- 1 cup [112 g] Almond Flour
- 0.33 cup [46.2 g] Organic Coconut Flour
- 2 tbsp [42 g] Honey
- 2 large [100 g] Egg
- 0.33 cup [80.85 g] Almond Milk
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 0.5 cup [72.5 g] Blueberries

## DIRECTIONS

1. Preheat oven to 325 degrees F (162 degrees C).
2. Mix all ingredients together, except for blueberries, until well blended. Lightly mix in blueberries.
3. Make 8 balls with the dough and lightly press onto a cookie tray.
4. Cook for 10-12 minutes, until lightly browned.

## NUTRITION INFO

Calories : 379.8

Fat : 26.02 g

Carbs : 25.52 g

Protein : 11.88 g

Fiber : 9.51 g

# Coconut Mango Oatmeal



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 0.5 cup [113 g] Light Coconut Milk
- 0.5 cup [118.5 g] Water
- 0.75 cup [67.5 g] Rolled Oats Gluten Free
- 1 3 tbsp [30 g] Organic Hemp Protein Powder (Nutiva)
- 1 dash [0.4 g] Salt
- 1 cup, sliced [165 g] Mango
- 1 tbsp [6 g] Unsweetened Shredded Coconut
- 1 tbsp [10 g] Hemp Hearts

## DIRECTIONS

1. In a sauce pan, combine the coconut milk, water, dry rolled oats, hemp protein powder, and salt.
2. Bring to a boil and, once boiling, simmer for 10-12 minutes or until the oats are cooked and the oat milk and water is fully absorbed.
3. While the oats are cooking, chop the mango into small pieces.
4. Remove the cooked oats from the pan and serve in a bowl.
5. Top with mango and coconut.
6. Serve warm and enjoy!

## NUTRITION INFO

Calories : 305.13

Fat : 12.04 g

Carbs : 38.88 g

Protein : 14.6 g

Fiber : 7.51 g

# Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [226 g] Cottage Cheese (4% milk fat)
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup [36 g] Blackberries
- 0.5 tbsp [7 g] Chia Seed
- 1 tbsp, chopped [8 g] Pecans

## DIRECTIONS

1. Top cottage cheese with all other ingredients.

## NUTRITION INFO

Calories : 339.25

Fat : 18.2 g

Carbs : 22.21 g

Protein : 28.67 g

Fiber : 6.28 g

# Green Glow Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.5 cup, chopped [10.5 g] Kale
- 1 tbsp, ground [6.5 g] Flaxseeds
- 0.5 cup [113 g] Cottage Cheese (4% milk fat)
- 0.5 cup [82.5 g] Frozen Mango
- 1 apple [1 154] Green Apple (*Sliced*)
- 1 cup [245 g] Almond Milk

## DIRECTIONS

1. Blend all ingredients together in a blender and enjoy!

### NUTRITION INFO

Calories : 308.5

Fat : 11.13 g

Carbs : 38.81 g

Protein : 16.9 g

Fiber : 8.4 g

# Mango Smoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1.5 cup [247.5 g] Frozen Mango
- 0.5 cup [122.5 g] Oat Milk
- 1 3 tbsp [30 g] Organic Hemp Protein Powder (Nutiva)
- 1 tsp [2 g] Stevia
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Chia Seeds

## DIRECTIONS

1. In a blender, combine the frozen mango, oat milk, hemp protein powder, and stevia. Add water to get desired consistency.
2. Pour into a bowl and top with sunflower seeds and chia seeds.

## NUTRITION INFO

Calories : 433.4

Fat : 15.39 g

Carbs : 59.15 g

Protein : 22.14 g

Fiber : 14.7 g

# Sweet Potato PearSmoothie Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 cup [245 g] Almond Milk
- 1 sweetpotato, 5" long [130 g] Sweet Potato (*Peeled, cooked, and frozen*)
- 1 medium pear (approx 2-1/2 per lb) [166 g] Pear (*Cored and diced*)
- 1 cup [30 g] Baby Spinach
- 2 tbsp [20 g] Hemp Hearts
- 0.25 tsp [0.45 g] Ginger (Ground)

## DIRECTIONS

1. Blend all ingredients together in a blender until smooth. Enjoy!

## NUTRITION INFO

Calories : 370.5

Fat : 13.99 g

Carbs : 56.63 g

Protein : 11.68 g

Fiber : 11.15 g

# Turkey Breakfast Hash



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 12 oz [340.2 g] Turkey Breast Meat
- 4 sprigs [0.8 g] Dill (*Chopped*)
- 0.5 tbsp [4.2 g] Garlic Powder
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 3 cup [264 g] Brussels Sprouts
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Season the turkey breast with garlic powder, dill, salt and pepper.
3. Bake 12 -20 minutes until internal temperature reaches 165 degrees F (74 degrees C).
4. While the turkey is cooking, heat a sauté pan on medium heat and melt the ghee in the pan.
5. Chop the sweet potato into small cubes/pieces and chop the brussels sprouts into halves.
6. Sauté the sweet potatoes, brussels sprouts, and salt and pepper in the ghee for 10-12 minutes or until the sweet potatoes are cooked and the brussels sprouts are crispy.
7. Slice the turkey breast on top of the hash. Serve warm and enjoy!

## NUTRITION INFO

Calories : 407

Fat : 9.65 g

Carbs : 46.71 g

Protein : 35.92 g

Fiber : 9.65 g



# Zucchini Tahini Muffins



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 1 tbsp, ground [6.5 g] Flaxseeds</li><li>• 2.5 tbsp [37 g] Water</li><li>• 0.5 cup [120 g] Tahini</li><li>• 0.33 cup [63.36 g] Organic Coconut Sugar</li><li>• 0.18 cup [44.1 g] Almond Milk</li><li>• 0.24 cup [58.56 g] Unsweetened Applesauce</li><li>• 1 cup, grated [124 g] Zucchini</li><li>• 1 cup [140 g] Cassava Flour</li><li>• 0.25 cup [31 g] Arrowroot Starch</li><li>• 0.5 tsp [2.3 g] Baking Soda</li><li>• 1 tsp [5 g] Baking Powder (Low Sodium)</li><li>• 0.25 tsp [1.5 g] Sea Salt</li><li>• 0.5 oz [14.18 g] Sesame Seeds (<i>For sprinkling</i>)</li><li>• 4 tbsp [64 g] Almond Butter</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 350 degrees F. Coat a muffin pan with cooking oil or use silicone liners.</li><li>2. Combine the flaxseed and water together in a large bowl. Whisk and let sit for 5-10 minutes until thick and gel-like.</li><li>3. Whisk in the tahini, coconut sugar, apple sauce, and milk. Stir in the grated zucchini.</li><li>4. Mix in dry ingredients until just combined.</li><li>5. Scoop batter into muffin cups, filling each one almost to the top. Sprinkle tops with sesame seeds if desired.</li><li>6. Bake for 22-25 minutes or until a tooth pick inserted into the center comes out clean.</li><li>7. Allow muffins to cool for 10 minutes before transferring to a wire rack.</li><li>8. Spread with almond butter before serving.</li></ol>

NUTRITION INFO				
Calories : 544.13	Fat : 28.01 g	Carbs : 68.34 g	Protein : 9.05 g	Fiber : 4.86 g



# Low Histamine Lunch

RE-FUEL AND RE-ENERGIZE



# Beef and Rice Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 0.75 cup [138.75 g] White Rice (Uncooked)
- 12 oz [340.2 g] Ground Beef (95% Lean / 5% Fat)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 4 stalk [60 g] Green Onions (*Chopped*)
- 1 cup [20 g] Broccoli Sprouts

## DIRECTIONS

1. Cook rice as directed on package.
2. Add ground beef, salt, and pepper to a medium skillet and cook over medium heat for 4-6 minutes, until browned through, crumbling as you cook.
3. Top rice with ground beef, green onion, and broccoli sprouts.

## NUTRITION INFO

Calories : 511.5

Fat : 8.97 g

Carbs : 60.12 g

Protein : 43.05 g

Fiber : 2.04 g

# Bunless "Greek" Burger



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 10 oz [283.5 g] Ground Lamb
- 0.5 small [35 g] Onions (*Chopped*)
- 1 tbsp, ground [1.8 g] Oregano
- 3 clove [9 g] Garlic (*Minced*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tbsp [14 g] Olive Oil
- 1 small (6-3/8" long) [158 g] Cucumber (*Sliced*)
- 0.5 cup [61 g] Unsweetened Coconut Milk Yogurt
- 0.25 cup, sliced [29.75 g] Cucumber (*Thinly sliced*)
- 1 tsp [4.8 g] Olive Oil
- 4 sprigs [0.8 g] Dill (*Chopped*)
- 1 clove [3 g] Garlic (*Minced*)

## DIRECTIONS

1. In a bowl, combine ground lamb, 1/4 cup chopped red onion, oregano, minced garlic, salt and pepper. Once combined, form into two patties.
2. Over medium-high heat, heat olive oil in a skillet.
3. Once the skillet and oil are hot, place the lamb patties on the skillet. Let it cook for 3-4 minutes, then flip.
4. Cook until the patties reach 160 F and remove from the skillet to rest.
5. While the patties are cooking, slice the remaining red onion and cucumber for the toppings.
6. For the tzatziki: in a small bowl, combine coconut yogurt, sliced cucumber, remaining olive oil, dill, and remaining garlic.
7. . Plate the burger, top with cucumber, red onion, and a dollop of homemade tzatziki. Enjoy!

## NUTRITION INFO

Calories : 537.05

Fat : 44.75 g

Carbs : 9.91 g

Protein : 24.97 g

Fiber : 2 g

# Eggs and Greens



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

## INGREDIENTS

- 2 large [100 g] Egg
- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 1 tbsp [10 g] Hemp Hearts
- 2 stalk [30 g] Green Onions (*Chopped*)
- 1 medium (2-1/2" dia) (approx 4 per lb) [98 g] Peach (*Chopped*)
- 1 tsp, ground [0.6 g] Oregano
- 1 oz [28.35 g] Ricotta Cheese (Whole Milk)
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. Hard boil two eggs in boiling water for 8 minutes. Allow to cool. Peel and cut in half.
2. Top salad greens with all other ingredients and enjoy!

## NUTRITION INFO

Calories : 441      Fat : 32.69 g      Carbs : 18.45 g      Protein : 22.25 g      Fiber : 4.9 g

# Grab n' Go Lunch



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 3 large [150 g] Egg (*Hard boiled*)
- 0.25 cup, whole or halves [33.5 g] Macadamia Nuts
- 1 cup [160 g] Grapes

## DIRECTIONS

1. Pack all together and go!

### NUTRITION INFO

Calories : 572.5

Fat : 40.55 g

Carbs : 34.73 g

Protein : 22.67 g

Fiber : 4.28 g

# Green Goddess Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 cup, shredded or chopped [220 g] Mixed Salad Greens
- 6 small [12 g] Radish (*Sliced*)
- 1 medium (7" long) [201 g] Cucumber (*Chopped*)
- 1 apple [1 154] Green Apple (*Cored and chopped*)
- 3 stalk [45 g] Green Onions (*Chopped*)
- 3 tbsp [26.4 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 oz [28.35 g] Macadamia Nuts (*Chopped*)
- 0.5 tbsp [5 g] Hemp Hearts
- 2 tbsp [14 g] Pumpkin Seeds
- 1.5 tbsp [28.5 g] Coconut Cream (Canned)
- 2 tbsp [28 g] Olive Oil
- 5 sprigs [1 g] Dill (*Chopped*)
- 4 tbsp [6.4 g] Peppermint (Mint)
- 1 dash [0.4 g] Sea Salt

## DIRECTIONS

1. In a blender add coconut cream, olive oil, fresh dill, fresh mint, and salt. Blend all dressing ingredients together until smooth.
2. Add mixed greens, radishes, cucumber, green apple, green onion, mozzarella, sunflower seeds, hemp hearts, and pumpkin seeds in a bowl together. Toss with dressing until well coated and enjoy!

## NUTRITION INFO

Calories : 461.73

Fat : 39.01 g

Carbs : 23.99 g

Protein : 10.26 g

Fiber : 9.48 g



# Ground Turkey Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 7 MINUTES

## INGREDIENTS

- 12 oz [336 g] Ground Turkey
- 1 tbsp [14 g] Avocado Oil
- 3 clove [9 g] Garlic
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.5 tbsp [2.7 g] Ginger (Ground)
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*
- 1 medium (approx 2-3/4" long, 2-1/2" dia) [114 g] Red Bell Pepper *(Chopped)*
- 1 medium [114 g] Orange Bell Pepper *(Chopped)*
- 1 small [70 g] Onions *(Chopped)*
- 0.5 oz [14.18 g] Sesame Seeds
- 2 tbsp [30 g] Tahini
- 1 tbsp [21 g] Honey
- 0.5 tbsp [7.4 g] Water
- 6 leaf [120 g] Romaine Lettuce

## DIRECTIONS

1. Heat avocado oil over medium heat in a large skillet. Add garlic, turkey, turmeric, and ginger. Cook for approximately 3-4 minutes until lightly pink, crumbling and flipping as it cooks.
2. Add salt, pepper, red bell pepper, onion, and sesame seed. Cook for an additional 2-3 minutes. Remove from heat.
3. Mix together tahini, honey, and water in a blender and blend until smooth.
4. Separate, wash, and pat dry bib lettuce leaves. Top leaves with turkey mixture and tahini dressing. Enjoy!

## NUTRITION INFO

Calories : 530

Fat : 30.93 g

Carbs : 27.66 g

Protein : 39.54 g

Fiber : 6.86 g



# Pulled Chicken Wrap



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 0.25 tbsp [3.5 g] Avocado Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tortillas [25 g] Cassava Flour Tortillas
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery (*Chopped*)
- 1 tbsp [14 g] Olive Oil (*0.5*)
- 0.25 onion (small) [37 g] Red Onions (*Chopped*)
- 0.5 tbsp [1.55 g] Dill (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 oz [28.35 g] Mozzarella Cheese (Whole Milk) (*Chopped*)
- 0.5 cup [80 g] Grapes

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Brush chicken breast with oil and sprinkle with salt and pepper. Bake for approximately 25 minutes in an oven safe dish, until internal temperature of chicken breast reaches 165 degrees F (74 degrees C).
3. Using a fork, shred chicken and allow to cool.
4. Mix chicken with celery, olive oil, red onion, dill, salt, and pepper.
5. Fill cassava flour tortilla with shredded chicken mixture and mozzarella. Fold over and serve with a side of grapes.

## NUTRITION INFO

Calories : 521.25

Fat : 27.14 g

Carbs : 28.9 g

Protein : 40.55 g

Fiber : 3.33 g

# Simple Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 5 oz [140 g] Skinless Chicken Breast
- 2 cup [40 g] Arugula (Rocket)
- 1 apple Apples (*Cored and sliced*)
- 2 tbsp, chopped [16 g] Pecans
- 0.25 onion (small) [37 g] Red Onions (*Sliced*)
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Bake chicken breast after brushing with olive oil, salt and pepper for approximately 25 minutes, slice into 1/2 inch slices when cooled.
3. Add arugula, apple, pecans, red onion, and sliced chicken breast to a salad bowl.
4. Toss with olive oil, salt, and pepper. Enjoy!

## NUTRITION INFO

Calories : 488.25

Fat : 26.91 g

Carbs : 29.73 g

Protein : 35.92 g

Fiber : 7.53 g

# Summer Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 2 cup [40 g] Arugula (Rocket)
- 0.5 medium (7" long) [100.5 g] Cucumber (*Chopped*)
- 0.25 cup [36.25 g] Blueberries
- 0.25 cup, whole or halves [33.5 g] Macadamia Nuts (*Chopped*)
- 2 oz [56.7 g] Mozzarella Cheese (Whole Milk) (*Cubed*)
- 5 sprigs [1 g] Dill (*Chopped*)
- 1 tbsp [3 g] Mint (*Chopped*)
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. "Toss together all ingredients in a large salad bowl and enjoy!"

## NUTRITION INFO

Calories : 572.25

Fat : 52.16 g

Carbs : 15.34 g

Protein : 17.29 g

Fiber : 5.25 g

# Thai-Inspired Quinoa Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 0.33 cup [56.1 g] Quinoa (uncooked)
- 1 cup [56.7 g] Shredded Red Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 0.75 cup, whole [47.25 g] Snow or Sugar Snap Peas
- 0.25 cup [4 g] Cilantro (Coriander)
- 1 stalk [15 g] Green Onions (*Chopped*)
- 2 tbsp [17.6 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 4 tbsp [64 g] Sunflower Seed Butter (Without Salt)
- 0.5 tbsp [7 g] Coconut Aminos
- 1 tbsp [13.6 g] Sesame Oil
- 1.5 tsp [3 g] Ginger (*Grated*)

## DIRECTIONS

1. Cook quinoa as instructed on package.
2. In a large bowl, combine the cooked quinoa, red cabbage, carrots, sugar snap peas, cilantro, and green onion. Set aside.
3. To make the dressing, whisk the sunflower butter, lime juice, coconut aminos, sesame oil, and ginger in a small bowl. Mix in a tablespoon of water at a time to reach desired consistency.
4. Pour the dressing into the salad and toss well to combine.
5. Divide into individual servings and top with roasted sunflower seeds.

## NUTRITION INFO

Calories : 452.84

Fat : 28.37 g

Carbs : 40.81 g

Protein : 14.11 g

Fiber : 7.1 g





# Low Histamine Dinner

FINISH STRONG



Lean Living Jax  
[leanlivingjax.com](http://leanlivingjax.com)



# Buttery Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 3 tbsp [38.4 g] Clarified Butter Ghee (*Melted*)
- 4 cup [226.8 g] Shredded Red Cabbage
- 2 cup [330 g] Fingerling Potatoes
- 10 oz [280 g] Skinless Chicken Breast
- 0.5 tbsp, ground [0.9 g] Oregano
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.4 g] Onion Powder
- 1 tsp, ground [1.4 g] Thyme (Dried)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a small bowl mix together oregano, garlic powder, onion powder, thyme, salt, and pepper.
3. Spread cabbage, potatoes, and chicken on an oven safe pan. Coat with melted ghee and seasoning mix.
4. Bake in the oven for 20-25 minutes until internal temperature of chicken reaches 165 degrees F (74 degrees C).
5. Remove from the oven and allow 5 minutes to rest before eating.

## NUTRITION INFO

Calories : 528

Fat : 21.22 g

Carbs : 44.76 g

Protein : 39.03 g

Fiber : 11.55 g

# Fried Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 0.75 cup [127.5 g] Quinoa (uncooked)
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 3 clove [9 g] Garlic (*Minced*)
- 0.25 cup [30 g] Slivered Almonds
- 1 small [70 g] Onions (*Chopped*)
- 4 cup [226.8 g] Shredded Green Cabbage
- 2 cup [226 g] Shredded Carrots
- 1.5 tbsp [21 g] Coconut Aminos
- 1 dash [0.1 g] Black Pepper

## DIRECTIONS

1. Cook quinoa as directed on package.
2. Melt ghee in a large skillet over medium heat. Add almonds and garlic and cook 1 - 2 minutes until fragrant.
3. Add onions to the skillet and cook 1 additional minute.
4. Add the cabbage and carrots to the skillet and cook until soft, or desired consistency (approximately 5 minutes).
5. Lastly, add cooked quinoa, coconut aminos, and pepper and cook 2-3 minutes.
6. Serve warm.

## NUTRITION INFO

Calories : 491

Fat : 18.12 g

Carbs : 71.08 g

Protein : 14.38 g

Fiber : 13.9 g

# Garlic Basic Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 6 oz [171 g] Gluten Free Brown Rice Pasta
- 6 oz [168 g] Ground Turkey
- 1.5 tbsp [19.2 g] Clarified Butter Ghee
- 3 clove [9 g] Garlic (*Minced*)
- 6 leaves [3 g] Basil (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Cook the pasta per the directions on the package and set aside.
2. In a sauté pan, heat ghee over medium heat.
3. Once hot, add the chopped garlic and sauté until golden brown. Add turkey and cook 5-8 minutes, crumbling and turning as you go along. Add the basil.
4. Season with salt and pepper.
5. Add the pasta back into the butter garlic, turkey, basil sauce.
6. Serve warm and enjoy!

## NUTRITION INFO

Calories : 527.1

Fat : 18.59 g

Carbs : 67.58 g

Protein : 24.36 g

Fiber : 3.21 g



# Parsley Salmon w/ Vegetable Quinoa



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

## INGREDIENTS

- 12 oz, boneless, raw [340.2 g] Salmon
- 0.5 tbsp [4.2 g] Garlic Powder (*Minced*)
- 2 tbsp [7.6 g] Parsley (*Chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 0.5 cup [85 g] Quinoa (uncooked)
- 1 cup, sliced [113 g] Zucchini (*Sliced thin*)
- 1 cup, chopped [21 g] Kale
- 0.5 cup [120 g] Black Beans (Canned)
- 3 clove [9 g] Garlic (*Minced*)

## DIRECTIONS

1. Cook the quinoa per the directions on the packaging and set aside.
2. In a sauté pan, heat 1 tbsp ghee over medium heat.
3. While the pan is heating up, season the salmon with garlic powder, salt, pepper, and fresh chopped parsley.
4. Place the fish in the sauté pan, cook to desired temperature and set aside.
5. In the same sauté pan, over medium heat, sauté zucchini, kale, and black beans for 4-5 minutes or until the zucchini begins to brown and the kale turns bright green.
6. Mix the quinoa into vegetable mix in the pan.
7. Serve the salmon over the vegetable quinoa mix.
8. Enjoy!

## NUTRITION INFO

Calories : 543

Fat : 19.31 g

Carbs : 45.11 g

Protein : 47.66 g

Fiber : 7.7 g

# Pork Roast with Cauliflower and Sweet Potato



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 8 oz [226.8 g] Pork Loin (Tenderloin)
- 4 cup [400 g] Cauliflower (*Florets*)
- 3 cup, cubes [399 g] Sweet Potato
- 2 tbsp [28 g] Avocado Oil
- 4 clove [12 g] Garlic (*Minced*)
- 1 tbsp [1.7 g] Rosemary (*Fresh, chopped*)
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.25 cup [15 g] Parsley (*Chopped*)

## DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a small bowl mix together avocado oil, garlic, rosemary, salt, and pepper.
3. Brush pork with avocado oil mixture and place on an oven safe sheet pan.
4. Toss vegetables with remaining avocado oil mixture and spread onto the sheet pan in a single layer.
5. Cook pork and vegetables in the oven for approximately 25 minutes, until internal temperature reaches above 145 degreesF (65 degrees C).
6. Slice pork into 1/2 inch slices and top meal with fresh parsley before serving.

## NUTRITION INFO

Calories : 512.75

Fat : 20.57 g

Carbs : 53.4 g

Protein : 31.01 g

Fiber : 11.55 g

# Roasted Chicken Thighs w/ Sweet Potato & Broccoli



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 1 tbsp [12.8 g] Clarified Butter Ghee
- 4 sprigs [0.8 g] Dill (*Chopped*)
- 0.5 tbsp [4.2 g] Garlic Powder
- 8 oz [226 g] Boneless Skinless Chicken Thighs (raw)
- 2 cup, cubes [266 g] Sweet Potato
- 1 cup, florets [71 g] Broccoli
- 2 tbsp [28 g] Olive Oil
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degreesC).
2. In a small bowl, combine ghee, 1 tbsp of dill, garlic powder, salt and pepper. Stir until combined.
3. Lay the chicken thighs on a non-stick, oven safe baking sheet.
4. Spread the ghee/dill mixture evenly on the tops of the chicken thighs.
5. Place the broccoli and sweet potatoes in a bowl and drizzle with olive oil, salt, pepper, and 1/2 tbsp dill.
6. Spread the broccoli and sweet potatoes onto the baking sheet with the chicken.
7. Bake in the oven for 25-30 minutes or until the chicken is cooked to 165 F (75 degrees C).
8. Serve warm and enjoy!

## NUTRITION INFO

Calories : 437

Fat : 24.45 g

Carbs : 30.2 g

Protein : 25.53 g

Fiber : 4.95 g

# Roasted Potatoes and Carrots with Chicken



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 8 small (5-1/2" long) [400 g] Carrots <i>(Peeled)</i></li><li>• 3 cup [495 g] Fingerling Potatoes</li><li>• 2 tbsp [28 g] Avocado Oil</li><li>• 4 small drumstick (yield after cooking, bone removed) [152 g] Chicken Drumstick</li><li>• 1 tbsp [14 g] Coconut Aminos</li><li>• 1 tbsp [21 g] Honey</li><li>• 0.5 tsp [0.9 g] Ginger (Ground)</li><li>• 1 tsp [2.8 g] Garlic Powder</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 400 degrees F (205 degrees C).</li><li>2. Spread carrots and potatoes onto a large cooking sheet and coat with half of the avocado oil, salt, and pepper to taste.</li><li>3. In a small bowl, mix together with remaining avocado oil, coconut aminos, honey, ginger, and garlic.</li><li>4. Coat chicken drumsticks in coconut aminos mixture and add to the cooking sheet.</li><li>5. Bake for approximately 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C) and potatoes are soft.</li><li>6. Enjoy warm!</li></ol>

NUTRITION INFO				
Calories : 625	Fat : 22.92 g	Carbs : 77 g	Protein : 28.53 g	Fiber : 13.15 g

# Sautéed Brussels Sprouts and Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 2 tbsp [25.6 g] Clarified Butter Ghee
- 10 oz [280 g] Skinless Chicken Breast (*Sliced thin*)
- 3 cup [264 g] Brussels Sprouts (*Trimmed and halved*)
- 0.25 cup [30 g] Slivered Almonds
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 1 cup [60 g] Parsley (*Chopped*)
- 1 apple Apples (*Cored and chopped*)

## DIRECTIONS

1. Heat half of the ghee in a large skillet (cast iron skillet works well) over medium-high heat. Add sliced chicken, salt, and pepper and cook 6-8 minutes, flipping once.
2. Remove chicken from heat and set aside on a plate.
3. Add remaining ghee to brussels sprouts, slivered almonds, salt, and pepper. Cook for 10-15 minutes, occasionally turning brussels sprouts. Add cooked chicken and apple to skillet and cook 1-2 minutes.
4. Remove from heat and top with chopped parsley. Enjoy warm.

## NUTRITION INFO

Calories : 474

Fat : 23.51 g

Carbs : 29.3 g

Protein : 41.14 g

Fiber : 9.65 g

# Shrimp Asparagus Pasta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 5 oz dry [142.5 g] Cassava Flour Pasta
- 1 tbsp [12.8 g] Clarified Butter Ghee  
*(Use olive oil if following an AIP diet)*
- 3 clove [9 g] Garlic *(Minced)*
- 1 cup [134 g] Asparagus *(Chopped)*
- 10 oz [284 g] Shrimp (Prawns)
- 2 tbsp [7.6 g] Parsley *(Chopped)*
- 1 dash [0.4 g] Salt *(To taste)*
- 1 dash [0.1 g] Black Pepper *(To taste)*

## DIRECTIONS

1. Cook pasta per the directions on the packaging, strain, and set aside.
2. In a large sauté pan, melt the ghee over medium heat.
3. Once the ghee is hot, add the garlic and sauté for 2-3 minutes.
4. Add the chopped asparagus and shrimp to the sauté pan and cook for 5-7 minutes, or until the shrimp is fully cooked.
5. Stir in the pasta and chopped parsley.
6. Season with salt and pepper to taste. Serve hot and enjoy!

## NUTRITION INFO

Calories : 437.5

Fat : 8.76 g

Carbs : 66.9 g

Protein : 23.65 g

Fiber : 6.65 g



# Traditional Steak & Potatoes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 60 MINUTES

## INGREDIENTS

- 10 oz [283.5 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- 2 tbsp [25.6 g] Clarified Butter Ghee
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 2 Potato medium (2-1/4" to 3-1/4" dia) [426 g] Russet Potatoes (Flesh and Skin)
- 2 tbsp chopped [6 g] Chives

## DIRECTIONS

1. Preheat the oven to 425 F.
2. Pierce the potatoes with a fork, wrap them in tin foil, and place in the oven to bake.
3. Season the ribeye with salt and pepper on both sides and set aside at room temperature.
4. Heat a cast iron skillet to medium-high heat.
5. Add the ghee to the cast iron skillet.
6. Once hot, place the ribeye steak in the cast iron skillet and allow it to sear on one side for 3-4 minutes before flipping (for a medium rare steak).
7. Once seared on both sides, set aside to cool before slicing.
8. Once the potatoes are cooked (easily pierced with a fork) remove them from the oven.
9. Slice the potato, top with ghee and chives and serve with the ribeye.
10. Enjoy!

## NUTRITION INFO

Calories : 568

Fat : 30.92 g

Carbs : 38.65 g

Protein : 33.5 g

Fiber : 2.9 g