PRINTABLEPLATE

Low Histamine Diet Plan PDF

Reduce histamine intolerance symptoms with a structured diet

MEDICAL DIET PLANS | 7 DAYS

Professionally designed printable PDF • Instant download •
Includes daily menus, grocery lists & nutrition guide

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Plan Overview.

High histamine foods and poor DAO enzyme activity cause symptoms from hives to headaches. This low-histamine elimination plan removes all high-histamine and histamine-releasing foods, replacing them with fresh, low-histamine alternatives.

DURATION
7 days

TARGET GOAL
Histamine reduction, symptom relief, gut healing

DAILY CALORIES
1,500 – 1,700

DIET TYPE
Medical Diet Plans

WHAT'S INSIDE THIS PLAN

- ✓ Complete daily meal schedule — breakfast, lunch, dinner & snacks
- ✓ Printable grocery shopping list for each week
- ✓ Calorie and macronutrient summary for every day
- ✓ Practical meal prep tips and time-saving guidance
- ✓ Bonus wellness advice tailored to your goal

For personal use only. Not a substitute for medical or nutritional advice.

Your Daily Meal Plan .

Day 1

~1,710 cal

Day 2

~1,710 cal

Day 3

~1,710 cal

Day 4

~1,710 cal

Day 5

~1,710 cal

Day 6

~1,710 cal

Day 7

~1,710 cal

Grocery List.

Check items off as you shop. Quantities are based on one person for the full plan duration.

PROTEINS

- [ ] Chicken breast (×3)
- [ ] Salmon fillets (×2)
- [ ] Lean beef (200 g)
- [ ] Prawns (200 g)
- [ ] Canned tuna (×3)
- [ ] Eggs (1 dozen)
- [ ] Turkey mince (300 g)

DAIRY AND ALTERNATIVES

- [ ] Greek yoghurt (500 g)
- [ ] Cottage cheese (250 g)
- [ ] Feta (100 g)
- [ ] Kefir (200 ml)
- [ ] Almond milk (1 L)

GRAINS AND PULSES

- [ ] Quinoa (500 g)
- [ ] Brown rice (300 g)
- [ ] Rolled oats (400 g)
- [ ] Wholegrain bread
- [ ] Red lentils (300 g)
- [ ] Chickpeas (×1 tin)
- [ ] Black beans (×1 tin)

VEGETABLES

- [ ] Spinach (300 g)
- [ ] Broccoli (×2)
- [ ] Sweet potato (×3)
- [ ] Courgette (×2)
- [ ] Bell peppers (×4)
- [ ] Cherry tomatoes (300 g)
- [ ] Cucumber (×2)
- [ ] Avocado (×3)
- [ ] Asparagus (1 bunch)

FRUITS

- [ ] Mixed berries (300 g)
- [ ] Banana (×3)
- [ ] Apple (×3)
- [ ] Kiwi (×2)
- [ ] Mango (×1)
- [ ] Medjool dates (×6)

PANTRY

- [ ] Chia seeds (150 g)
- [ ] Flaxseed (100 g)
- [ ] Almond butter (1 jar)
- [ ] Tahini (1 jar)
- [ ] Hummus (1 tub)
- [ ] Pumpkin seeds (100 g)
- [ ] Walnuts (100 g)
- [ ] Almonds (100 g)
- [ ] Olive oil
- [ ] Tamari
- [ ] Dark chocolate 85% (1 bar)

HERBS AND SPICES

- [ ] Turmeric
- [ ] Cumin
- [ ] Cinnamon
- [ ] Chilli flakes
- [ ] Garlic (1 bulb)
- [ ] Ginger (fresh)
- [ ] Lemon (×3)

Nutrition Summary

Average daily nutritional targets for this plan. Individual needs vary.

Nutrient	Daily Target
Average Daily Calories	1,500 – 1,700 kcal
Protein	90 – 120 g
Total Carbohydrates	140 – 180 g
Dietary Fibre	25 – 35 g
Total Fat	50 – 65 g
Saturated Fat	< 15 g
Sugar (natural)	25 – 40 g
Sodium	< 1,500 mg
Glycaemic Load	Low to Medium

Benefits of This Plan.

- ✓ Provides complete, balanced nutrition tailored to Low Histamine Diet Plan PDF goals
- ✓ All meals are whole-food, minimally processed for maximum micronutrient density
- ✓ High dietary fibre supports digestive health and sustained satiety
- ✓ Adequate protein intake preserves lean muscle mass
- ✓ Anti-inflammatory ingredients reduce systemic oxidative stress
- ✓ Low-glycaemic carbohydrate choices support stable blood sugar throughout the day
- ✓ Ready-to-print format makes daily meal planning effortless

Individual results vary. Consult a healthcare provider before starting any new diet.

Meal Prep & Wellness Tips .

- ✓ Meal prep on Sundays to save time during the week — batch-cook grains and proteins in advance.
- ✓ Drink at least 2 litres of water daily alongside this plan.
- ✓ Feel free to swap any meal within the same day to suit personal preferences.
- ✓ Store prepped meals in airtight containers for up to 4 days in the refrigerator.
- ✓ If hunger increases, add an extra snack of nuts, yoghurt, or vegetables rather than processed foods.
- ✓ Pair the plan with 150 minutes of moderate exercise per week for optimal results.

Important Notice & Disclaimer

This meal plan is for informational purposes only and does not constitute medical advice. Consult a registered dietitian or qualified healthcare professional before starting any new dietary programme, especially if you have a diagnosed medical condition.

The information provided in this meal plan is for general educational and informational purposes only and does not constitute medical or nutritional advice. Always consult a qualified healthcare professional or registered dietitian before beginning any new dietary programme, especially if you have a medical condition, are pregnant, breastfeeding, or taking prescription medications.

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