

CK Health 7 day LOW HISTAMINE meal plan

Breakfast	Apple and cinnamon porridge 	Carrot hash and eggs 	Apple and cinnamon porridge 	Smoothie bowl 	Apple and cinnamon porridge 	Carrot hash and eggs 	Sweet potato pancakes with blueberries 
Morning Tea	Salted caramel balls 	Cottage cheese dip 	Salted caramel balls 	Cottage cheese dip 	Kale crisps 	Popcorn 	Kale crisps 
Lunch	Cauliflower and quinoa 	Fried mung beans 	Cauliflower and quinoa 	Crouton Salad Bowl 	Cottage cheese and cucumber sandwich 	Chicken nuggets and apricot sauce 	Mozzarella and apple panini 
Afternoon Tea	Cottage cheese dip 	Salted caramel balls 	Cottage cheese dip 	Salted caramel balls 	Popcorn 	Kale crisps 	Popcorn 
Dinner	Chicken Fajiatas 	Fish with coconut rice 	Lamb spring rolls 	Vegan Broccoli Burgers 	Nomato Pizza 	Sweet potato soup 	Chicken Koftas 
Dessert	Apple Crumble 	Coconut panna cotta 	Apple Crumble 	Coconut panna cotta 	Apple Crumble 	Coconut panna cotta 	Apple Crumble 