

Low Histamine Diet, Week 1

Created by Natural Health Diets



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Natural Health Diets

Hi,

Welcome to your meal planning guide! Taking the time to plan your meals can have such a positive impact on your health. This guide will teach you how to create delicious meal plans for yourself. Here is how to use it:

Step 1

Download a blank weekly meal planning template [here](#).

Step 2

Look at the recipes in this guide and begin to fill in the weekly template by outlining what you will eat for your desired meals (breakfast, lunch, dinner, and snacks). Don't be afraid to cook a big batch of a recipe and add it to your plan multiple times throughout the week. Enjoying leftovers is a big time-saver!

Step 3

Once your meal plan is complete, create a grocery list. Refer back to the recipes you have added to your plan and write down the ingredients you will need to make them. Remember to check the recipe serving size and scale the quantities of the ingredients up or down depending on how many servings you need.

Step 4

Once you have done your shopping, you may want to do some meal prep. Look at the recipes you have chosen and see what can be prepped in advance. Perhaps you can dice vegetables or even make an entire recipe to save yourself time later on in the week.

You are all set to follow your meal plan for the week! Check your plan every morning and night, so you know what is coming up next and can stay organized.

Meal planning is a skill that gets easier over time. Reach out to me any time with your meal planning questions.

Low Histamine Diet, Week 1

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chia Oats with Kiwi	Chia Oats with Kiwi	Chia Oats with Kiwi	Blueberry Chia Parfait	Blueberry Chia Parfait	Blueberry Chia Parfait	Blueberry Chia Parfait
Snack 1	Banana	Banana	Pear & Walnuts	Sunflower Banana Boat	Sunflower Banana Boat	Pear & Walnuts	Pear & Walnuts
	Toasted Walnuts	Toasted Walnuts					
Lunch	Cheezy Broccoli Quinoa	Cheezy Broccoli Quinoa	One Pan Crispy Chicken with Potatoes & Greens	Cheezy Broccoli Quinoa	One Pan Crispy Chicken with Potatoes & Greens	Salmon with Rice & Greens	Salmon with Rice & Greens
	Shredded Chicken	Shredded Chicken		Shredded Chicken			
Snack 2	Rice Cakes with Almond Butter	Rice Cakes with Almond Butter	Sunflower Banana Boat	Rice Cakes with Almond Butter	Chocolate Crunch Bars	Chocolate Crunch Bars	Chocolate Crunch Bars
Dinner	Beef, Sweet Potato & Rapini Skillet	One Pan Crispy Chicken with Potatoes & Greens	Beef, Sweet Potato & Rapini Skillet	Beef, Sweet Potato & Rapini Skillet	Salmon with Rice & Greens	Shredded Chicken	Shredded Chicken
						Honey Sesame Bok Choy & Mushrooms	

Low Histamine Diet, Week 1

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1450	Calories 1528	Calories 1442	Calories 1488	Calories 1617	Calories 1548	Calories 1548
Fat 66g	Fat 73g	Fat 71g	Fat 73g	Fat 84g	Fat 83g	Fat 83g
Saturated 9g	Saturated 9g	Saturated 16g	Saturated 12g	Saturated 18g	Saturated 13g	Saturated 13g
Trans 1g	Trans 0g	Trans 1g	Trans 1g	Trans 0g	Trans 0g	Trans 0g
Carbs 141g	Carbs 149g	Carbs 148g	Carbs 140g	Carbs 150g	Carbs 129g	Carbs 129g
Fiber 28g	Fiber 26g	Fiber 31g	Fiber 34g	Fiber 29g	Fiber 30g	Fiber 30g
Sugar 28g	Sugar 23g	Sugar 45g	Sugar 39g	Sugar 39g	Sugar 46g	Sugar 46g
Protein 84g	Protein 78g	Protein 67g	Protein 85g	Protein 80g	Protein 89g	Protein 89g
Cholesterol 156mg	Cholesterol 193mg	Cholesterol 185mg	Cholesterol 156mg	Cholesterol 205mg	Cholesterol 176mg	Cholesterol 176mg
Sodium 1739mg	Sodium 1531mg	Sodium 740mg	Sodium 1878mg	Sodium 938mg	Sodium 2150mg	Sodium 2150mg
Potassium 3025mg	Potassium 2963mg	Potassium 3153mg	Potassium 2974mg	Potassium 3259mg	Potassium 3172mg	Potassium 3172mg
Vitamin A 14619IU	Vitamin A 1556IU	Vitamin A 15476IU	Vitamin A 15069IU	Vitamin A 6735IU	Vitamin A 11858IU	Vitamin A 11858IU
Vitamin C 126mg	Vitamin C 132mg	Vitamin C 143mg	Vitamin C 97mg	Vitamin C 84mg	Vitamin C 97mg	Vitamin C 97mg
Calcium 497mg	Calcium 404mg	Calcium 432mg	Calcium 1019mg	Calcium 888mg	Calcium 993mg	Calcium 993mg
Vitamin D 4IU	Vitamin D 4IU	Vitamin D 6IU	Vitamin D 92IU	Vitamin D 91IU	Vitamin D 96IU	Vitamin D 96IU
Folate 310µg	Folate 258µg	Folate 258µg	Folate 296µg	Folate 181µg	Folate 240µg	Folate 240µg
Vitamin B12 11.1µg	Vitamin B12 9.3µg	Vitamin B12 3.2µg	Vitamin B12 11.1µg	Vitamin B12 6.1µg	Vitamin B12 5.6µg	Vitamin B12 5.6µg
Magnesium 495mg	Magnesium 489mg	Magnesium 373mg	Magnesium 515mg	Magnesium 501mg	Magnesium 485mg	Magnesium 485mg

Zinc	14mg	Zinc	10mg	Zinc	12mg	Zinc	12mg	Zinc	6mg	Zinc	6mg	Zinc	6mg
Selenium	72µg	Selenium	73µg	Selenium	75µg	Selenium	75µg	Selenium	112µg	Selenium	110µg	Selenium	110µg

Low Histamine Diet, Week 1

47 items

Fruits

- 5 Banana
- 1 1/2 Kiwi
- 3 Pear

Breakfast

- 1/2 cup Almond Butter
- 3 1/2 tbsps Maple Syrup
- 6 Plain Rice Cake
- 1 cup Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 1 1/8 tbsps Cumin
- 2 1/4 tbsps Ground Flax Seed
- 2 1/4 tbsps Hemp Seeds
- 3/4 tsp Oregano
- 1 1/2 tbsps Paprika
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Sesame Seeds
- 1/2 cup Slivered Almonds
- 1 1/3 cups Walnuts

Frozen

- 2 cups Frozen Blueberries

Vegetables

- 4 cups Bok Choy
- 1 1/2 cups Broccoli
- 1 1/2 Garlic
- 2 1/4 tbsps Ginger
- 3 cups Kale Leaves
- 3 cups Mini Potatoes
- 2 cups Mushrooms
- 3/4 bunch Rapini
- 1 1/2 tbsps Rosemary
- 1 1/2 Sweet Potato
- 6 cups Swiss Chard
- 3/4 Yellow Onion

Boxed & Canned

- 3/4 cup Brown Rice
- 3/4 cup Quinoa

Baking

- 1 1/2 tbsps Cocoa Powder
- 2 1/4 tbsps Nutritional Yeast
- 1 1/2 cups Oats
- 3/4 tsp Raw Honey
- 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 12 ozs Chicken Thighs With Skin
- 12 ozs Extra Lean Ground Beef
- 1 1/8 lbs Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Coconut Oil
- 1 tbsp Sesame Oil
- 3 tbsps Sunflower Seed Butter

Cold

- 3 1/2 cups Unsweetened Almond Milk

Other

- 3 1/4 cups Water

Chia Oats with Kiwi

4 ingredients · 10 minutes · 1 serving



Directions

1. In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
2. Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size

One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor

Add cinnamon or maple syrup.

Additional Toppings

Add nuts, seeds and berries.

Ingredients

- 1/2 cup Water
- 1/2 cup Oats (rolled)
- 1 tbsp Chia Seeds
- 1/2 Kiwi (chopped)

Nutrition

Amount per serving

Calories	235	Potassium	341mg
Fat	7g	Vitamin A	30IU
Saturated	0g	Vitamin C	32mg
Trans	0g	Calcium	112mg
Carbs	37g	Vitamin D	0IU
Fiber	8g	Folate	22µg
Sugar	4g	Vitamin B12	0µg
Protein	8g	Magnesium	99mg
Cholesterol	0mg	Zinc	2mg
Sodium	6mg	Selenium	12µg

Blueberry Chia Parfait

5 ingredients · 30 minutes · 1 serving



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 1 cup Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 1 1/2 tpsps Maple Syrup
- 1/2 cup Frozen Blueberries (thawed)
- 2 tbsps Slivered Almonds

Nutrition

Amount per serving

Calories	376	Potassium	356mg
Fat	24g	Vitamin A	472IU
Saturated	1g	Vitamin C	2mg
Trans	0g	Calcium	657mg
Carbs	36g	Vitamin D	88IU
Fiber	14g	Folate	5µg
Sugar	14g	Vitamin B12	0µg
Protein	11g	Magnesium	126mg
Cholesterol	0mg	Zinc	0mg
Sodium	143mg	Selenium	0µg

Banana

1 ingredient · 1 minute · 1 serving



Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

1 Banana

Nutrition

Amount per serving

Calories	105	Potassium	422mg
Fat	0g	Vitamin A	76IU
Saturated	0g	Vitamin C	10mg
Trans	0g	Calcium	6mg
Carbs	27g	Vitamin D	0IU
Fiber	3g	Folate	24µg
Sugar	14g	Vitamin B12	0µg
Protein	1g	Magnesium	32mg
Cholesterol	0mg	Zinc	0mg
Sodium	1mg	Selenium	1µg

Toasted Walnuts

1 ingredient · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

2/3 cup Walnuts (shelled)

Nutrition

Amount per serving

Calories	235	Potassium	159mg
Fat	23g	Vitamin A	0IU
Saturated	2g	Vitamin C	0mg
Trans	0g	Calcium	35mg
Carbs	5g	Vitamin D	0IU
Fiber	2g	Folate	35µg
Sugar	1g	Vitamin B12	0µg
Protein	5g	Magnesium	57mg
Cholesterol	0mg	Zinc	1mg
Sodium	1mg	Selenium	2µg

Pear & Walnuts

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor

Season the pear with cinnamon.

Ingredients

1 Pear

1/4 cup Walnuts

Nutrition

Amount per serving

Calories	298	Potassium	339mg
Fat	20g	Vitamin A	45IU
Saturated	2g	Vitamin C	8mg
Trans	0g	Calcium	45mg
Carbs	31g	Vitamin D	0IU
Fiber	8g	Folate	42µg
Sugar	18g	Vitamin B12	0µg
Protein	5g	Magnesium	60mg
Cholesterol	0mg	Zinc	1mg
Sodium	2mg	Selenium	2µg

Sunflower Banana Boat

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
2. Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings

Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.

Ingredients

- 1 **tblsp** Sunflower Seed Butter
- 1 **1/2 tbsps** Water (warm)
- 1 Banana (peeled)
- 1 **tblsp** Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	237	Potassium	515mg
Fat	13g	Vitamin A	84IU
Saturated	4g	Vitamin C	11mg
Trans	0g	Calcium	18mg
Carbs	32g	Vitamin D	0IU
Fiber	5g	Folate	62µg
Sugar	16g	Vitamin B12	0µg
Protein	4g	Magnesium	82mg
Cholesterol	0mg	Zinc	1mg
Sodium	4mg	Selenium	18µg

Cheezy Broccoli Quinoa

5 ingredients · 20 minutes · 3 servings



Directions

1. Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
3. Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Serve it With

Our BBQ Pulled Pork, Maple Mustard Chicken or BBQ Chicken with Grilled Balsamic Vegetables.

Leftovers

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter

Rinse your quinoa before cooking.

More Flavour

Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.

Ingredients

- 3/4 cup Quinoa (uncooked)
- 1 1/3 cups Water
- 1 1/2 cups Broccoli (chopped into florets)
- 2 1/4 tsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	180	Potassium	430mg
Fat	3g	Vitamin A	289IU
Saturated	0g	Vitamin C	41mg
Trans	0g	Calcium	53mg
Carbs	31g	Vitamin D	0IU
Fiber	5g	Folate	107µg
Sugar	1g	Vitamin B12	8.4µg
Protein	9g	Magnesium	95mg
Cholesterol	0mg	Zinc	2mg
Sodium	25mg	Selenium	5µg

Shredded Chicken

2 ingredients · 20 minutes · 5 servings



Directions

1. Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
2. Remove chicken and shred into pieces using two forks.

Notes

Serve it With

Any of our sides, salads or vegetarian pastas.

Leftovers

Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

Ingredients

2 1/2 **tsps** Sea Salt

1 1/4 **lbs** Chicken Breast (skinless, boneless)

Nutrition

Amount per serving

Calories	136	Potassium	377mg
Fat	3g	Vitamin A	34IU
Saturated	1g	Vitamin C	0mg
Trans	0g	Calcium	6mg
Carbs	0g	Vitamin D	1IU
Fiber	0g	Folate	10µg
Sugar	0g	Vitamin B12	0.2µg
Protein	25g	Magnesium	32mg
Cholesterol	82mg	Zinc	1mg
Sodium	1231mg	Selenium	26µg

Rice Cakes with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Spread almond butter across the rice cakes and enjoy!

Notes

No Almond Butter

Use any type of nut or seed butter instead.

Likes it Sweet

Add honey, jam, sliced bananas or berries.

Ingredients

2 Plain Rice Cake

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	262	Potassium	286mg
Fat	18g	Vitamin A	0IU
Saturated	1g	Vitamin C	0mg
Trans	0g	Calcium	110mg
Carbs	21g	Vitamin D	0IU
Fiber	4g	Folate	20µg
Sugar	2g	Vitamin B12	0µg
Protein	8g	Magnesium	111mg
Cholesterol	0mg	Zinc	2mg
Sodium	7mg	Selenium	5µg

Chocolate Crunch Bars

7 ingredients · 2 hours · 3 servings



Directions

1. Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
2. Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
3. Slice into bars and enjoy!

Notes

Serving Size

One serving is equal to one bar.

No Almond Butter

Use peanut butter, hazelnut butter or cashew butter instead.

Storage

After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.

Ingredients

- 2 tbsps Almond Butter
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tbsps Cocoa Powder
- 2 1/4 tsps Hemp Seeds
- 2 1/4 tsps Ground Flax Seed
- 1 1/2 tbsps Maple Syrup
- 1 cup Rice Puffs Cereal

Nutrition

Amount per serving

Calories	197	Potassium	175mg
Fat	15g	Vitamin A	0IU
Saturated	6g	Vitamin C	0mg
Trans	0g	Calcium	54mg
Carbs	15g	Vitamin D	0IU
Fiber	3g	Folate	10µg
Sugar	7g	Vitamin B12	0µg
Protein	4g	Magnesium	63mg
Cholesterol	0mg	Zinc	1mg
Sodium	3mg	Selenium	1µg

Beef, Sweet Potato & Rapini Skillet

7 ingredients · 25 minutes · 3 servings



Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini

Use kale or broccoli instead.

Leftovers

Store leftovers in an airtight container in the fridge for up to three days.

Ingredients

- 12 ozs Extra Lean Ground Beef
- 3/4 Yellow Onion (sliced)
- 2 1/4 tsps Ginger (peeled and grated)
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 Sweet Potato (medium sized, grated)
- 3/4 bunch Rapini (chopped)
- 1/3 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	297	Potassium	1010mg
Fat	12g	Vitamin A	14190IU
Saturated	5g	Vitamin C	43mg
Trans	1g	Calcium	175mg
Carbs	20g	Vitamin D	3IU
Fiber	6g	Folate	92µg
Sugar	6g	Vitamin B12	2.5µg
Protein	28g	Magnesium	69mg
Cholesterol	74mg	Zinc	6mg
Sodium	468mg	Selenium	21µg

One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary

Use thyme or another herb instead.

No Kale

Use another green such as Swiss chard or spinach.

Leftovers

Store in an airtight container in the fridge up to 3 days.

Ingredients

- 12 ozs Chicken Thighs with Skin
- 3 cups Mini Potatoes (halved)
- 1/8 tsp Sea Salt
- 1 1/2 tbsps Rosemary (chopped)
- 3 cups Kale Leaves (chopped)

Nutrition

Amount per serving

Calories	375	Potassium	948mg
Fat	19g	Vitamin A	1127IU
Saturated	5g	Vitamin C	49mg
Trans	0g	Calcium	82mg
Carbs	28g	Vitamin D	3IU
Fiber	4g	Folate	40µg
Sugar	1g	Vitamin B12	0.7µg
Protein	22g	Magnesium	63mg
Cholesterol	111mg	Zinc	2mg
Sodium	260mg	Selenium	22µg

Salmon with Rice & Greens

8 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the rice according to package directions.
3. In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
4. Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
5. To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add butter, ghee, or freshly squeezed lemon juice.

No Swiss Chard

Use spinach or kale instead.

No Brown Rice

Use white rice, quinoa, or cauliflower rice instead.

Ingredients

3/4 cup Brown Rice (uncooked)

1 1/2 tsps Paprika

1 1/8 tsps Cumin

3/4 tsp Oregano (dried)

1/3 tsp Sea Salt

1 1/8 lbs Salmon Fillet

3 tbsps Water

6 cups Swiss Chard (chopped)

Nutrition

Amount per serving

Calories	432	Potassium	1265mg
Fat	13g	Vitamin A	5052IU
Saturated	2g	Vitamin C	22mg
Trans	0g	Calcium	77mg
Carbs	39g	Vitamin D	0IU
Fiber	3g	Folate	64µg
Sugar	1g	Vitamin B12	5.4µg
Protein	39g	Magnesium	167mg
Cholesterol	94mg	Zinc	2mg
Sodium	528mg	Selenium	71µg

Honey Sesame Bok Choy & Mushrooms

6 ingredients · 15 minutes · 2 servings



Directions

1. In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
2. Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

Notes

No Honey

Use maple syrup, coconut sugar or brown sugar.

Leftovers

Refrigerate in an airtight container for up to 4 days.

Serving Size

One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.

Ingredients

- 1 **tblsp** Sesame Oil
- 3/4 **tsp** Raw Honey
- 2 **cups** Mushrooms (halved or quartered)
- 4 **cups** Bok Choy (baby, halved)
- 1/4 **tsp** Sesame Seeds
- 1/8 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	109	Potassium	660mg
Fat	8g	Vitamin A	6255IU
Saturated	1g	Vitamin C	65mg
Trans	0g	Calcium	154mg
Carbs	8g	Vitamin D	7IU
Fiber	2g	Folate	109µg
Sugar	6g	Vitamin B12	0µg
Protein	5g	Magnesium	37mg
Cholesterol	0mg	Zinc	1mg
Sodium	243mg	Selenium	10µg