

Some Vegan Keto/low carb/ low histamine meal options:

These meal options are designed to keep carbs low (~ 20-30g per day), proteins moderate and fats high, though as just suggestions, you can tweak, add and subtract to suit.

Ref calories: first consider your Basal Metabolic Rate (BMR) (calories needed for simple functioning of your organs before any other (exercise) expenditure. Here's a simple BMR calculator:

<https://www.active.com/fitness/calculators/bmr>

NB: possible mast cell/HIT activators in **red**

Breakfast options:

- Coyo coconut yogurt with added extras such as:
- Toasted pumpkin seeds, brazil nuts, macadamia nuts, pecan nuts, tsp ground flaxseeds/linseeds, handful of blueberries, blackberries;
- Coconut bread* with added toppings such as:
- Tahini, pumpkin seed butter, almond butter, macadamia nut butter;
- **Boiled egg** (not technically vegan but for some ok if sourced from over producing ex-batts 😊)) Egg white CAN be mast cell activating so be aware of your tolerance

Dinner options:

- **Omelette** with button mushrooms, fresh cilantro/coriander with a side salad of lettuce leaves, radishes*, cucumber, endive, fresh herbs & olive oil
- Cauliflower rice* with coconut amino tofu*
- Carrot & ginger soup*
- Carrot & coconut soup (Soupologie or similar brand from supermarket)
- Courgette/zucchini spirals with pesto sauce & salad

Snack options:

- **Boiled egg**
- Handful toasted pumpkin seeds
- Protein shake (a good way to load up on some extra fats if needed and to take some supplements in powdered/liquid forms to relieve 'capsuleitis'! (eg Vitamin E drops , Vit C powder, L-Carnitine powder; multi vits/B3 opened capsules etc) 😊
(choose a clean protein shake with as few added ingredients as possible, no sugars! Eg rice, hemp or pea; add Grace Coconut milk and a tbsp cold pressed oil such as hemp, flaxseed, MCT to load the calories).
- **Lupini bean or chick pea hummus*** with celery/cucumber sticks etc (lupini beans are way lower in carbs than traditional chick peas and other beans; most legumes & beans are higher in histamine but can be lowered by soaking overnight and pressure cooking; trial and error!):

Makes 2.5 cups/600ml (for lupini hummus: per ¼ cup serving: 162 cal/5g protein/2.7g net carbs):

- 1.5 cups/250g jarred lupini beans, ½ cup/120ml EVOOil, ½ cup/120ml water, ¼ cup/64g tahini, juice 1 lemon, 1 tsp crushed garlic, 1 tsp ground cumin.
- Put all ingredients in a blender and blend until smooth

BREADS!!! (one of the most challenging things to go without for many, so here are a couple of easy low carb/gluten free bread recipes:

1. Coconut bread:
2. Flaxseed bread:

Recipes:

***Coconut rice** (makes ~5 cups/5.7g carb/28 calories/2.1g protein per cup)

5.5 cups/565g roughly chopped cauliflower (florets & stem): whizz in a blender until about twice the size of grains of rice. Either steam for ~10 mins until rice softens or cook in a pan with sauce for ~10 mins – stir both ways occasionally. Can be refrigerated raw for up to 5 days or freeze for ~ a month.

You can also buy this pre-packed very cheaply from supermarkets if you need quick, easy and low prep foods.

*** Coconut amino tofu** (makes 4 servings/128 cal/11.2g protein/2.6g net carbs per serve):

14oz/397g block firm tofu, 2tbsp coconut aminos, 1 tbs EVOOil. Drain tofu, cut into ½ inch thick slices. In a small dish, whisk together the coconut aminos & olive oil. Dip each piece of tofu in mixture and place on baking sheet. Brush or pour over the remaining mixture. Bake for 25mins until crispy round the edges.

For a lower histamine option, take out the coconut aminos and experiment with coconut flour and herbs of your choice to coat with the olive oil

*** Carrot & ginger soup** (serves 4/6.3g net carbs/234 calories/2.1g protein per serve) :

2tbs olive oil, 1.5 cups/190g sliced carrots, 1.5 cups (360ml) vegetable broth, 1 tbsp fresh grated ginger; 400ml can full fat coconut milk, grated zest of lemon (optional as quite high histamine), ¼ tsp ground black pepper.

Heat oil over medium heat, add carrots & ginger & cook for 5 mins stirring occasionally until carrots start to soften. Add broth and coconut milk & cover. Cook for another 20 mins until carrots are tender. Blend until smooth (~2 mins). Top with optional lemon zest (HIT) & black pepper and/or add a swirl of coconut cream for added calories.

***Zucchini spirals:** (3 small courgettes to make 3 cups spirals/17 calories, 1.2g protein, 2.3net carbs per cup)

- use a spiraliser (you can buy these for just a few \$/£ on amazon) to create your spirals in just 2 mins

Stir fry and add any number of sauces:

*Eg. Easy vegan pesto sauce (makes 1.5 cups/326cals/7.3g protein/1.6 net carbs):

¾ cup/180ml EVOOil, 2 cups fresh basil leaves, ¼ cup (40g) hulled hemp seeds, 1 tbs lemon or lime juice, 1 tsp crushed garlic, ½ tsp salt. Blend all until smoothish according to taste.

BREAD RECIPES:

- 1. **Coconut bread:** (12 servings/slices: 125 cals, 11g protein, 1g carb per serve/slice)
Stores in fridge 3-4 days, freezes 3 mnths
- 6 eggs, 120ml melted coconut, 120ml/50g coconut flour, ¼ tsp salt, ¼ tsp baking powder
- Preheat oven 350F/175C
- Whisk together eggs & coconut oil in a bowl
- Add dry ingredients to bowl & stir until smooth
- Fill bread pan 2/3 of the way up and bake for 40-50 mins or until toothpick/knife comes out clean

2. **Flax/linseed bread:** (makes 1 loaf/12 slices: 125 cals/5g protein, 0.5g carbs per slice)

- 250g whole lin/flaxseeds, pinch salt, 270ml water

Grind half the linseeds in a blender until very fine flower. Then grind the other ½ (do in two halves to make sure all is ground fine). Pour into mixing bowl. Add exactly 270ml water and stir with a wooden spoon until thick and sticky and holds together (around 30secs-1min). Cover your fingers in coconut oil and shape the dough until it has a smooth surface, then drop into baking tin. Rest the loaf for a few mins and then bake in a hot oven (at least 220C/430F) for 60 mins.

One week in the fridge, ~1 month frozen.