



LOW HISTAMINE DIET PLAN



MEAL TIMING	DIETS
Meal 1: 07:45 AM	4 Almonds and 2 walnuts (overnight soaked) ,Have 3-4 slices of cucumber+ 4 leaves of mint water throughout the day
Meal 2: 10:30 AM	Jaun cheela
Meal 3: 12:00 PM	Bowl of apple + fennel tea
Meal 4: 01:30 PM	2 Tomato slices (sprinkle black pepper)- have it 30 minutes before lunch, 2 Jaun roti with any seasonal veg(no aloo, no paneer) + curd
Meal 5: 04:00 PM	Roasted seed mixture (1 tbsp)
Meal 6: 06:00 PM	1 Cup Green Tea
Meal 7: 08:30 PM	Turmeric Milk (Haldi), (1 toasted brown bread slice)- optional
Meal 8: 10:00 PM	Sauf Water

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Meal 1: 07:45 AM	4 Almonds and 2 walnuts (overnight soaked) Have 3-4 slices of cucumber + 4 leaves of mint water throughout the day
Meal 2: 10:30 AM	Rajma chaat
Meal 3: 12:00 PM	Bowl of papaya + fennel tea
Meal 4: 01:30 PM	2 Tomato slices(sprinkle black pepper)- have it 30 minutes before lunch, Rajma curry with brown rice + curd
Meal 5: 04:00 PM	Roasted seed mixture (1 tbsp)
Meal 6: 06:00 PM	Peppermint Tea
Meal 7: 08:30 PM	Sauteed Veggies
Meal 8: 10:00 PM	Saunf water

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