MAST CELL ACTION

Recipe ideas for MCAS

Nourishing Health and Happiness with MCAS

Trusted Information Creator™
Patient Information Forum



Registered Charity Number 1164917

Disclaimers

Trigger warning - this document is about food and contains images of food.

We recognise that many of the images in this guide contain foods that are restricted on low histamine diets. The images are from stock photos and do not exactly reflect a low histamine diet. We have done our best to reduce references to high-histamine foods wherever possible.

Everyone with MCAS is different, and this is general information, not tailored to your individual needs. This resource is intended to be used alongside support from a qualified health professional. Please seek advice from your medical practitioner or dietitian for specific dietary guidance.

We hope you will be confident to adapt the guidance and recipes for your circumstances, and swap out foods that you are not able to tolerate for others that you are.

This sheet is designed for adults with Mast Cell Activation Syndrome. The nutritional needs of children and teenagers will differ, and the nutritional needs of individuals with specific medical conditions will vary.

If your diet is very limited and you feel that you are struggling to get enough nutrients in your diet or have a specific medical condition that may have specific dietary needs, then please ensure you seek individualised dietary advice from a dietitian with experience in this area.

This resource is designed to support, not replace, tailored advice from your medical team.

For more information about low histamine diets and other dietary adjustments, please see our Self-Management Toolkit HERE

Introduction

Why Does Diet Matter?

Diet plays a really important role in helping those with MCAS, but can also be one of the trickiest areas to navigate, as those with MCAS often have dietary triggers.

What you eat can directly influence mast cell behaviour and histamine levels in the body.

Common Dietary Challenges with MCAS

People with MCAS often face considerable challenges with food, including:

- Food sensitivities and intolerances: MCAS can cause reactivity to a wide range of foods.
- Variable and evolving triggers: Food triggers can change over time or vary based on other factors such as stress, hormone levels, illness, or environmental exposures.
- Digestive issues: Symptoms like bloating, nausea, abdominal pain, and altered bowel habits are common and may require additional dietary adjustments.
- Nutritional adequacy: Due to multiple food restrictions, maintaining a balanced, nutrient-rich diet can be difficult without careful planning.

Images for illustrative purposes only - does not show actual recipes.

Lower Histamine Recipe Ideas

These are a selection of recipe ideas that are lower in histamine. Feel free to adapt them and swap any ingredients that don't work for you!



Breakfast



Breakfast Recipes

Quinoa Porridge with Fresh Berries
Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon maple syrup or honey (optional)
- 1/2 teaspoon cinnamon
- Fresh blueberries or sliced apples

Instructions:

1. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce the heat and simmer for about 15 minutes, until the quinoa is tender and the water is absorbed.
2. Stir in the coconut milk, cinnamon, and sweetener (if using). Cook for another 5 minutes until creamy.
3. Serve warm, topped with fresh berries or apples.



Breakfast Recipes

Sweet Potato and mushroom Scramble
Ingredients:

- 1 medium sweet potato, peeled and diced
- 2 tablespoons olive oil
- Handful of mushrooms sliced
- 2 eggs (or substitute with tofu for a vegan option)
- Salt and pepper to taste

Instructions:

1. Boil the sweet potato cubes for about 10 minutes until tender, then drain.
2. In a large pan, heat olive oil over medium heat. Add the sweet potato and cook for 5 minutes until lightly browned.
3. In a frying pan, cook the mushrooms.
4. Crack the eggs into the pan and scramble with the vegetables until fully cooked. Season with salt and pepper to taste.



Breakfast Recipes

Chia Pudding with Pear and Cinnamon
Ingredients:

- 1/4 cup chia seeds
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon maple syrup or honey
- 1 pear, peeled and diced
- 1/2 teaspoon ground cinnamon

Instructions:

1. In a bowl, mix chia seeds, milk, and maple syrup. Stir well and let sit for about 5 minutes, then stir again to prevent clumping.
2. Cover and refrigerate for at least 2 hours or overnight to allow the chia seeds to absorb the liquid and thicken.
3. Top with diced pear and a sprinkle of cinnamon before serving.



Breakfast Recipes

Savory Oatmeal with kale and Herbs
Ingredients:

- 1/2 cup rolled oats
- 1 cup water or coconut milk
- 1 cup fresh kale
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh chives, chopped
- Salt to taste

Instructions:

1. In a saucepan, bring water or coconut milk to a boil. Add oats and reduce the heat to a simmer. Cook for about 5 minutes until the oats are soft.
2. Stir in fresh kale and cook for an additional 1-2 minutes until wilted.
3. Mix in parsley, chives, and a pinch of salt before serving.



Breakfast Recipes

Pumpkin Spice Smoothie
Ingredients:

- 1/2 cup canned pumpkin (pure pumpkin, not pie filling)
- 1 cup coconut milk or almond milk (unsweetened)
- 1/2 teaspoon pumpkin pie spice (or just cinnamon if more sensitive)
- 1 tablespoon maple syrup or honey (optional)

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately, or refrigerate for a cool, creamy breakfast.



Breakfast Recipes

Oatmeal with Pear and Ginger
Ingredients:

- 1/2 cup rolled oats
- 1 cup water or coconut milk
- 1 pear, peeled and diced
- 1/2 teaspoon fresh ginger, grated
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup or honey (optional)

Instructions:

1. Combine oats and water (or coconut milk) in a pot and bring to a boil. Reduce the heat and simmer until the oats are soft.
2. Stir in diced pear, ginger, chia seeds, and sweetener if using. Cook for an additional 2-3 minutes.
3. Serve warm.



Lunch And Dinner



Lunch/Dinner Recipes

Grilled Chicken with Courgette Noodles
Ingredients:

- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 courgettes, spiralized into noodles
- 1 clove garlic, minced
- 1 tablespoon fresh basil, chopped
- Salt and pepper to taste

Instructions:

1. Preheat the grill to medium-high heat. Brush chicken breasts with olive oil and season with salt and pepper.
2. Grill the chicken for about 6-7 minutes on each side until fully cooked. Remove from the grill and let rest.
3. In a pan, heat the remaining olive oil over medium heat. Add garlic and cook for 1 minute.
4. Add courgette noodles and sauté for 3-4 minutes until tender. Toss with fresh basil.
5. Slice the grilled chicken and serve it over courgette noodles.



Lunch/Dinner Recipes

Baked Cod with Sweet Potato Mash
Ingredients:

- 2 cod fillets
- 2 tablespoons olive oil
- 1 tablespoon fresh parsley, chopped
- 2 medium sweet potatoes, peeled and chopped
- 1/4 cup coconut milk or almond milk
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Place the cod fillets on a baking sheet, drizzle with olive oil, and season with salt, pepper, and parsley. Bake for 15-20 minutes until the fish is flaky.
2. Meanwhile, boil the sweet potatoes in water until tender, about 15 minutes. Drain and mash with coconut milk. Season with salt and pepper.
3. Serve the baked cod with the sweet potato mash on the side.



Lunch/Dinner Recipes

Turkey and Courgette Meatballs

Ingredients:

- 1 lb ground turkey
- 1 cup grated courgette (squeeze out excess moisture)
- 1/4 cup chopped fresh parsley
- 1 egg
- 1/4 cup gluten-free breadcrumbs or almond flour
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a bowl, mix all ingredients until well combined. Form the mixture into small meatballs and place on the prepared baking sheet.
3. Bake for 20-25 minutes until cooked through and golden brown.



Lunch/Dinner Recipes

Sweet Potato and Kale Salad

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 2 tablespoons olive oil
- 2 cups fresh kale, chopped
- 1/4 cup pumpkin seeds
- 1/4 cup pomegranate seeds (optional)
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Toss sweet potato cubes with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender.
2. In a large bowl, combine kale, roasted sweet potatoes, pumpkin seeds, and pomegranate seeds.
3. Drizzle with apple cider vinegar and toss to combine.



Lunch/Dinner Recipes

Herb-Roasted Chicken with Carrots
Ingredients:

- 2 chicken thighs or breasts
- 1 tablespoon olive oil
- 2 teaspoons dried thyme
- 2 teaspoons dried rosemary
- 2 large carrots, peeled and chopped
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Rub chicken with olive oil, thyme, rosemary, salt, and pepper.
2. Place chicken and carrots on a baking sheet. Roast for 25-30 minutes until chicken is cooked through and carrots are tender.



Lunch/Dinner Recipes

Cauliflower Rice Stir-Fry
Ingredients:

- 1 head of cauliflower, grated into rice-sized pieces
- 1 tablespoon olive oil
- 1 cup mixed vegetables (such as bell peppers, carrots, and peas)
- 2 cloves garlic, minced
- 1 tablespoon coconut aminos (optional)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pan over medium heat. Add garlic and cook for 1 minute.
2. Add mixed vegetables and sauté until tender.
3. Stir in cauliflower rice and cook for 5-7 minutes, until cauliflower is tender.
4. Season with coconut aminos, salt, and pepper.



Snacks and Puddings



Snacks and Pudding Recipes

Blueberry Coconut Energy Bites

Ingredients:

- 1/2 cup unsweetened shredded coconut
- 1/4 cup coconut flour
- 1/4 cup fresh or frozen blueberries
- 2 tablespoons maple syrup or honey
- 1 tablespoon coconut oil, melted

Instructions:

1. In a food processor, combine all ingredients and pulse until well mixed.
2. Roll the mixture into small balls and place them on a baking sheet.
3. Refrigerate for 30 minutes to firm up before serving.



Snacks and Pudding Recipes

Pear and Ginger Crumble
Ingredients:

- 3 ripe pears, peeled and sliced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon maple syrup or honey
- 1/2 cup almond flour
- 2 tablespoons coconut oil, melted
- 1/4 teaspoon ground cinnamon

Instructions:

1. Preheat the oven to 350°F (175°C). Place pear slices in a baking dish and sprinkle with ginger and maple syrup.
2. In a bowl, mix almond flour, melted coconut oil, and cinnamon to create a crumbly topping.
3. Sprinkle topping over the pears and bake for 20-25 minutes until the topping is golden brown.



Snacks and Pudding Recipes

Ingredients:

- 2 apples, thinly sliced
- 1 teaspoon cinnamon

Instructions:

1. Preheat the oven to 200°F (93°C). Line a baking sheet with parchment paper.
2. Arrange apple slices in a single layer on the baking sheet. Sprinkle with cinnamon.
3. Bake for 1-2 hours, turning occasionally, until apples are crispy and dry.



Snacks and Pudding Recipes

Coconut Macaroons

Ingredients:

- 2 cups unsweetened shredded coconut
- 1/2 cup egg whites (about 3 large eggs)
- 1/2 cup maple syrup or honey
- 1/2 teaspoon vanilla extract (optional)

Instructions:

1. Preheat the oven to 325°F (163°C). Line a baking sheet with parchment paper.
2. In a bowl, mix coconut, egg whites, sweetener, and vanilla extract.
3. Drop spoonfuls of the mixture onto the baking sheet.
4. Bake for 15-20 minutes, until macaroons are golden brown.



Drinks



Drink Recipes

Herbal Tea (Peppermint and Ginger)
Ingredients:

- 1 tablespoon fresh peppermint leaves (or 1 peppermint tea bag)
- 1-inch piece of fresh ginger, sliced
- 2 cups boiling water
- Honey to taste (optional)

Instructions:

1. Place peppermint leaves and ginger slices in a teapot or heatproof container.
2. Pour boiling water over the herbs and let them steep for 5-10 minutes.
3. Strain the tea into cups and sweeten with honey if desired.



Drink Recipes

Green Smoothie
Ingredients:

- 1 cup kale
- 1/2 cucumber, peeled and sliced
- 1/2 apple, sliced
- 1/2 cup coconut water
- 1 tablespoon chia seeds

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth, adding more coconut water if needed for consistency.
3. Serve immediately for a refreshing, nutrient-rich drink.



Drink Recipes

Coconut Water with Fresh Mint
Ingredients:

- 1 cup coconut water
- Fresh mint leaves
- Ice cubes

Instructions:

1. Fill a glass with coconut water.
2. Add fresh mint leaves and ice cubes.
3. Stir and enjoy a cooling, hydrating beverage.



Drink Recipes

Warm Apple Cinnamon Drink
Ingredients:

- 2 cups apple juice (100% pure, no additives)
- 1 cinnamon stick
- 1-2 cloves (optional)
- 1/2 teaspoon vanilla extract (optional)

Instructions:

1. In a saucepan, combine apple juice, cinnamon stick, and cloves. Heat over medium heat until warm.
2. Remove from heat and stir in vanilla extract if using. Serve warm.



Drink Recipes

Mango and kale Smoothie
Ingredients:

- 1 cup fresh or frozen mango chunks
- 1 cup fresh kale
- 1/2 cup coconut water
- 1/2 cup ice cubes (optional)

Instructions:

1. Combine mango, spinach, and coconut water in a blender.
2. Blend until smooth, adding ice cubes if desired for a colder smoothie.



Drink Recipes

Herbal Mint Iced Tea
Ingredients:

- 2 mint tea bags
- 4 cups boiling water
- Fresh mint leaves
- Ice cubes

Instructions:

1. Steep tea bags in boiling water for 5-7 minutes. Remove tea bags and let cool to room temperature.
2. Pour tea over ice cubes and garnish with fresh mint leaves.



Drink Recipes

Cucumber Mint Infused Water
Ingredients:

- 1 cucumber, sliced
- Fresh mint leaves
- 4 cups water

Instructions:

1. Combine cucumber slices and mint leaves in a pitcher.
2. Fill with water and refrigerate for at least 2 hours to allow flavors to infuse.
3. Serve chilled.



Drink Recipes

Berry Smoothie
Ingredients:

- 1 cup frozen mixed berries (such as blueberries and strawberries)
- 1 cup coconut milk or almond milk (unsweetened)
- 1 tablespoon flaxseeds or chia seeds
- 1 teaspoon honey or maple syrup (optional)

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth and serve immediately.



Meal Planning

Meal Planning Kit

Weekly Meal Planning Template

This template helps you plan breakfast, lunch, dinner, and snacks for each day of the week. It also includes sections for noting any specific dietary goals.

A full-size version is available on page 55 for you to print out and complete.

WEEK OF:

DAY	Breakfast	Lunch	Dinner	Snacks	Notes/goals
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Shopping List

This template allows you to organise your shopping list based on food categories, ensuring you don't miss any essential items, and is designed to help you quickly navigate the supermarket.

A full-size version is available on page 56 for you to print out and fill in.

Category	*Items to Buy*
Fresh Meats & Fish	
Vegetables	
Fruits	
Grains & Starches	
Dairy/Dairy Alternatives	
Fats & Oils	
Herbs and Spices	
Snacks	
Beverages	
Supplements	
Other	

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Weekly Meal Planning Template

Week of:					
Day	Breakfast	Lunch	Dinner	Snacks	Notes/goals
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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Weekly Shopping Planner

Category	Items to Buy
Fresh Meats & Fish	
Vegetables	
Fruits	
Grains & Starches	
Dairy/Dairy Alternatives	
Fats & Oils	
Herbs and Spices	
Snacks	
Beverages	
Supplements	
Other	

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Meal Planning

Meal Prep Template

For those who experience fatigue as a symptom of MCAS, preparing and cooking meals from scratch every day can be challenging. Energy levels can vary, and even simple tasks may feel overwhelming at times.

Planning meals in advance makes it easier for us to ensure we are getting a balanced diet, with a sufficient range of nutrients.

This template guides you through the process of meal prep, helping you plan out cooking and preparation tasks for the week. It includes space for listing tasks by day and notes for storage and reheating instructions.

A full-size version is available on P57 for you to print out and fill in.

Task	*Day*	*Notes (Storage/Reheating, etc)*
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	

Meal Preparation Planning Template

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Task	Day	Notes (Storage/Reheating, etc)
	Monday	
	Tuesday	
	Wednesday	
	Thursday	
	Friday	
	Saturday	
	Sunday	

Thank you

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