



THE MIGRAINE CONTROL DIET

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FOREWORD BY CHEF SANDRA MALLUT

If you've ever had a migraine, you know it's not "just a headache." And if you've ever been unlucky enough to experience Cluster Headaches, you know they belong in a whole different category of misery.



Cluster headaches are among the most severe types of head pain, often striking in “clusters” — the same time every day for weeks — with searing, stabbing pain on one side of the head, often behind the eye. They can leave you restless, pacing, and unable to sit still, and nothing seems to calm them until they finally pass.

I know this because I had them. My entire family dealt with headaches — migraines were practically a family tradition — but I drew the short straw and got cluster headaches. They were horrible. I’d pace, rock, press my head against the wall... anything to get through the attack. Over time, thankfully, I’ve grown out of them for the most part, but those years shaped how I think about food, health, and living well.

While headaches can’t always be prevented, I learned early on that what you eat does matter. For cluster headaches, certain triggers like alcohol (especially red wine), processed meats with nitrates, and high-histamine foods are common culprits. For both migraines and clusters, eating in a way that supports brain health, reduces inflammation, and stabilizes blood sugar can help you stay in the safe zone.

Foods that often help include:

- Magnesium-rich foods: pumpkin seeds, spinach, quinoa, black beans
- Omega-3 fats: salmon, sardines, flaxseed, chia seeds
- Hydrating produce: cucumber, watermelon, celery
- Anti-inflammatory foods: berries, beets, leafy greens
- Fresh proteins: chicken, turkey, fresh fish, eggs

This book you’re holding is packed with that kind of food — dishes that are fresh, nourishing, and mindful of the ingredients that can set off headaches. I was honored to contribute to it, bringing my chef’s perspective, my personal experience, and my belief that healthy cooking doesn’t have to be bland or boring.

I also believe in keeping things real. Yes, this is a serious subject — but we can still enjoy the process. Cooking should feel empowering, not stressful. Food should make you excited to eat, not nervous about what it might do to you later.

So here’s my advice: read the first chapters to understand your body, make a plan that works for you, and then have fun with the recipes. Try new flavors, batch-cook for busy days, and don’t be afraid to adapt things to your own needs.



Most of all — keep cooking, keep experimenting, and keep choosing foods that make you feel good long after the plate is empty. You deserve that.

And as a chef, let me just say — if anyone tells you “healthy” food can’t be delicious, invite them over, cook them something from this book, and watch them eat their words... preferably with a fork and knife.

Now, let’s get into the kitchen and make something that keeps those headaches in the past — where they belong.

— **Chef.Sandra.Mallut**

About the Contributor

Chef Sandra Mallut is a seasoned culinary professional with over 20 years of experience as a chef, educator, and recipe developer. She is passionate about creating dishes that nourish the body while delighting the palate. Having personally battled cluster headaches and growing up in a family of migraine sufferers, Sandra understands firsthand how profoundly food choices can influence health and quality of life. Her work blends expertise, empathy, and flavor to inspire cooking that heals as much as it satisfies.



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INTRODUCTION

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INTRO



Migraines are not just “bad headaches” — they are complex neurological events that can disrupt every part of your life. The pounding pain, the light sensitivity, the nausea, the exhaustion afterward... it can make the simplest things feel impossible. For many, even the fear of a migraine is enough to change how they live their daily life.

The good news? While there’s no single magic cure, what you eat can play a major role in reducing the frequency and severity of attacks. Food influences inflammation, blood vessel function, brain chemistry, and even hydration — all key factors in headache health.

This cookbook is designed to make migraine-friendly eating simple, satisfying, and sustainable. Every recipe here has been carefully created to:

- Avoid common trigger foods (aged cheeses, processed meats, chocolate, alcohol, MSG, artificial sweeteners, and more)
 - Use fresh, whole ingredients that support brain and body health
 - Balance protein, healthy fats, and complex carbs to keep blood sugar steady
 - Be quick to prepare, with easy-to-find ingredients
- Offer both hearty meat-based and flavorful vegetarian dishes

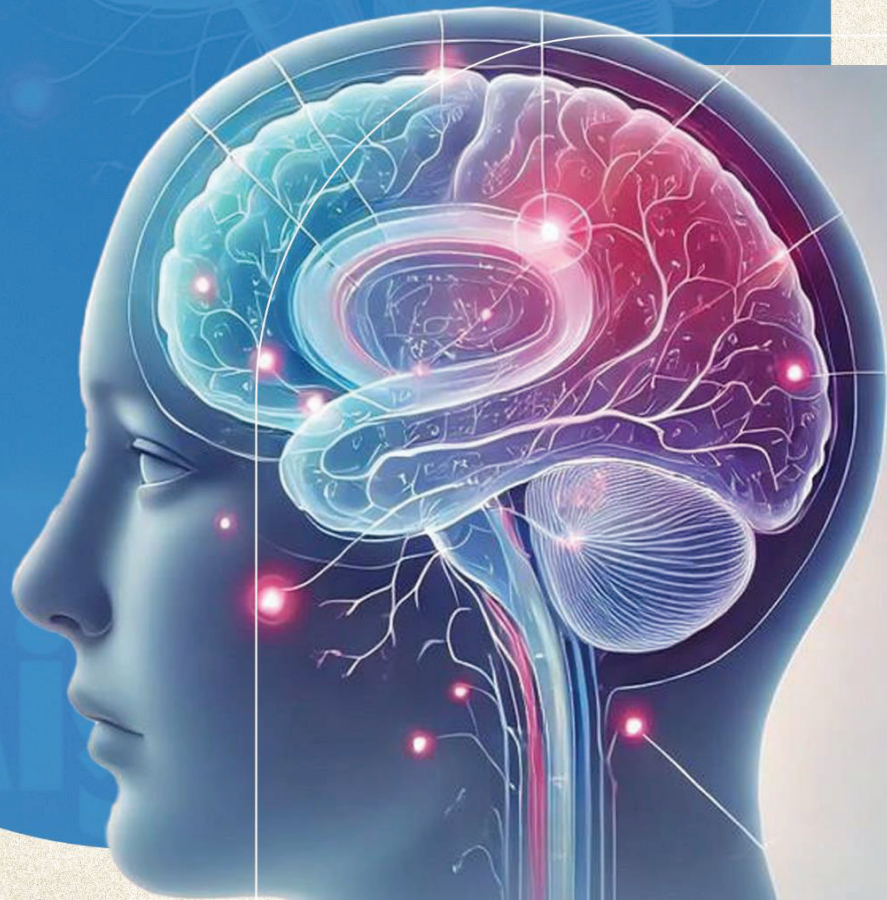
Migraines may be complicated — but cooking to help prevent them doesn’t have to be. This is not a “diet” book. It’s a practical, flavorful toolkit you can use every day. Whether you get migraines yourself, live with someone who does, or simply want to eat in a way that supports brain health, this book is for you.



CHAPTER 1

UNDERSTANDING MIGRAINES

“WHAT THEY ARE “



Migraines!

Migraines are a neurological condition involving abnormal brain activity that affects nerve signaling, blood vessels, and chemical balance. They can be mild and occasional or severe and chronic. Attacks often have multiple stages:

1. Prodrome – Subtle warning signs hours or days before (yawning, mood changes, food cravings, neck stiffness).
2. Aura – Visual or sensory disturbances before the pain (flashing lights, zigzag lines, tingling).
3. Headache Phase – Throbbing, often one-sided head pain, sometimes with nausea, vomiting, and extreme sensitivity to light, sound, or smells.
4. Postdrome – The “migraine hangover” with fatigue, brain fog, and low energy.

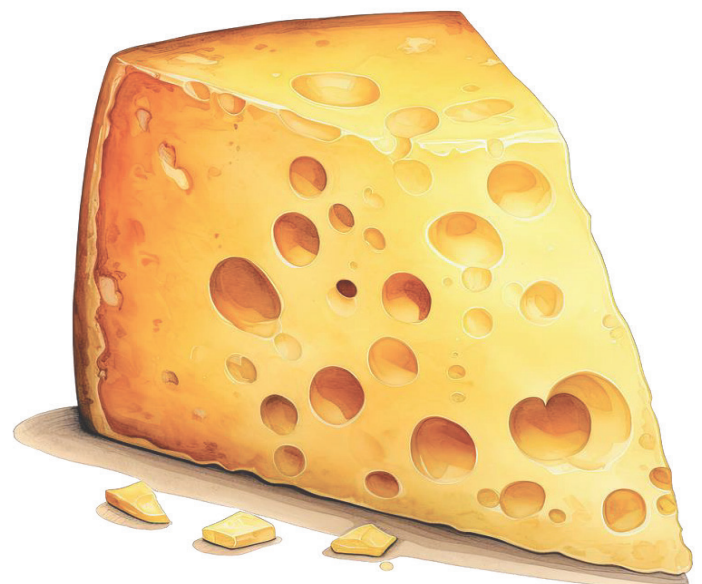
Common Triggers

While triggers are unique for everyone, some are especially common: Food Triggers

- Aged cheeses – cheddar, parmesan, blue, gouda, Swiss
 - Processed/cured meats – bacon, ham, salami, pepperoni (nitrates/nitrites)
 - Chocolate – especially dark
 - Alcohol – red/white wine, beer, sparkling drinks, spirits
 - MSG and flavor enhancers – in soups, snacks, sauces
 - Artificial sweeteners – aspartame, sucralose
 - Sulfites – in dried fruits, wine, vinegar
- High-histamine foods – fermented foods, long-held leftovers

Other Triggers

- Skipping meals
 - Dehydration
 - Hormonal shifts
 - Stress and lack of sleep
 - Bright/flickering lights
- Strong smells



Helpful Foods

These foods can support brain health, reduce inflammation, and help keep migraines at bay:

- Fresh proteins – chicken, turkey, fresh fish, eggs, lean beef
- Whole carbs – quinoa, oats, brown rice, sweet potatoes
- Healthy fats – olive oil, avocado oil (if tolerated), pumpkin/sunflower seeds
- Low-histamine produce – cucumber, carrots, zucchini, leafy greens, berries, apples, pears
- Anti-inflammatory herbs/spices – parsley, basil, dill, turmeric, ginger, cinnamon

The Elimination & Reintroduction Approach If you're not sure what triggers you, try this method:

1. Eliminate the common trigger foods above for 2–4 weeks.
2. Reintroduce one food at a time, every 3 days, in small amounts.
3. Track your symptoms — if a headache appears, that food might be a trigger.

Lifestyle Factors That Help

- Eat every 3–4 hours to avoid blood sugar crashes.
- Drink 2–2.5 liters of water daily.
- Get consistent sleep — same bedtime and wake time daily.
- Manage stress — light exercise, deep breathing, yoga, or meditation.
- Store leftovers properly — histamine builds up as food ages; freeze if keeping longer than 48 hours.



CHAPTER 2

APPETIZERS & SAUCES

APPETIZERS

SAUCES



Appetizers and sauces are more than just extras — they set the tone for the meal and can make healthy eating exciting. These recipes skip common migraine triggers while packing in fresh flavors.

Chicken & Avocado Lettuce Cups (P) Servings: 4 | Prep: 10 min



Ingredients

- 200 g (7 oz / 1½ cups) cooked chicken breast, shredded
- 1 ripe avocado (150 g / 5 oz), diced
- 2 Tbsp (30 mL) olive oil
- 1 Tbsp (15 mL) lime juice (omit if citrus-sensitive)
- 8 large lettuce leaves (butter or romaine)

Steps

1. In a bowl, mix chicken, avocado, olive oil, and lime juice.
2. Spoon mixture into lettuce leaves.
3. Serve immediately for crisp freshness.



Why it Helps

This light, protein-rich dish balances healthy fats from avocado with lean chicken to keep blood sugar steady, helping to prevent migraine-triggering energy crashes. Olive oil adds anti-inflammatory compounds, while fresh lettuce avoids high-histamine ingredients, making it a safe and nourishing choice.

Smoked Salmon & Cucumber Bites (P)

Servings: 12 bites | Prep: 8 min



Ingredients

- 1 cucumber (250 g / 9 oz), sliced into 12 rounds
- 100 g (3½ oz) smoked salmon (nitrate-free)
- 2 Tbsp (30 g) cream cheese
- Fresh dill for garnish

Steps

1. Spread cream cheese on cucumber slices.
2. Top with salmon and a sprig of dill.
3. Serve chilled.



Why it Helps

Nitrate-free salmon provides omega-3 fatty acids that support brain health and reduce inflammation, while cucumber boosts hydration — key for preventing migraine onset. Cream cheese offers gentle creaminess without the histamine load of aged cheeses.

Mini Turkey & Zucchini Meatballs (P)

Servings: 20 meatballs | Prep: 10 min | Cook: 15 min



Ingredients

- 500 g (1 lb) ground turkey
- 1 small zucchini (150 g / 5 oz), grated and squeezed dry
- 1 tsp (3 g) garlic powder (omit if sensitive)
- 1 Tbsp (8 g) chopped parsley
- 1 Tbsp (15 mL) olive oil

Steps

1. Heat oven to 190 °C / 375 °F.
2. Mix turkey, zucchini, garlic powder, parsley.
3. Roll into 20 small balls; place on lined tray.
4. Brush with oil; bake 14–15 min until cooked through.



Why it Helps

Lean turkey is a steady energy protein source that avoids common migraine triggers like nitrates. Zucchini provides hydration and gentle fiber, while parsley and olive oil add anti-inflammatory benefits without irritating the system.

Roasted Red Pepper & White Bean Spread (V)

Servings: 8 | Prep: 5 min | Cook: 10 min



Ingredients

- 2 roasted red peppers (200 g / 7 oz)
- 1 can (400 g / 14 oz) white beans, rinsed and drained
- 2 Tbsp (30 mL) olive oil
- 1 tsp (5 mL) apple cider vinegar (omit if vinegar-sensitive)

Steps

1. Blend peppers, beans, olive oil, and vinegar until smooth.
2. Chill before serving with vegetables or crackers.



Why it Helps

White beans are rich in magnesium, a mineral known to help reduce migraine frequency. Roasted peppers add vitamin C and antioxidants, while olive oil supports brain health and reduces inflammation.

Lemon-Basil Pesto (V) Servings: 1 cup | Prep: 5 min



Ingredients

- 50 g (2 cups loosely packed) fresh basil leaves
- 60 g (½ cup) sunflower seeds
- 60 mL (¼ cup) olive oil
- 1 Tbsp (15 mL) lemon juice (omit if citrus-sensitive) • Pinch sea salt

Steps

1. Blend basil, sunflower seeds, olive oil, lemon juice, and salt until smooth.
2. Use as a dip, sauce, or sandwich spread.



Why it Helps

Basil offers natural anti-inflammatory properties, and sunflower seeds are packed with magnesium to support nerve function. Olive oil provides healthy fats that promote stable energy and brain health, reducing migraine risk.

Shrimp Cocktail with Fresh Herb Sauce (P)

Servings: 4 | Prep: 10 min | Cook: 3 min



Ingredients

- 300 g (10 oz) shrimp, peeled & deveined
- 1 Tbsp (15 mL) olive oil
- 1 tsp (3 g) paprika

For Sauce:

- 100 g (½ cup) plain Greek yogurt (low-fat, unaged)
- 1 Tbsp (8 g) chopped parsley
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Toss shrimp with olive oil and paprika; boil or steam 2–3 min until pink.
2. Mix yogurt, parsley, and lemon juice for sauce.
3. Serve shrimp warm or chilled with sauce on the side.



Why it Helps

Shrimp provides lean protein without high-histamine processing, while parsley delivers anti-inflammatory compounds. Greek yogurt offers gentle creaminess and probiotics without the migraine risk of aged dairy products.

CHAPTER 3

SALADS & DRESSINGS

SALADS & D

DRESSING



Salads can be hearty, satisfying meals — not just side dishes. These recipes balance protein, healthy fats, and complex carbs to keep you full and your blood sugar steady, while avoiding common migraine triggers.

Grilled Chicken, Quinoa & Berry Salad (P) Servings: 4 | Prep: 15 min | Cook: 15 min



Ingredients

- 2 chicken breasts (300 g / 10 oz total)
- 150 g ($\frac{3}{4}$ cup) quinoa, rinsed • 200 g ($1\frac{1}{2}$ cups) mixed berries (blueberries, strawberries, raspberries) • 50 g (2 cups) baby spinach
- 2 Tbsp (30 mL) olive oil
- 1 Tbsp (15 mL) apple cider vinegar (omit if vinegar-sensitive)

Steps

1. Cook quinoa according to package; cool slightly.
2. Grill chicken until cooked through; slice.
3. Toss quinoa, spinach, berries, olive oil, and vinegar; top with chicken.



Why it Helps

Quinoa is magnesium-rich, supporting nerve relaxation and reducing migraine frequency. Fresh berries add antioxidants that combat inflammation, while lean grilled chicken keeps blood sugar stable, preventing migraine-triggering energy dips.

Tuna & Avocado Salad (P)

Servings: 2 | Prep: 5 min



Ingredients

- 1 can (150 g / 5 oz) tuna in water, drained
- 1 avocado (150 g / 5 oz), diced
- 2 Tbsp (30 mL) olive oil
- ½ tsp (2 g) garlic powder (omit if sensitive)
- 2 cups (60 g) mixed greens

Steps

1. Mix tuna, avocado, olive oil, and garlic powder.
2. Serve over greens.



Why it Helps

Tuna provides omega-3 fatty acids to reduce inflammation and support brain health, while avocado delivers healthy fats that help maintain steady energy. Mixed greens boost hydration and supply migraine-friendly vitamins and minerals.

Roast Beef & Roasted Vegetable Salad (P)

Servings: 4 | Prep: 10 min | Cook: 20 min



Ingredients

- 200 g (7 oz) nitrate-free roast beef, sliced thin
- 1 zucchini (150 g / 5 oz), sliced
- 1 red bell pepper (120 g / 4 oz), sliced
- 1 Tbsp (15 mL) olive oil
- 4 cups (120 g) arugula

Steps

1. Roast zucchini and pepper at 200 °C / 400 °F for 18–20 min.
2. Arrange arugula on plates; top with roast beef and vegetables.



Why it Helps

Using nitrate-free beef avoids a common migraine trigger, while zucchini and peppers provide hydrating, antioxidant-rich nutrients. Arugula adds gentle bitterness that supports digestion without histamine overload.

Spinach & Strawberry Salad (V)

Servings: 4 | Prep: 5 min



Ingredients

- 150 g (5 oz) baby spinach
- 200 g (1½ cups) strawberries, sliced
- 50 g (½ cup) sunflower seeds
- 2 Tbsp (30 mL) olive oil
- 1 Tbsp (15 mL) balsamic vinegar (omit if vinegar-sensitive)

Steps

1. Toss spinach, strawberries, and sunflower seeds.
2. Drizzle with olive oil and vinegar before serving.

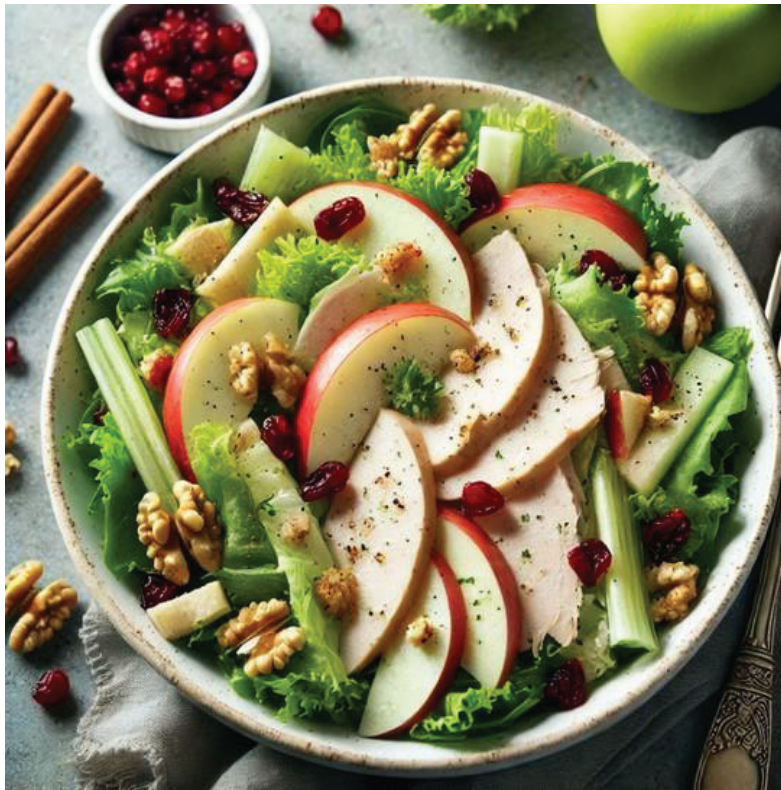


Why it Helps

Spinach and sunflower seeds are excellent magnesium sources, which help reduce migraine frequency. Strawberries add vitamin C for immune and vascular health, while olive oil provides healthy fats that stabilize energy.

Turkey & Apple Salad (P)

Servings: 2 | Prep: 5 min



Ingredients

- 150 g (5 oz) cooked turkey breast, diced
- 1 apple (150 g / 5 oz), chopped
- 2 cups (60 g) mixed greens
- 2 Tbsp (30 mL) olive oil
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Toss all ingredients together.
2. Serve immediately for best crunch.



Why it Helps

Lean turkey provides clean protein without common migraine-triggering additives, and apple adds natural sweetness plus hydration. Mixed greens and olive oil work together to reduce inflammation and support brain function.

Creamy Dairy-Free Dill Dressing (V)

Makes: 1 cup | Prep: 5 min



Ingredients

- 120 g (½ cup) plain dairy-free yogurt
- 2 Tbsp (8 g) chopped fresh dill
- 1 Tbsp (15 mL) olive oil
- 1 tsp (5 mL) apple cider vinegar (omit if vinegar-sensitive)

Steps

1. Whisk all ingredients until smooth.
2. Store in refrigerator for up to 4 days.



Why it Helps

This dairy-free option avoids histamine-rich aged dairy, while dill offers natural anti-inflammatory properties. Olive oil adds healthy fats that promotes steady energy, helping reduce migraine risk.

CHAPTER 4

SNACKS

SNACKS



Snacks are your safety net. They keep blood sugar steady, prevent hunger-triggered headaches, and help you avoid the temptation of high-trigger convenience foods. These recipes are quick, portable, and satisfying.

Turkey & Hummus Roll-Ups (P)

Servings: 4 rolls | Prep: 5 min



Ingredients • 4 slices nitrate-free turkey breast (120 g / 4 oz) • 4 Tbsp (60 g) plain hummus • 4 cucumber sticks (about 8 cm / 3 in each)

Steps

1. Spread hummus on each turkey slice.
2. Place cucumber stick in center, roll up, and serve.



Why it Helps

Nitrate-free turkey avoids a common migraine trigger, while hummus provides plant-based protein and magnesium from chickpeas. Crisp cucumber boosts hydration, which is essential for migraine prevention.

Roasted Chickpeas (V) Servings: 4 | Prep: 5 min | Cook: 25 min



Ingredients

- 1 can (400 g / 14 oz) chickpeas, rinsed & dried
- 1 Tbsp (15 mL) olive oil
- 1 tsp (3 g) smoked paprika

Steps

1. Heat oven to 200 °C / 400 °F.
2. Toss chickpeas with oil and paprika; spread on baking sheet.
3. Roast 25 min, shaking halfway, until crisp.



Why it Helps

Chickpeas are rich in magnesium and fiber, which support stable blood sugar levels, and nerve health. Olive oil provides anti-inflammatory fats, helping lower migraine risk.

Rice Cakes with Avocado & Salmon (P)

Servings: 2 | Prep: 5 min



Ingredients

- 2 plain rice cakes
- ½ avocado (75 g / 2½ oz), mashed
- 60 g (2 oz) smoked salmon (nitrate-free)

Steps

1. Spread avocado on rice cakes.
2. Top with salmon and serve.



Why it Helps

Avocado delivers healthy fats and potassium to support nerve and muscle function, while nitrate-free salmon provides omega-3s to reduce inflammation. The rice cakes offer an easy-to-digest base without triggering additives.

Fresh Fruit with Sunflower Seed Butter (V)

Servings: 2 | Prep: 3 min



Ingredients

- 2 apples or pears (300 g / 10 oz)
- 4 Tbsp (64 g) sunflower seed butter

Steps

1. Slice fruit.
2. Serve with sunflower butter for dipping.



Why it Helps

Apples and pears are low-histamine, hydrating fruits, and sunflower seeds are high in magnesium, which supports relaxation of blood vessels. This pairing balances natural sugars with healthy fats for stable energy.

Mini Chicken Skewers (P)

Servings: 6 skewers | Prep: 10 min

Cook: 10 min



Ingredients

- 300 g (10 oz) chicken breast, cut into cubes
- 1 Tbsp (15 mL) olive oil
- 1 tsp (3 g) garlic powder (omit if sensitive)

Steps

1. Toss chicken with oil and garlic powder.
2. Thread onto small skewers; grill or pan-sear 4–5 min per side until cooked.



Why it Helps

Fresh chicken is a clean protein source that avoids histamine buildup from processed meats. Olive oil adds anti-inflammatory benefits, while the simple seasoning minimizes migraine-triggering additives.

Pumpkin Seed & Coconut Trail Mix (V)

Servings: 8 | Prep: 5 min



Ingredients

- 150 g (1 cup) pumpkin seeds
- 100 g (1 cup) unsweetened coconut flakes
- 75 g (½ cup) dried blueberries (unsulfited)

Steps

1. Mix all ingredients in a bowl.
2. Store in airtight container up to 2 weeks.



Why it Helps

Pumpkin seeds are one of the best dietary sources of magnesium, which helps reduce migraine frequency. Coconut adds healthy fats for steady energy, and unsulfited blueberries bring antioxidants to calm inflammation.

CHAPTER 5

LUNCHES

LUNCHES



Lunch is often the meal that determines how the rest of your day feels. A good lunch keeps your blood sugar steady, energy consistent, and helps you avoid that mid-afternoon crash — which can sometimes open the door to a headache. These recipes are fresh, filling, and full of flavor without relying on common migraine triggers.

Grilled Lemon-Herb Chicken Wraps (P) Servings: 4 | Prep: 15 min | Cook: 10 min



Ingredients

- 2 chicken breasts (300 g / 10 oz)
- 2 Tbsp (30 mL) olive oil
- 1 tsp (3 g) dried oregano
- 4 large whole-grain tortillas (no additives)
- 2 cups (60 g) romaine lettuce, shredded
- 1 cucumber (150 g / 5 oz), sliced

Steps

1. Coat chicken with olive oil and oregano; grill 5–6 min per side until cooked.
2. Slice chicken; fill tortillas with lettuce, cucumber, and chicken.
3. Roll up and serve.



Why it Helps

Fresh chicken avoids histamine buildup and provides steady energy protein, while cucumber adds hydration to help prevent migraines. Whole-grain tortillas keep blood sugar stable without triggering additives.

Turkey & Sweet Potato Chili (P)

Servings: 6 | Prep: 10 min | Cook: 35 min



Ingredients

- 500 g (1 lb) ground turkey
- 2 medium sweet potatoes (400 g / 14 oz), diced
- 1 can (400 g / 14 oz) crushed tomatoes (no additives)
- 1 tsp (3 g) cumin
- 1 Tbsp (15 mL) olive oil

Steps

1. Heat oil in pot; brown turkey.
2. Add sweet potatoes, tomatoes, cumin; simmer 25–30 min until potatoes are tender.



Why it Helps

Turkey provides lean protein without migraine-triggering preservatives, while sweet potatoes are rich in complex carbs and potassium to maintain steady energy. The tomato base is additive-free, avoiding hidden triggers.

Mediterranean Tuna & Chickpea Salad (P)

Servings: 4 | Prep: 8 min



Ingredients

- 1 can (150 g / 5 oz) tuna in water, drained
- 1 can (400 g / 14 oz) chickpeas, rinsed & drained
- 1 cucumber (150 g / 5 oz), diced
- 2 Tbsp (30 mL) olive oil
- 1 Tbsp (15 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Toss tuna, chickpeas, cucumber, olive oil, and lemon juice.
2. Serve chilled.



Why it Helps

Tuna offers omega-3s to reduce inflammation, chickpeas bring magnesium for nerve health, and cucumber supports hydration — all key migraine-prevention factors.

Baked Cod with Herb Crust (P)

Servings: 4 | Prep: 5 min | Cook: 12 min



Ingredients

- 4 cod fillets (500 g / 1 lb)
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (8 g) chopped parsley
- 50 g (½ cup) fresh breadcrumbs (whole-grain)

Steps

1. Heat oven to 200 °C / 400 °F.
2. Mix parsley, breadcrumbs, and olive oil; press onto cod.
3. Bake 10–12 min until fish flakes easily.



Why it Helps

Cod is a light, low-fat protein that's gentle on digestion and free from high-histamine aging. Parsley adds antioxidants and supports circulation, while olive oil aids brain health.

Chicken & Avocado Grain Bowl (P)

Servings: 4 | Prep: 10 min | Cook: 15 min



Ingredients

- 2 chicken breasts (300 g / 10 oz), grilled & sliced
- 200 g (1 cup) cooked quinoa
- 1 avocado (150 g / 5 oz), sliced
- 1 cup (150 g) steamed broccoli
- 2 Tbsp (30 mL) olive oil

Steps

1. Arrange quinoa, chicken, avocado, and broccoli in bowls.
2. Drizzle with olive oil and serve.



Why it Helps

Quinoa and broccoli are magnesium-rich, helping to relax blood vessels and reduce migraine frequency. Avocado provides healthy fats for stable energy, and fresh chicken avoids histamine triggers.

Roast Beef Wraps with Spinach & Carrot (P)

Servings: 4 | Prep: 5 min



Ingredients

- 200 g (7 oz) nitrate-free roast beef, sliced
- 4 whole-grain tortillas
- 2 cups (60 g) baby spinach
- 1 large carrot (70 g / 2½ oz), grated

Steps

1. Fill tortillas with roast beef, spinach, and carrot.
2. Roll up and slice in half.



Why it Helps

Nitrate-free beef avoids a major migraine trigger, while spinach adds magnesium for nerve function. Carrots provide hydration and antioxidants to protect against inflammation.

Shrimp & Quinoa Bowl (P)

Servings: 4 | Prep: 10 min | Cook: 6 min



Ingredients

- 300 g (10 oz) shrimp, peeled & deveined
- 1 Tbsp (15 mL) olive oil
- 200 g (1 cup) cooked quinoa
- 1 cup (150 g) steamed green beans

Steps

1. Heat oil in skillet; cook shrimp 2–3 min per side.
2. Serve over quinoa with green beans.



Why it Helps

Shrimp offers clean, low-histamine protein when fresh, quinoa adds magnesium and steady energy, and green beans bring hydration and gentle fiber.

Chicken & Vegetable Soup (P) Servings: 6 | Prep: 10 min | Cook: 25 min



Ingredients

- 200 g (7 oz) cooked chicken, shredded
- 2 carrots (140 g / 5 oz), diced
- 2 celery sticks (100 g / 3½ oz), diced
- 1 liter (4 cups) low-sodium chicken broth
- 1 tsp (3 g) dried thyme

Steps

1. Simmer carrots and celery in broth 10 min.
2. Add chicken and thyme; cook 5–10 min more.



Why it Helps

This soothing soup hydrates and nourishes with fresh vegetables and clean protein. Low-sodium broth prevents excess salt, which can be a migraine trigger for some.

Salmon & Spinach Salad (P) Servings: 2 |

Prep: 5 min | Cook: 10 min



Ingredients

- 200 g (7 oz) salmon fillet
- 100 g (3½ oz) baby spinach
- 1 Tbsp (15 mL) olive oil
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Pan-sear salmon 4–5 min per side until cooked.
2. Serve over spinach with oil and lemon juice.



Why it Helps

Salmon is rich in omega-3 fatty acids, which reduce inflammation and support brain function. Spinach provides magnesium, a key nutrient for migraine prevention.

Lentil & Veggie Stew (V)

Servings: 6 | Prep: 10 min | Cook: 30 min



Ingredients

- 200 g (1 cup) dry lentils, rinsed
- 2 carrots (140 g / 5 oz), diced
- 1 zucchini (150 g / 5 oz), diced
- 1 liter (4 cups) vegetable broth
- 1 tsp (3 g) cumin

Steps

1. Simmer lentils in broth 20 min.
2. Add vegetables and cumin; cook 10 min more.



Why it Helps

Lentils are high in magnesium and plant-based protein, helping maintain steady energy. Hydrating vegetables like carrots and zucchini support circulation and reduce inflammation.

CHAPTER 6

DINNERS

DINNERS

DINNERS



Dinner is your time to refuel, wind down, and enjoy a satisfying meal without worrying about waking up to a headache the next morning. These recipes focus on fresh proteins, anti-inflammatory vegetables, and flavors that feel indulgent without using common migraine triggers.

Garlic-Rosemary Roast Chicken (P)

Servings: 6 | Prep: 10 min | Cook: 1 hr

Ingredients

- 1 whole chicken (1.5 kg / 3.3 lb)
- 2 Tbsp (30 mL) olive oil
- 2 tsp (6 g) garlic powder (omit if sensitive)
- 2 Tbsp (8 g) chopped fresh rosemary



Steps

1. Heat oven to 200 °C / 400 °F.
2. Rub chicken with olive oil, garlic powder, and rosemary.
3. Roast 60–70 min until juices run clear. Rest 10 min before carving.



Why it Helps

Whole roast chicken provides steady protein without processed additives. Rosemary contains anti-inflammatory compounds that may help reduce migraine-related inflammation, while olive oil supports brain health.

Baked Salmon with Lemon-Dill Sauce (P)

Servings: 4 | Prep: 5 min | Cook: 12 min



Ingredients

- 4 salmon fillets (500 g / 1 lb)
- 1 Tbsp (15 mL) olive oil

Sauce:

- 100 g (½ cup) plain Greek yogurt (low-fat, unaged)
- 1 Tbsp (8 g) chopped fresh dill
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Heat oven to 200 °C / 400 °F.
2. Brush salmon with olive oil; bake 10–12 min.
3. Mix sauce ingredients; serve over salmon.



Why it Helps

Salmon is rich in omega-3s that reduce inflammation and protect brain function. Fresh dill offers antioxidants, while Greek yogurt avoids aged dairy triggers yet adds probiotics for gut health.

Turkey Meatballs with Tomato-Basil Sauce (P)

Servings: 6 | Prep: 15 min | Cook: 20 min



Ingredients

- 500 g (1 lb) ground turkey
- 1 egg (50 g / 1.75 oz)
- 50 g (½ cup) fresh breadcrumbs
- 1 tsp (3 g) dried basil
- 1 Tbsp (15 mL) olive oil
- 500 g (2 cups) plain tomato sauce (no additives)

Steps

1. Mix turkey, egg, breadcrumbs, basil. Roll into 20 balls.
2. Heat oil in skillet; brown meatballs 5 min.
3. Add tomato sauce; simmer 10–12 min until cooked through.



Why it Helps

Turkey provides lean protein without processed preservatives, while basil offers anti-inflammatory benefits. The additive-free tomato sauce avoids hidden migraine triggers.

Beef & Vegetable Stir-Fry (P)

Servings: 4 | Prep: 10 min | Cook: 8 min



Ingredients

- 400 g (14 oz) beef strips
- 1 Tbsp (15 mL) olive oil
- 1 red bell pepper (120 g / 4 oz), sliced
- 150 g (5 oz) broccoli florets
- 1 Tbsp (15 mL) coconut aminos (soy sauce alternative)

Steps

1. Heat oil in wok or skillet; sear beef 2–3 min.
2. Add vegetables; cook 4–5 min.
3. Stir in coconut aminos; serve hot.



Why it Helps

Nitrate-free beef avoids processed-meat triggers, while broccoli and bell pepper provide hydration and antioxidants to protect against inflammation. Coconut aminos give flavor without high-sodium soy sauce.

Herbed Chicken & Quinoa Pilaf (P)

Servings: 4 | Prep: 10 min | Cook: 20 min



Ingredients

- 2 chicken breasts (300 g / 10 oz), diced
- 150 g (¾ cup) quinoa
- 1 Tbsp (15 mL) olive oil
- 1 tsp (3 g) dried oregano
- 2 cups (480 mL) chicken broth (low-sodium)

Steps

1. Cook quinoa in broth according to package.
2. Sauté chicken in olive oil with oregano until cooked.
3. Stir chicken into quinoa; serve warm.



Why it Helps

Quinoa is magnesium-rich, helping relax blood vessels and support brain health. Fresh chicken avoids histamine buildup, and oregano adds antioxidants without triggering spice sensitivity.

Pan-Seared Cod with Garlic Green Beans (P)

Servings: 4 | Prep: 5 min | Cook: 10 min



Ingredients

- 4 cod fillets (500 g / 1 lb)
- 200 g (7 oz) green beans, trimmed
- 2 Tbsp (30 mL) olive oil
- 1 tsp (3 g) garlic powder (omit if sensitive)

Steps

1. Heat half the oil in skillet; cook cod 3–4 min per side.
2. In separate pan, sauté green beans with remaining oil and garlic powder 3–4 min.
3. Serve together.



Why it Helps

Cod is a low-histamine fish when fresh, offering lean protein without additives. Green beans provide hydration and vitamin C for vascular health, while olive oil reduces inflammation.

Slow-Cooked Chicken & Vegetable Stew (P)

Servings: 6 Prep: 10 min | Cook: 6 hrs (slow cooker)



Ingredients

- 500 g (1 lb) chicken thighs, cubed
- 2 carrots (140 g / 5 oz), sliced
- 2 celery sticks (100 g / 3½ oz), sliced
- 1 liter (4 cups) chicken broth (low-sodium)
- 1 tsp (3 g) dried thyme

Steps

1. Place all ingredients in slow cooker.
2. Cook on low 6 hrs until chicken is tender.



Why it Helps

This warm, hydrating meal uses fresh chicken for steady energy, and carrots plus celery provide vitamins, minerals, and fluid to reduce migraine-triggering dehydration.

Grilled Flank Steak with Chimichurri (P)

Servings: 4 | Prep: 10 min | Cook: 10 min



Ingredients • 500 g (1 lb) flank steak
• 2 Tbsp (30 mL) olive oil

Chimichurri:

- 50 g (2 cups) parsley leaves
- 60 mL (¼ cup) olive oil
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Grill steak 4–5 min per side; rest 5 min before slicing.
2. Blend chimichurri ingredients; serve over steak.



Why it Helps

Using fresh beef avoids processed-meat triggers. Parsley is high in antioxidants and supports circulation, while olive oil provides anti-inflammatory fats to protect brain health.

Stuffed Bell Peppers with Turkey & Rice (P)

Servings: 6 | Prep: 15 min | Cook: 35 min



Ingredients

- 6 bell peppers, tops cut & seeds removed
- 300 g (10 oz) ground turkey
- 200 g (1 cup) cooked brown rice
- 1 cup (240 mL) tomato sauce (no additives)

Steps

1. Heat oven to 190 °C / 375 °F.
2. Mix turkey, rice, and tomato sauce; stuff peppers.
3. Bake 30–35 min until peppers are tender.

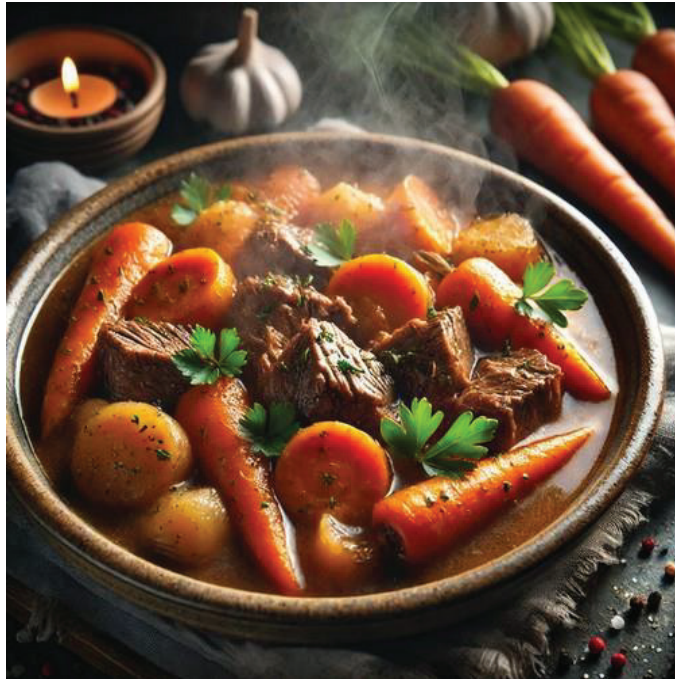


Why it Helps

Turkey offers clean protein, while brown rice provides steady energy. Bell peppers add vitamin C and hydration, and the additive-free sauce avoids hidden triggers.

Braised Beef with Carrots & Sweet Potatoes (P)

Servings: 6 | Prep: 15 min | Cook: 2 hrs



Ingredients

- 1 kg (2.2 lb) beef chuck, cubed
- 2 carrots (140 g / 5 oz), sliced
- 2 sweet potatoes (400 g / 14 oz), cubed
- 1 liter (4 cups) beef broth (low-sodium)
- 1 Tbsp (15 mL) olive oil

Steps

1. Brown beef in olive oil in heavy pot.
2. Add vegetables and broth; bring to boil.
3. Reduce heat, cover, simmer 1.5–2 hrs until beef is tender.



Why it Helps

Slow cooking tenderizes fresh beef without additives, while sweet potatoes offer complex carbs and potassium for nerve function. Carrots add hydration and antioxidants to combat inflammation.

CHAPTER 7

DESSERTS

DESSERTS

SSERTS



Dessert should feel indulgent without causing regret — or a migraine — later. These recipes use natural sweeteners in moderation, avoid common headache triggers like chocolate, and still taste every bit as good as the classics.

Lemon-Blueberry Yogurt Parfaits (V)

Servings: 4 | Prep: 10 min

Ingredients

- 500 g (2 cups) plain Greek yogurt (low-fat, unaged)
- 200 g (1½ cups) fresh blueberries
- 2 Tbsp (30 mL) honey
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)



Steps

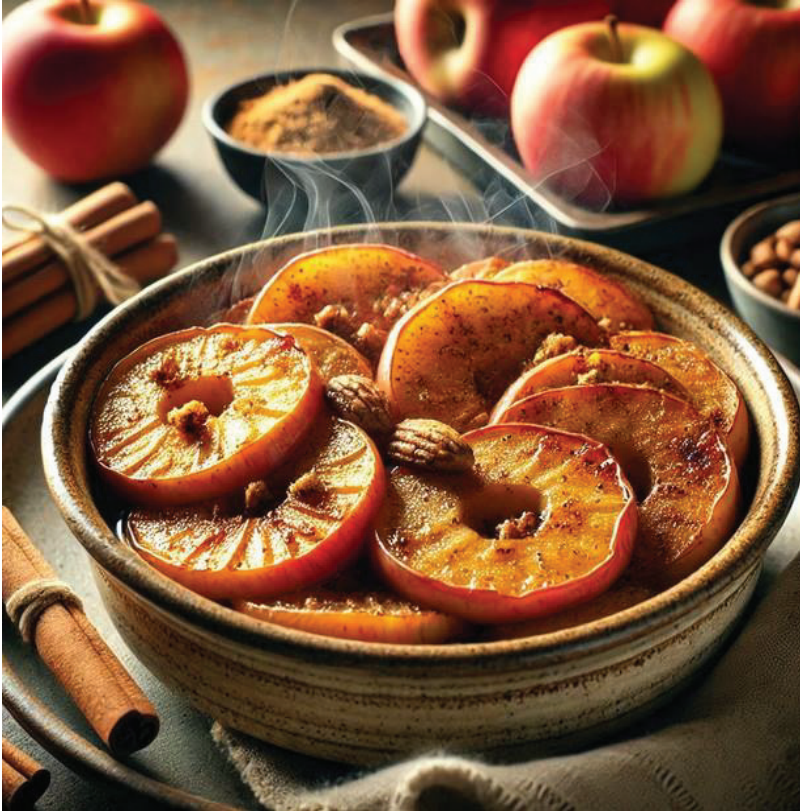
1. Layer yogurt and blueberries in glasses.
2. Drizzle with honey and lemon juice.



Why it Helps

Greek yogurt provides protein without the histamine content of aged dairy, while blueberries are antioxidant-rich to fight inflammation. Honey offers gentle, natural sweetness without processed sugar spikes.

Baked Cinnamon Apples (V) Servings: 4 | Prep: 5 min | Cook: 20 min



Ingredients

- 4 medium apples (600 g / 1 lb 5 oz), cored and sliced
- 1 tsp (3 g) cinnamon
- 1 Tbsp (15 mL) maple syrup

Steps

1. Heat oven to 190 °C / 375 °F.
2. Toss apples with cinnamon and syrup; bake 20 min until tender.



Why it Helps

Apples are low-histamine, hydrating fruits that help stabilize blood sugar. Cinnamon adds natural sweetness and anti-inflammatory properties without relying on refined sugar.

Almond Butter Oat Cookies (V) Servings: 12 cookies | Prep: 10 min | Cook: 12 min



Ingredients

- 200 g (2 cups) rolled oats
- 125 g (½ cup) almond butter
- 60 mL (¼ cup) honey
- 1 tsp (3 g) cinnamon

Steps

1. Heat oven to 180 °C / 350 °F.
2. Mix all ingredients; form 12 cookies on lined tray.
3. Bake 10–12 min.



Why it Helps

Oats provide steady, slow-release energy to prevent blood sugar crashes, while almond butter is rich in magnesium, a key nutrient for migraine prevention. Cinnamon offers added anti-inflammatory benefits.

Coconut & Berry Bars (V) Servings: 16 bars

| Prep: 10 min | Cook: 25 min



Ingredients

- 150 g (1½ cups) rolled oats
- 100 g (1 cup) unsweetened coconut flakes
- 200 g (2 cups) mixed berries
- 125 g (½ cup) sunflower seed butter
- 60 mL (¼ cup) honey

Steps

1. Heat oven to 180 °C / 350 °F.
2. Mix oats, coconut, berries, seed butter, and honey.
3. Press into lined 20 cm / 8 in pan; bake 25 min.
4. Cool before cutting into bars.



Why it Helps

Berries bring antioxidants that reduce inflammation, oats stabilize energy, and sunflower seed butter provides magnesium to relax blood vessels and help prevent migraines.

Pear & Ginger Crisp (V) Servings: 6 |

Prep: 10 min | Cook: 30 min



Ingredients

- 4 pears (600 g / 1 lb 5 oz), sliced
- 100 g (1 cup) rolled oats
- 50 g (¼ cup) coconut oil, melted
- 1 Tbsp (8 g) grated fresh ginger
- 2 Tbsp (30 mL) maple syrup

Steps

1. Heat oven to 190 °C / 375 °F.
2. Place pears in baking dish.
3. Mix oats, coconut oil, ginger, and syrup; sprinkle over pears.
4. Bake 30 min until golden.



Why it Helps

Pears are a low-histamine fruit that supports hydration, while ginger has natural anti-inflammatory and circulation-boosting properties that may help ease migraine symptoms.

Banana Oat Muffins (V) Servings: 12 muffins | Prep: 10 min | Cook: 20 min



Ingredients

- 3 ripe bananas (300 g / 10 oz), mashed
- 200 g (2 cups) rolled oats
- 1 egg (50 g / 1.75 oz)
- 60 mL (¼ cup) honey

Steps

1. Heat oven to 180 °C / 350 °F.
2. Mix bananas, oats, egg, and honey.
3. Divide into muffin tin; bake 18–20 min.



Why it Helps

Bananas provide potassium for healthy nerve function, while oats help maintain stable blood sugar. Honey adds natural sweetness without processed sugar spikes.

Vanilla Rice Pudding (V) Servings: 4 |

Prep: 5 min | Cook: 25 min



Ingredients

- 200 g (1 cup) white rice
- 500 mL (2 cups) low-fat milk (or dairy-free alternative)
- 60 mL (¼ cup) maple syrup
- 1 tsp (5 mL) vanilla extract

Steps

1. Simmer rice in milk 20–25 min until soft.
2. Stir in syrup and vanilla; serve warm or chilled.



Why it Helps

Rice is gentle on digestion and provides steady carbs, while milk (or dairy-free alternatives) delivers calming creaminess without high-histamine aged dairy. Maple syrup offers a natural sweetener option.

Apricot & Oat Bars (V) Servings: 16 bars | Prep: 10 min | Cook: 25 min



Ingredients

- 200 g (2 cups) rolled oats
- 100 g (½ cup) unsulfited dried apricots, chopped
- 125 g (½ cup) sunflower seed butter • 60 mL (¼ cup) honey

Steps

1. Heat oven to 180 °C / 350 °F.
2. Mix oats, apricots, seed butter, and honey.
3. Press into lined pan; bake 25 min.
4. Cool before slicing.



Why it Helps

Unsulfured apricots avoid preservative triggers, while oats and sunflower seed butter provide magnesium and slow-release energy to help prevent migraine-inducing blood sugar drops.

CHAPTER 8

SMOOTHIES & DRINKS

SMOOTHIES & DRINKS



Smoothies and simple drinks can be a quick way to hydrate, replenish nutrients, and enjoy a flavor boost without risking common migraine triggers. These recipes focus on low-histamine produce, steady-energy carbs, and gentle, anti-inflammatory ingredients.

Blueberry-Spinach Smoothie (V)

Servings: 2 | Prep: 5 min

Ingredients

- 150 g (1 cup) blueberries (fresh or frozen)
- 50 g (2 cups) baby spinach
- 250 mL (1 cup) unsweetened almond milk
- 1 banana (100 g / 3½ oz)



Steps

1. Blend all ingredients until smooth.
2. Serve immediately.



Why it Helps

Blueberries are antioxidant-rich to combat inflammation, while spinach provides magnesium to help prevent migraine onset. Banana adds potassium for nerve function, and almond milk is a low-histamine dairy alternative.

Apple-Pear Ginger Smoothie (V)

Servings: 2 | Prep: 5 min



Ingredients

- 1 apple (150 g / 5 oz), cored
- 1 pear (150 g / 5 oz), cored
- 250 mL (1 cup) water
- 1 tsp (5 g) grated fresh ginger

Steps

1. Blend all ingredients until smooth.
2. Pour into glasses and enjoy.



Why it Helps

Apples and pears are hydrating, low-histamine fruits, and ginger has natural anti-inflammatory properties that may help ease migraine symptoms. Water boosts hydration to reduce headache risk.

Creamy Avocado & Berry Smoothie (V)

Servings: 2 | Prep: 5 min



Ingredients

- ½ avocado (75 g / 2½ oz)
- 150 g (1 cup) strawberries
- 250 mL (1 cup) coconut water
- 1 Tbsp (15 mL) maple syrup (optional)

Steps

1. Blend until smooth and creamy.
2. Serve chilled.



Why it Helps

Avocado provides healthy fats to stabilize energy, strawberries add antioxidants, and coconut water replenishes electrolytes for hydration — all supportive in migraine prevention.

Cucumber-Mint Cooler (V)

Servings: 2 | Prep: 5 min



Ingredients

- ½ cucumber (125 g / 4½ oz), chopped
- 500 mL (2 cups) cold water
- 4 fresh mint leaves
- Ice cubes

Steps

1. Blend cucumber, water, and mint until smooth.
2. Pour over ice.



Why it Helps

Cucumber is over 95% water, providing excellent hydration, and mint may have a natural cooling, soothing effect that can help ease migraine discomfort.

Tropical Sunrise Smoothie (V)

Servings: 2 | Prep: 5 min



Ingredients

- 150 g (1 cup) mango
- 150 g (1 cup) pineapple
- 250 mL (1 cup) unsweetened almond milk
- 1 Tbsp (15 mL) sunflower seed butter

Steps

1. Blend until smooth.
2. Serve immediately.



Why it Helps

Mango and pineapple offer vitamin C and hydration, while sunflower seed butter is high in magnesium, a key nutrient in migraine prevention. Almond milk avoids aged dairy triggers.

Warm Apple-Cinnamon Infusion (V)

Servings: 2 | Prep: 3 min | Cook: 5 min



Ingredients

- 500 mL (2 cups) water
- 1 apple (150 g / 5 oz), sliced
- 1 cinnamon stick

Steps

1. Simmer apple and cinnamon in water 5 min.
2. Strain and serve warm.



Why it Helps

This gentle drink hydrates while providing apple's natural sweetness and cinnamon's anti-inflammatory properties — a soothing option for sensitive migraine days.

Berry-Kale Power Smoothie (V)

Servings: 2 | Prep: 5 min



Ingredients

- 150 g (1 cup) mixed berries
- 50 g (2 cups) kale leaves
- 250 mL (1 cup) oat milk
- 1 Tbsp (15 mL) maple syrup (optional)

Steps

1. Blend until smooth.
2. Serve immediately.



Why it Helps

Berries add antioxidants to fight inflammation, kale provides magnesium for muscle and nerve relaxation, and oat milk offers a low-histamine, creamy base.

Ginger-Carrot Refresher (V)

Servings: 2 | Prep: 5 min



Ingredients

- 200 g (2 cups) chopped carrots
- 250 mL (1 cup) cold water
- 1 tsp (5 g) fresh ginger
- Ice cubes

Steps

1. Blend carrots, water, and ginger until smooth.
2. Strain if desired; serve over ice.



Why it Helps

Carrots hydrate and provide vitamin A for overall health, while ginger supports circulation and reduces inflammation, both of which may help in migraine relief.

CHAPTER 9

TIPS, TRICKS & STORAGE

THE RECIPES IN THIS BOOK ARE YOUR FOUNDATION — BUT SMALL, SMART HABITS IN THE KITCHEN AND IN DAILY LIFE CAN MAKE THE DIFFERENCE BETWEEN JUST EATING WELL AND TRULY SUPPORTING YOUR MIGRAINE-FREE GOALS.



TIPS, TRICKS & STORAGES

1. Kitchen Tips for Migraine-Friendly Cooking

- Read labels like a hawk — even “healthy” products can hide triggers like MSG, aspartame, nitrates, or sulfites.
 - Cook fresh whenever possible — histamine levels rise as food ages, especially in cooked meats and fish.
 - Go low & slow on seasonings — some spices like chili powder or aged vinegar can trigger headaches; experiment carefully.
 - Test, don’t guess — one person’s trigger is another’s safe food; track your reactions.
-

2. Time-Saving Tricks

- Batch cook proteins — grill chicken or roast turkey breast at the start of the week; slice and refrigerate for salads, wraps, or grain bowls.
 - Prep vegetables in advance — chop carrots, cucumbers, or zucchini and store in airtight containers for quick snacks.
 - Freeze in portions — if you won’t eat leftovers within 48 hours, freeze them to prevent histamine buildup.
 - One base, many meals — cook a pot of quinoa or rice and use it in bowls, salads, and soups.
-

3. Storage & Freshness Guidelines

Food Type	Fridge Storage	Freezer Storage
Cooked poultry/fish	1–2 days	Up to 3 months
Cooked beef/pork	2–3 days	Up to 4 months
Cooked grains/pasta	3–4 days	3 months
Fresh vegetables	3–7 days	(best fresh) Some
Cut fruit	1–3 days	freeze well



Food Type	Fridge Storage	Freezer Storage
Homemade soups/stews	1–2 days	Up to 3 months

Tip: Always cool food to room temperature before refrigerating or freezing to avoid condensation and spoilage.

4. Smart Substitutions

- Instead of aged cheese → use fresh ricotta, cottage cheese, or mild mozzarella.
- Instead of soy sauce → use coconut aminos or homemade light broth-based sauces.
- Instead of processed deli meat → roast your own chicken or turkey breast.
- Instead of chocolate → use carob powder for a similar flavor in baked goods.

5. Daily Habits That Help Prevent Migraines

- Hydrate consistently — aim for 2–2.5 liters water daily.
- Eat regularly — skipping meals is a common trigger.
- Get steady sleep — even one late night can set off a migraine for some people.
- Manage stress — incorporate calming routines like yoga, stretching, or mindful breathing.
- Stay active — light to moderate exercise boosts circulation and mood without overexerting.

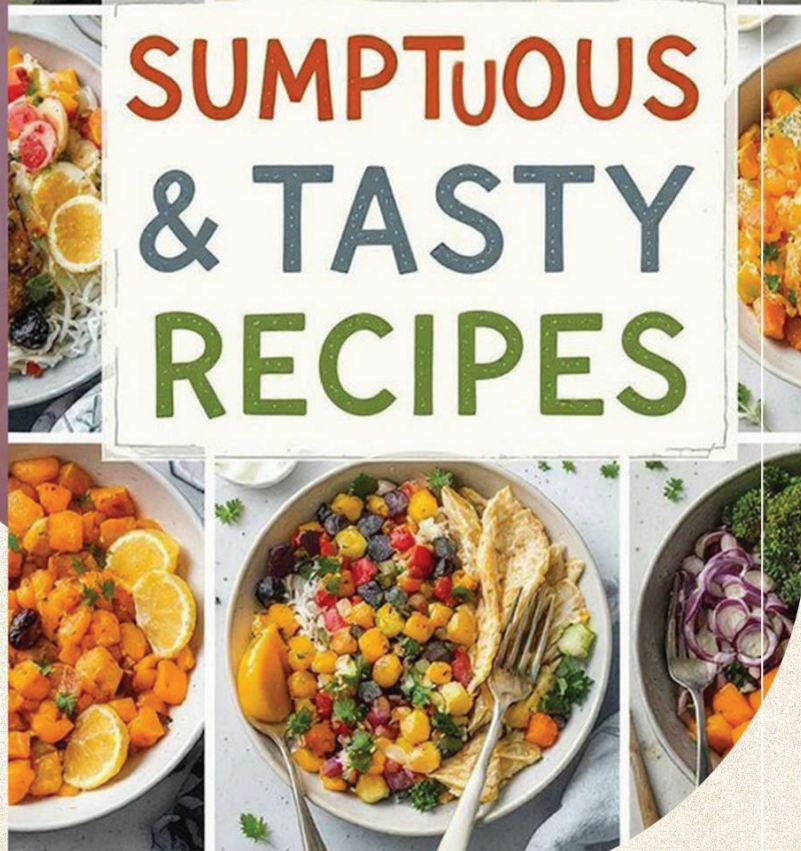


BONUS CHAPTER

SUMPTUOUS & TASTY RECIPES



SUMPTUOUS & TASTY RECIPES



Healthy eating doesn't have to mean plain food. This chapter is all about meals that are rich in flavor, visually stunning, and satisfying from the first bite to the last — all without common migraine triggers like aged cheeses, processed meats, and high-histamine ingredients.

Herb-Crusted Rack of Lamb (P) Servings: 6 | Prep: 15 min | Cook: 25 min

Ingredients

- 1.2 kg (2.6 lb) rack of lamb, trimmed
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (8 g) fresh rosemary, chopped
- 2 Tbsp (8 g) fresh parsley, chopped
- 1 tsp (3 g) garlic powder (omit if sensitive)



Steps

1. Heat oven to 200 °C / 400 °F.
2. Rub lamb with olive oil, rosemary, parsley, and garlic powder.
3. Roast 20–25 min for medium-rare; rest 10 min before slicing.



Why it Helps

Fresh lamb provides iron and protein to support energy without processed-meat triggers. Rosemary and parsley offer antioxidants and anti-inflammatory benefits that may help reduce migraine frequency.

Seared Scallops with Lemon-Parsley Butter (P)

Servings: 4 | Prep: 5 min | Cook: 6 min



Ingredients

- 500 g (1 lb) sea scallops
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 g) unsalted butter
- 1 Tbsp (8 g) fresh parsley, chopped
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Heat olive oil in skillet until hot.
2. Sear scallops 2–3 min per side until golden.
3. Melt butter with parsley and lemon juice; pour over scallops.



Why it Helps

Scallops are a low-fat, high-protein seafood choice that avoids high-histamine aging. Parsley supports circulation, and olive oil plus butter add healthy fats for brain function.

Rosemary & Olive Oil Roasted Duck Breast

(P) Servings: 4 | Prep: 10 min | Cook: 20 min



Ingredients

- 4 duck breasts (800 g / 1¾ lb)
- 2 Tbsp (30 mL) olive oil
- 2 tsp (6 g) fresh rosemary, chopped
- Pinch sea salt

Steps

1. Score skin of duck; rub with olive oil, rosemary, and salt.
2. Place skin-side down in cold skillet; cook 8–10 min to render fat.
3. Flip; cook 5–7 min more for medium. Rest 5 min before slicing.



Why it Helps

Duck is rich in protein and healthy fats, supporting steady energy levels. Rosemary's anti-inflammatory compounds can help protect against migraine-triggering inflammation.

Grilled Lobster Tails with Garlic-Herb Drizzle (P)

Servings: 4 | Prep: 10 min | Cook: 10 min



Ingredients

- 4 lobster tails (about 600 g / 1.3 lb)
- 2 Tbsp (30 mL) olive oil
- 2 Tbsp (30 g) unsalted butter, melted
- 1 Tbsp (8 g) fresh parsley, chopped
- 1 tsp (3 g) garlic powder (omit if sensitive)

Steps

1. Split lobster tails lengthwise; brush with olive oil.
2. Grill cut-side down 4–5 min; flip and cook 3–4 min more.
3. Mix butter, parsley, and garlic powder; drizzle over lobster.



Why it Helps

Lobster is a clean protein source low in histamine when fresh. Parsley and olive oil support circulation and brain health, while avoiding processed seasonings prevents common triggers.

Creamy Chicken Marsala (Non-Alcoholic) (P)

Servings: 4 | Prep: 10 min | Cook: 15 min



Ingredients

- 2 chicken breasts (300 g / 10 oz), sliced thin
- 2 Tbsp (30 mL) olive oil
- 200 g (7 oz) sliced mushrooms
- 250 mL (1 cup) low-sodium chicken broth
- 125 mL (½ cup) heavy cream (fresh, not aged)

Steps

1. Sear chicken in olive oil until golden; remove from pan.
2. Sauté mushrooms until soft.
3. Add broth and cream; simmer 5 min.
4. Return chicken; cook 3–4 min until heated through.



Why it Helps

This recipe avoids alcohol, a common migraine trigger, while fresh cream and chicken deliver protein without histamine-heavy aging. Mushrooms add B vitamins to support energy metabolism.

Pan-Seared Filet Mignon with Fresh Herb Sauce (P)

Servings: 4 | Prep: 5 min | Cook: 12 min



Ingredients

- 4 filet mignon steaks (800 g / 1¾ lb)
- 2 Tbsp (30 mL) olive oil

Herb Sauce:

- 50 g (2 cups) fresh parsley leaves
- 60 mL (¼ cup) olive oil
- 1 tsp (5 mL) lemon juice (omit if citrus-sensitive)

Steps

1. Heat skillet until very hot; add olive oil.
2. Sear steaks 3–4 min per side for medium-rare. Rest 5 min.
3. Blend herb sauce ingredients; spoon over steaks.

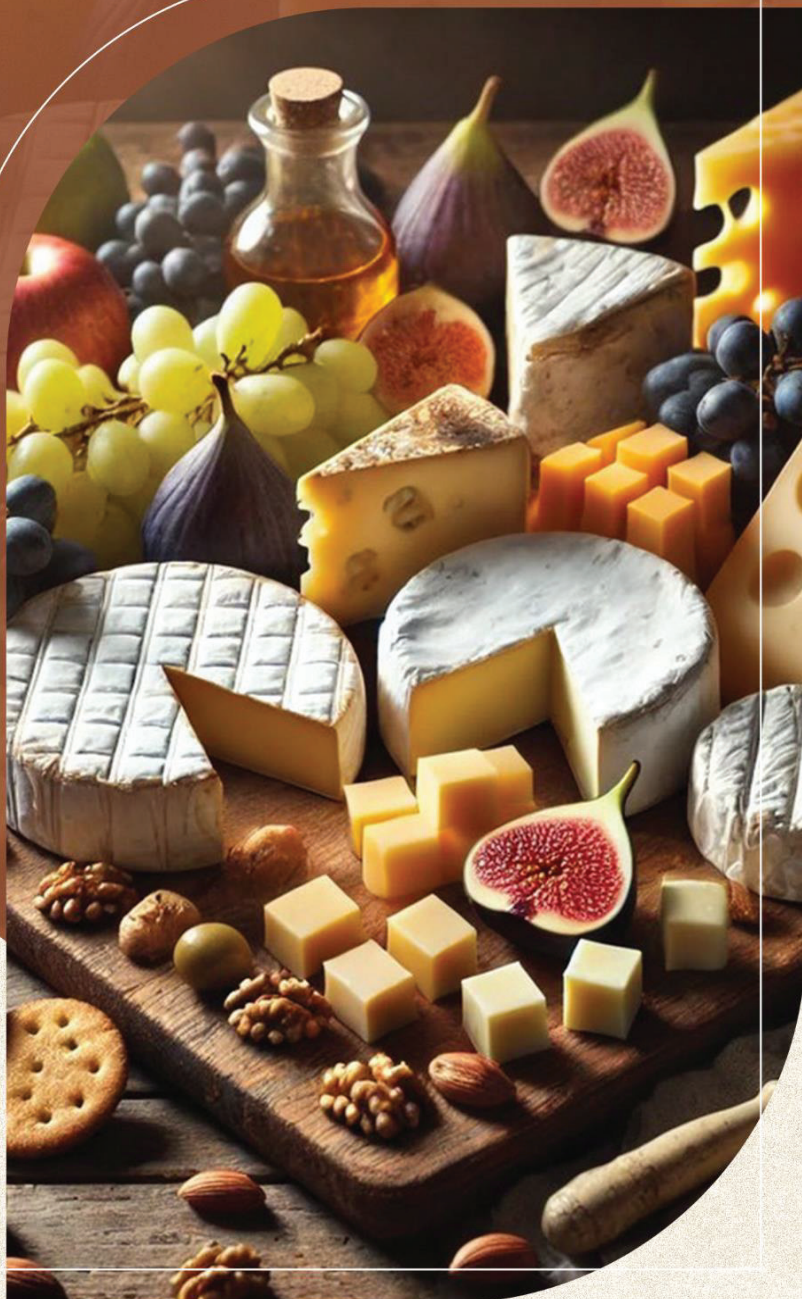


Why it Helps

Filet mignon offers high-quality protein without the curing or aging that raises histamine levels. Fresh parsley brings antioxidants and supports healthy blood flow, aiding in migraine prevention.

BONUS CHAPTER

MIGRAINE-SAFE CHEESES



Cheese can be tricky for migraine sufferers because aging increases histamine levels, which is a known trigger for many. But the good news? Fresh, mild cheeses are often well-tolerated, and they can still give you that creamy, satisfying richness in meals.

Cheeses You Can Often Eat (Fresh, Low-Histamine)

- Fresh mozzarella
- Ricotta cheese
- Cottage cheese
- Cream cheese (plain, without additives)
- Mascarpone
- Mild, young goat cheese (check freshness date)



Cheeses Best to Avoid (Aged, High-Histamine)

- Cheddar
- Parmesan
- Gouda
- Swiss
- Blue cheese / Gorgonzola
- Brie & Camembert
- Feta (often aged and brined)

Tip: Even safe cheeses can trigger headaches in some people. If you're unsure, test a small amount and wait 48 hours before eating more.

Recipes Using Migraine-Safe Cheeses Fresh

Mozzarella & Tomato Stack (V)

Servings: 4 | Prep: 8 min



Ingredients

- 250 g (9 oz) fresh mozzarella, sliced
- 2 large tomatoes (300 g / 10 oz), sliced
- 2 Tbsp (30 mL) olive oil
- Fresh basil leaves for garnish

Steps

1. Layer tomato and mozzarella slices on a platter.
2. Drizzle with olive oil; garnish with basil.



Why it Helps

Fresh mozzarella is a low-histamine cheese option that avoids migraine-triggering aging. Tomatoes provide hydration and antioxidants, and basil plus olive oil add anti-inflammatory benefits.

Creamy Ricotta & Berry Dessert Cups (V)

Servings: 4 | Prep: 5 min



Ingredients

- 250 g (1 cup) ricotta cheese
- 200 g (1½ cups) mixed berries
- 2 Tbsp (30 mL) honey

Steps

1. Divide ricotta into 4 small cups.
2. Top with berries and drizzle with honey.



Why it Helps

Ricotta is mild and fresh, making it less likely to trigger migraines than aged cheeses. Berries bring antioxidants to combat inflammation, while honey offers gentle, natural sweetness.

Cottage Cheese & Herb Dip (V)

Servings: 8 | Prep: 5 min



Ingredients

- 250 g (1 cup) cottage cheese
- 2 Tbsp (8 g) chopped parsley
- 1 Tbsp (15 mL) olive oil

Steps

1. Blend cottage cheese, parsley, and olive oil until smooth.
2. Serve with sliced vegetables or whole-grain crackers.



Why it Helps

Cottage cheese is a fresh, low-histamine dairy choice that supplies protein without the risk of aged cheese triggers. Parsley supports circulation and olive oil adds brain-healthy fats.

CONCLUSION

CONCLUSION



No Migraines Ever Again is the GOAL

Migraines are complex, personal, and sometimes unpredictable — but the food you choose every day can be a powerful ally in managing them. This cookbook is more than just recipes; it's a toolkit for eating with purpose while still loving every bite.

We've covered:

- How to identify and avoid your personal triggers
- How to choose ingredients that nourish and protect
- How to prepare meals that are flavorful, satisfying, and safe

The recipes in these pages are designed to keep cooking approachable, even on days when your energy is low. Whether it's a quick smoothie, a hearty dinner, or a show-stopping special occasion dish, you now have the tools to cook without fear of hidden triggers.

Remember: there's no one-size-fits-all migraine diet. Keep tracking what works for you, adjust as needed, and never forget that eating well is about adding joy and vitality to your life, not taking it away. Now — take these ideas, fill your kitchen with fresh ingredients, and keep moving toward a life where headaches are fewer, lighter, or maybe even gone for good. Happy cooking — and here's to brighter, clearer days ahead.

– D. Kumar MD



Appendix 1 – Recipes by Category

Appetizers & Sauces

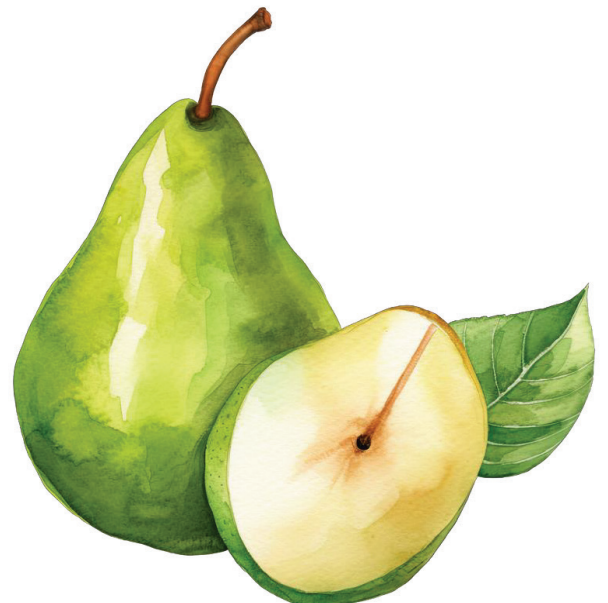
1. Chicken & Avocado Lettuce Cups
2. Smoked Salmon & Cucumber Bites
3. Mini Turkey & Zucchini Meatballs
4. Roasted Red Pepper & White Bean Spread
5. Lemon-Basil Pesto
6. Shrimp Cocktail with Fresh Herb Sauce

Salads & Dressings

1. Grilled Chicken, Quinoa & Berry Salad
2. Tuna & Avocado Salad
3. Roast Beef & Roasted Vegetable Salad
4. Spinach & Strawberry Salad
5. Turkey & Apple Salad
6. Creamy Dairy-Free Dill Dressing

Snacks

1. Turkey & Hummus Roll-Ups
2. Roasted Chickpeas
3. Rice Cakes with Avocado & Salmon
4. Fresh Fruit with Sunflower Seed Butter
5. Mini Chicken Skewers
6. Pumpkin Seed & Coconut Trail Mix



Lunches

(10 recipes — see full chapter listing)

Dinners

(10 recipes — see full chapter listing)

Desserts (8 recipes — see full chapter listing)

Smoothies & Drinks

(8 recipes — see full chapter listing)

Bonus: Sumptuous & Tasty Recipes

(6 recipes — see full chapter listing)

Bonus: Migraine-Safe Cheeses

(3 recipes + safe/avoid list)



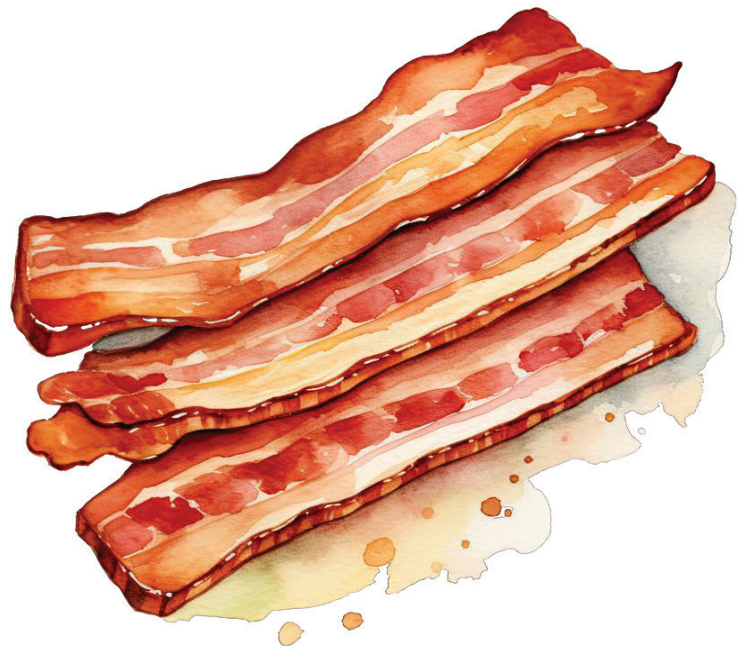
Appendix 2 – Migraine Food Do’s & Don’ts

Do Eat More:

- Fresh proteins: chicken, turkey, fish, eggs, lean beef
- Low-histamine vegetables: cucumber, zucchini, carrots, spinach
- Magnesium-rich foods: pumpkin seeds, quinoa, leafy greens
- Omega-3 sources: salmon, flaxseed, chia
- Hydrating foods: watermelon, celery, cucumber

Avoid or Limit:

- Aged cheeses (cheddar, parmesan, blue)
- Processed meats (bacon, salami, pepperoni)
- Alcohol (especially red wine and beer)
- Chocolate
- MSG & artificial sweeteners
- Fermented or pickled foods high in histamine
- Leftovers older than 48 hours



Appendix 3 – Cheeses You Can & Cannot Eat

Safe / Low-Histamine Cheeses:

- Fresh mozzarella
- Ricotta
- Cottage cheese
- Cream cheese (plain)
- Mascarpone
- Young, mild goat cheese

Avoid / High-Histamine Cheeses:

- Cheddar
- Parmesan
- Gouda
- Swiss
- Brie, Camembert
- Blue cheese / Gorgonzola
- Feta



Appendix 4 – Last Call: Daily Habits for Headache-Free Living

- Hydrate: 2–2.5 liters water daily
- Eat regularly: every 3–4 hours
- Sleep consistently: same bedtime/wake time every day
- Move your body: light-to-moderate exercise several times a week
- Manage stress: yoga, stretching, breathing exercises, or quiet time
- Protect your senses: sunglasses outdoors, limit bright/flickering screens
- Store food smartly: freeze portions instead of keeping leftovers too long
- Track your triggers: food diary + symptom log to find patterns



🧠 60-Day Migraine Protection Meal Plan

By D. Kumar, MD

👤 Introduction

Migraines aren't just "bad headaches"—they're complex neurological events. Through careful dietary choices, you can often ease their frequency, intensity, and impact on your life. This 60-day plan was created with compassion, science, and practicality in mind.

Each day is a blend of hydrating, anti-inflammatory, nutrient-dense meals and snacks, built from real recipes in the *Migraine Control Diet Cookbook*. Look for key symbols to guide you:

📖 Emoji Legend

- 🧠 = Migraine-Helpful
 - 💧 = Hydrating
 - 🧊 = Freezer-Friendly
 - 🧺 = Picnic-Ready
 - 📄 = Substitution Option
 - 🙏 = Weekly Mindful Tip
-



Week 1

🧘 **“Stillness is not the absence of motion—it’s the presence of peace.”**

Batch Cooking Note: Make double portions of Coconut & Berry Bars, Turkey & Hummus Roll-Ups, and Lentil & Veggie Stew to freeze. 🥰

Day 1

- **Breakfast:** Blueberry-Spinach Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Turkey & Hummus Roll-Ups (Ch. 4) 🧠🥰
- **Lunch:** Lentil & Veggie Stew (Ch. 5) 🧠🥰
- **PM Snack:** Fresh Fruit with Sunflower Seed Butter (Ch. 4) 🧠💧
- **Dinner:** Garlic-Rosemary Roast Chicken (Ch. 6) + Garlic Green Beans 🧠
- **Dessert:** Coconut & Berry Bars (Ch. 7) 🧠🥰

Day 2

- **Breakfast:** Apple-Pear Ginger Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Rice Cakes with Avocado & Salmon (Ch. 4) 🧠
- **Lunch:** Roast Beef Wraps with Spinach & Carrot (Ch. 5)
- **PM Snack:** Pumpkin Seed & Coconut Trail Mix (Ch. 4) 🧠
- **Dinner:** Pan-Seared Filet Mignon + Roasted Zucchini 🧠
- **Dessert:** Banana Oat Muffins (Ch. 7) 🧠

Day 3

- **Breakfast:** Creamy Avocado & Berry Smoothie (Ch. 8) 💧
- **AM Snack:** Chicken & Avocado Lettuce Cups (Ch. 2)
- **Lunch:** Shrimp & Quinoa Bowl (Ch. 5) 🧠
- **PM Snack:** Mini Chicken Skewers (Ch. 4)
- **Dinner:** Turkey Meatballs with Tomato-Basil Sauce (Ch. 6) + Steamed Broccoli 🧠🥰

- **Dessert:** Pear & Ginger Crisp (Ch. 7)

Day 4

- **Breakfast:** Warm Apple-Cinnamon Infusion (Ch. 8) + Almond Butter Oat Cookies (Ch. 7) 🧠
- **AM Snack:** Smoked Salmon & Cucumber Bites (Ch. 2)
- **Lunch:** Chicken & Avocado Grain Bowl (Ch. 5) 🧠
- **PM Snack:** Roasted Chickpeas (Ch. 4)
- **Dinner:** Baked Cod with Herb Crust (Ch. 5) + Cucumber Salad 🧠
- **Dessert:** Vanilla Rice Pudding (Ch. 7)

Day 5

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8) 💧
- **AM Snack:** Fresh Mozzarella & Tomato Stack 🧠
- **Lunch:** Turkey & Sweet Potato Chili (Ch. 5) 🍲
- **PM Snack:** Mini Chicken Skewers (Ch. 4) + Lemon Zest 📦
- **Dinner:** Herb-Crusted Rack of Lamb (Bonus Ch.) + Roasted Carrots
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 6


- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Roasted Chickpeas (Ch. 4) + Dill 📦
- **Lunch:** Mediterranean Tuna & Chickpea Salad (Ch. 5) 🧠🛒
- **PM Snack:** Fresh Fruit with Sunflower Seed Butter (Ch. 4) 🧠
- **Dinner:** Braised Beef with Carrots & Parsnips 📦 (swap from sweet potatoes)
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠

Day 7


- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) + Ricotta & Berry Dessert Cups
- **AM Snack:** Turkey & Hummus Roll-Ups (Ch. 4) 🛒
- **Lunch:** Chicken & Vegetable Soup (Ch. 5) 🗨️ 🕒
- **PM Snack:** Rice Cakes with Avocado & Salmon (Ch. 4)
- **Dinner:** Grilled Flank Steak with Chimichurri (Ch. 6) + swap basil for parsley 🗨️
- **Dessert:** Almond Butter Oat Cookies (Ch. 7) 🗨️



Week 2

 **“Health is not just what you eat—it’s also what you think, say, and believe.”**

Batch Cooking Note: Double prep Coconut & Lentil Curry, Vanilla Rice Pudding, and Chicken Veggie Soup. 🍲

Picnic Pick: Use any extra Turkey & Hummus Roll-Ups or Mini Chicken Skewers for  - ready meals.

Day 8

- **Breakfast:** Warm Quinoa Breakfast Bowl (Ch. 8) 🧠
- **AM Snack:** Roasted Chickpeas (Ch. 4) 🧠
- **Lunch:** Grilled Chicken & Cucumber Salad (Ch. 5)
- **PM Snack:** Apricot & Oat Bars (Ch. 7)
- **Dinner:** Coconut & Lentil Curry with Brown Rice (Ch. 5) 🧠 🍲
- **Dessert:** Vanilla Rice Pudding (Ch. 7) 🍲

Day 9

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Cucumber & Avocado Wraps
- **Lunch:** Salmon & Arugula Bowl with Lemon Dressing 🧠
- **PM Snack:** Coconut & Berry Bars (Ch. 7) 🧠
- **Dinner:** Grilled Lamb Skewers + Herbed Couscous
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠

Day 10

- **Breakfast:** Apple-Cinnamon Oatmeal (Ch. 8)
- **AM Snack:** Rice Cakes with Avocado & Salmon (Ch. 4)
- **Lunch:** Shrimp & Quinoa Bowl (Ch. 5) 🧠
- **PM Snack:** Pumpkin Seed & Coconut Trail Mix (Ch. 4) 🧠
- **Dinner:** Herb-Grilled Chicken + Lemon Zucchini
- **Dessert:** Banana Oat Muffins (Ch. 7) 🧠

Day 11

- **Breakfast:** Avocado-Berry Smoothie (Ch. 8) 💧
- **AM Snack:** Mini Chicken Skewers (Ch. 4) 🧠
- **Lunch:** Roasted Vegetable & Quinoa Bowl
- **PM Snack:** Fresh Fruit with Sunflower Seed Butter 🧠
- **Dinner:** Braised Beef with Carrots & Parsnips 🧠
- **Dessert:** Pear & Ginger Crisp (Ch. 7)

Day 12

- **Breakfast:** Ginger-Carrot Smoothie (Ch. 8) 🧠 💧
- **AM Snack:** Roasted Chickpeas with Cumin (Ch. 4) 🧠
- **Lunch:** Chicken & Avocado Lettuce Cups (Ch. 2)
- **PM Snack:** Coconut & Berry Bars (Ch. 7) 🧠
- **Dinner:** Grilled Cod with Tomato-Cucumber Salad 🧠
- **Dessert:** Vanilla Rice Pudding (Ch. 7) 🍌

Day 13

- **Breakfast:** Warm Apple-Cinnamon Infusion (Ch. 8)
- **AM Snack:** Mozzarella & Tomato Stack
- **Lunch:** Turkey & Sweet Potato Chili (Ch. 5) 🍲
- **PM Snack:** Pumpkin Seed & Coconut Trail Mix (Ch. 4)
- **Dinner:** Herb-Crusted Rack of Lamb + Asparagus
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 14

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🗨️ 💧
- **AM Snack:** Chicken & Avocado Lettuce Cups (Ch. 2)
- **Lunch:** Shrimp & Cucumber Salad 🛒
- **PM Snack:** Almond Butter Oat Cookies (Ch. 7) 🗨️
- **Dinner:** Chicken & Vegetable Soup (Ch. 5) 🗨️ 🍲
- **Dessert:** Banana Oat Muffins (Ch. 7)



Week 3

👤 **“Wellness is the natural state of my body. I am in perfect health.”**

Batch Cooking Note: Prep extra Salmon Patties, Berry Oat Muffins, and Coconut Chickpea Curry. 🍷 **Picnic Pick:** Turkey & Avocado Lettuce Wraps 🛒

Day 15

- **Breakfast:** Warm Quinoa Breakfast Bowl (Ch. 8) 🧠
- **AM Snack:** Cucumber Spears + Hummus 🧠
- **Lunch:** Turkey & Avocado Lettuce Wraps (Ch. 2) 🛒
- **PM Snack:** Coconut & Berry Bars (Ch. 7)
- **Dinner:** Coconut Chickpea Curry with Brown Rice (Ch. 5) 🍷
- **Dessert:** Vanilla Rice Pudding (Ch. 7) 🍷

Day 16

- **Breakfast:** Apple-Cinnamon Oatmeal (Ch. 8)
- **AM Snack:** Almond Butter Oat Cookies (Ch. 7) 🧠
- **Lunch:** Chicken & Quinoa Power Bowl (Ch. 5) 🧠
- **PM Snack:** Roasted Pumpkin Seeds (Ch. 4)
- **Dinner:** Salmon with Lemon-Dill Sauce + Roasted Carrots 🧠
- **Dessert:** Pear & Ginger Crisp (Ch. 7)

Day 17

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Fresh Strawberries with Greek Yogurt
- **Lunch:** Grilled Chicken Salad with Cucumber, Apple, & Arugula
- **PM Snack:** Apricot & Oat Bars (Ch. 7)
- **Dinner:** Zucchini Noodles + Turkey Meatballs + Marinara
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠

Day 18

- **Breakfast:** Avocado-Berry Smoothie (Ch. 8) 💧
- **AM Snack:** Mozzarella & Cucumber Skewers
- **Lunch:** Roasted Cauliflower & Lentil Bowl 🧠
- **PM Snack:** Mini Chicken Skewers (Ch. 4)
- **Dinner:** Seared Tuna + Ginger Carrot Slaw 🧠
- **Dessert:** Banana Oat Muffins (Ch. 7)

Day 19

- **Breakfast:** Ginger-Carrot Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Roasted Chickpeas (Ch. 4) 🧠
- **Lunch:** Quinoa Stuffed Peppers 🧠
- **PM Snack:** Cucumber & Avocado Wraps
- **Dinner:** Chicken Stir Fry with Broccoli & Rice
- **Dessert:** Coconut Panna Cotta

Day 20

- **Breakfast:** Warm Apple-Cinnamon Infusion (Ch. 8)
- **AM Snack:** Trail Mix (Pumpkin Seeds, Coconut Chips)
- **Lunch:** Baked Salmon Patties + Spinach Salad 🍷
- **PM Snack:** Rice Cakes with Avocado
- **Dinner:** Turkey & Sweet Potato Chili (Ch. 5) 🍷
- **Dessert:** Berry Oat Muffins (Ch. 7)

Day 21

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Apple Slices + Sunflower Butter
- **Lunch:** Mediterranean Tuna Salad in Avocado Boats 🧠
- **PM Snack:** Pumpkin Seed Oat Bars
- **Dinner:** Broiled Chicken Thighs + Rosemary Carrots
- **Dessert:** Banana “Nice” Cream



Week 4

👤 **“Healing is not a future event. It’s a present activity.”**

Batch Cooking Note: Double up on Sweet Potato Chili, Apricot & Oat Bars, and Rice Pudding for the week ahead. 🍷 **Picnic Pick:** Chickpea & Cucumber Salad 🛒

Day 22

- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8) 🧠
- **AM Snack:** Cucumber & Hummus Roll-Ups
- **Lunch:** Mediterranean Quinoa Salad with Olives & Tomatoes 🧠
- **PM Snack:** Apricot & Oat Bars (Ch. 7) 🍷
- **Dinner:** Chicken & Vegetable Soup (Ch. 5)
- **Dessert:** Banana Oat Muffins (Ch. 7)

Day 23

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 💧
- **AM Snack:** Roasted Pumpkin Seeds with Sea Salt 🧠
- **Lunch:** Turkey & Sweet Potato Chili (Ch. 5) 🍷
- **PM Snack:** Mozzarella, Cucumber & Basil Skewers
- **Dinner:** Herb-Roasted Chicken Thighs + Lemon Broccoli 🧠
- **Dessert:** Vanilla Rice Pudding (Ch. 7) 🍷

Day 24

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8)
- **AM Snack:** Coconut & Berry Bars (Ch. 7)
- **Lunch:** Chickpea & Cucumber Salad with Lemon Dressing 🛒
- **PM Snack:** Sliced Pears with Sunflower Butter
- **Dinner:** Grilled Salmon + Quinoa Pilaf 🧠
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠

Day 25

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Hard Boiled Egg + Baby Carrots
- **Lunch:** Chicken Stir Fry + Brown Rice
- **PM Snack:** Trail Mix (Pumpkin Seeds + Coconut Chips)
- **Dinner:** Stuffed Zucchini Boats (Turkey + Veggies) 🧠
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 26

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8)
- **AM Snack:** Mozzarella & Tomato Stack → **SWAP: add sliced cucumber**
- **Lunch:** Turkey & Sweet Potato Chili (Ch. 5) 🍌
- **PM Snack:** Mini Chicken Skewers (Ch. 4) → **SWAP: add lemon zest**
- **Dinner:** Herb-Crusted Rack of Lamb (Bonus Ch.) + Roasted Carrots
- **Dessert:** Apricot & Oat Bars (Ch. 7) 🍌

Day 27


- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🧠💧
- **AM Snack:** Roasted Chickpeas (Ch. 4) → **SWAP: season with dill** 🧠
- **Lunch:** Mediterranean Tuna & Chickpea Salad (Ch. 5) 🧠
- **PM Snack:** Fresh Fruit + Sunflower Seed Butter
- **Dinner:** Braised Beef with Carrots & Sweet Potatoes (Ch. 6) → **SWAP: use parsnips instead of sweet potatoes**
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠



Day 28

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 💧
- **AM Snack:** Turkey & Hummus Roll-Ups (Ch. 4)
- **Lunch:** Chicken & Vegetable Soup (Ch. 5)
- **PM Snack:** Rice Cakes with Avocado & Salmon
- **Dinner:** Grilled Flank Steak + Chimichurri Sauce → **SWAP:** use basil instead of parsley
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)



Week 5

 ***“Your body hears everything your mind says—feed both with kindness.”***

Batch Cooking Note: Prep extras of Roasted Veggie Wraps, Coconut-Berry Bars, and Chicken Stir Fry.  **Picnic Pick:** Turkey & Hummus Roll-Ups 



Day 29

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8) 
- **AM Snack:** Coconut-Berry Bars (Ch. 7) 
- **Lunch:** Quinoa Stuffed Peppers (Ch. 5)
- **PM Snack:** Celery & Sunflower Butter
- **Dinner:** Chicken Stir Fry + Brown Rice (Ch. 6) 
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 

Day 30

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 
- **AM Snack:** Turkey & Hummus Roll-Ups (Ch. 4) 
- **Lunch:** Roasted Veggie Wraps + Yogurt Sauce
- **PM Snack:** Mozzarella & Cucumber Skewers
- **Dinner:** Braised Beef with Root Vegetables (Ch. 6)
- **Dessert:** Apricot & Oat Bars (Ch. 7) 

Day 31

- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8)
- **AM Snack:** Hard-Boiled Egg & Baby Carrots
- **Lunch:** Lentil Soup with Turmeric & Garlic (Ch. 5) 
- **PM Snack:** Roasted Chickpeas (Ch. 4)
- **Dinner:** Lemon Herb Salmon + Green Beans 
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 32

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 💧
- **AM Snack:** Sliced Pears + Coconut Yogurt
- **Lunch:** Quinoa Chickpea Power Bowl 🧠
- **PM Snack:** Mini Chicken Skewers with Dill Dip (Ch. 4)
- **Dinner:** Turkey Meatballs + Zucchini Noodles
- **Dessert:** Vanilla Rice Pudding (Ch. 7) 🍌

Day 33

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8)
- **AM Snack:** Trail Mix (Pumpkin Seeds + Coconut Chips)
- **Lunch:** Chicken & Vegetable Soup (Ch. 5)
- **PM Snack:** Rice Cakes with Avocado 🧠
- **Dinner:** Grilled Flank Steak + Steamed Asparagus
- **Dessert:** Apricot & Oat Bars (Ch. 7) 🍌

Day 34


- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Celery + Hummus
- **Lunch:** Mediterranean Quinoa Salad with Olives 🧠
- **PM Snack:** Roasted Pumpkin Seeds
- **Dinner:** Sweet Potato & Black Bean Tacos
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 🧠


Day 35

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🍷💧
- **AM Snack:** Turkey Roll-Ups with Lettuce Wrap
- **Lunch:** Chickpea & Cucumber Salad with Lemon 🍷
- **PM Snack:** Sunflower Butter Oat Bites
- **Dinner:** Garlic-Rosemary Roasted Chicken + Root Veggies (Ch. 6)
- **Dessert:** Coconut-Berry Bars (Ch. 7) 🍷





Week 6

 **“Let food be thy medicine, and water thy companion.”**

 **Hydration Tip:** Start each morning with a full glass of room-temperature water and a squeeze of lemon. It gently wakes the digestive system and aids detox.

Batch Cooking Note: Prep an extra tray of Stuffed Sweet Potatoes and a big pot of Chicken & Veggie Soup

 **Picnic Pick:** Veggie Wraps with Lemon-Tahini Sauce 





Day 36

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8) 
- **AM Snack:** Rice Cakes + Sunflower Butter
- **Lunch:** Turkey Chili + Avocado (Ch. 5)
- **PM Snack:** Carrot Sticks + Hummus
- **Dinner:** Grilled Chicken with Garlic Quinoa + Broccoli 
- **Dessert:** Coconut-Berry Bars (Ch. 7)

Day 37

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8)  
- **AM Snack:** Pumpkin Seeds + Pear
- **Lunch:** Lentil & Sweet Potato Stew (Ch. 5) 
- **PM Snack:** Celery + Hummus
- **Dinner:** Herb-Crusted Rack of Lamb + Green Beans
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 38

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 
- **AM Snack:** Roasted Chickpeas (Ch. 4)
- **Lunch:** Roasted Veggie Wraps 
- **PM Snack:** Fresh Berries + Coconut Yogurt
- **Dinner:** Garlic-Rosemary Chicken + Root Vegetables (Ch. 6) 
- **Dessert:** Baked Cinnamon Apples (Ch. 7) 

Day 39

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8)
- **AM Snack:** Turkey & Hummus Roll-Ups (Ch. 4) 🛒
- **Lunch:** Quinoa Chickpea Bowl with Cucumbers 🧠
- **PM Snack:** Mini Skewers + Cucumber Dip
- **Dinner:** Sweet Potato & Black Bean Tacos 🍷
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 40

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 💧
- **AM Snack:** Boiled Egg + Carrot Sticks
- **Lunch:** Chicken & Veggie Soup (Ch. 5) 🍷
- **PM Snack:** Apple Slices + Sunflower Butter
- **Dinner:** Flank Steak + Roasted Cauliflower
- **Dessert:** Coconut-Berry Bars (Ch. 7)

Day 41


- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8)
- **AM Snack:** Banana + Sunflower Seeds
- **Lunch:** Mediterranean Tuna Salad
- **PM Snack:** Trail Mix (pumpkin seeds, coconut chips)
- **Dinner:** Lemon Salmon + Quinoa + Spinach 🧠
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 42


- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8) 🧠
- **AM Snack:** Mozzarella + Cucumber Stack
- **Lunch:** Stuffed Sweet Potatoes + Lentils 🍴
- **PM Snack:** Celery + Hummus
- **Dinner:** Chicken Stir Fry + Brown Rice
- **Dessert:** Baked Cinnamon Apples (Ch. 7)



Week 7

 **“Be still. Listen to your body—it often knows what your mind refuses to believe.”**

 **Hydration Tip:** Add cucumber slices to your water today for a refreshing, anti-inflammatory boost.

Batch Cooking Note: Roast a double batch of veggies and prep a pot of Turkey Chili 

Picnic Pick: Chickpea Salad Wraps with Lemon-Dill Dressing 

Day 43

- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8)
- **AM Snack:** Banana + Sunflower Butter
- **Lunch:** Chickpea & Quinoa Salad with Lemon-Tahini Dressing 
- **PM Snack:** Cucumber Slices + Hummus
- **Dinner:** Garlic Chicken with Steamed Green Beans + Quinoa 
- **Dessert:** Baked Cinnamon Apples (Ch. 7)

Day 44

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 
- **AM Snack:** Mozzarella & Tomato Stack with Cucumber (Cheese Bonus)
- **Lunch:** Lentil & Veggie Stew (Ch. 5)
- **PM Snack:** Apple Slices + Sunflower Butter
- **Dinner:** Grilled Flank Steak + Roasted Broccoli 
- **Dessert:** Coconut-Berry Bars (Ch. 7)

Day 45

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8)
- **AM Snack:** Pumpkin Seeds + Pear
- **Lunch:** Chicken & Brown Rice Soup (Ch. 5) 
- **PM Snack:** Turkey + Hummus Wrap
- **Dinner:** Sweet Potato & Black Bean Enchiladas 
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 46

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8) 💧
- **AM Snack:** Roasted Chickpeas (Ch. 4)
- **Lunch:** Grilled Veggie & Hummus Pita 🥗
- **PM Snack:** Carrot Sticks + Dip
- **Dinner:** Lemon-Herb Salmon + Brown Rice + Asparagus 🍷
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 47

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🍷
- **AM Snack:** Boiled Egg + Cucumber
- **Lunch:** Turkey Chili with Sweet Potato (Ch. 5) 🍷
- **PM Snack:** Mini Skewers + Avocado Dip
- **Dinner:** Grilled Chicken Thighs + Garlic Cauliflower Mash
- **Dessert:** Baked Cinnamon Apples (Ch. 7)

Day 48


- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Rice Cakes + Nut-Free Butter
- **Lunch:** Tuna & Chickpea Salad + Greens
- **PM Snack:** Apple + Trail Mix
- **Dinner:** Lamb Chops + Roasted Carrots & Parsnips 🍷
- **Dessert:** Coconut-Berry Bars (Ch. 7)


Day 49


- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8)
- **AM Snack:** Mozzarella Stack + Sliced Cucumber
- **Lunch:** Stuffed Sweet Potatoes + Roasted Zucchini 🍌
- **PM Snack:** Celery + Hummus
- **Dinner:** Chicken & Veggie Stir Fry + Brown Rice
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Week 8




 **“Rest is not laziness. It’s medicine.”**

 **Hydration Tip:** Start your day with a glass of room-temperature water and a squeeze of lemon. Simple, effective, healing.

Batch Cooking Note: Prepare a double batch of Chicken Soup and Sweet Potato Chili for easy reheat meals 

Picnic Pick: Chicken Salad Lettuce Wraps with Apple Slices 

Day 50

- **Breakfast:** Tropical Sunrise Smoothie (Ch. 8) 
- **AM Snack:** Rice Cakes + Avocado & Smoked Salmon
- **Lunch:** Chicken & Vegetable Soup (Ch. 5) 
- **PM Snack:** Turkey Roll-Ups + Cucumbers
- **Dinner:** Herb-Crusted Rack of Lamb + Roasted Carrots 
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 51

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8)
- **AM Snack:** Mozzarella & Tomato Stack (Cheese Bonus)
- **Lunch:** Mediterranean Tuna Salad + Chickpeas
- **PM Snack:** Fresh Fruit + Sunflower Butter
- **Dinner:** Braised Beef + Carrots & Sweet Potatoes
- **Dessert:** Baked Cinnamon Apples (Ch. 7)

Day 52

- **Breakfast:** Ginger-Carrot Refresher (Ch. 8) 💧
- **AM Snack:** Turkey & Hummus Roll-Ups
- **Lunch:** Turkey & Sweet Potato Chili (Ch. 5) 🍲
- **PM Snack:** Trail Mix + Celery
- **Dinner:** Grilled Flank Steak with Chimichurri 🍴
- **Dessert:** Almond Butter Oat Cookies (Ch. 7)

Day 53

- **Breakfast:** Vanilla Berry Oatmeal (Ch. 8)
- **AM Snack:** Roasted Chickpeas + Dill
- **Lunch:** Lentil & Veggie Stew
- **PM Snack:** Pear + Nut-Free Butter
- **Dinner:** Lemon-Herb Grilled Salmon + Green Beans 🍷
- **Dessert:** Coconut-Berry Bars (Ch. 7)

Day 54

- **Breakfast:** Berry-Kale Power Smoothie (Ch. 8) 🍷
- **AM Snack:** Boiled Egg + Cucumber
- **Lunch:** Chicken & Brown Rice Soup 🍲
- **PM Snack:** Mini Chicken Skewers + Avocado Dip
- **Dinner:** Sweet Potato & Black Bean Enchiladas 🍴
- **Dessert:** Apricot & Oat Bars (Ch. 7)

Day 55

- **Breakfast:** Banana-Ginger Smoothie (Ch. 8) 💧
- **AM Snack:** Carrot Sticks + Hummus
- **Lunch:** Quinoa Salad with Roasted Veggies
- **PM Snack:** Rice Cakes + Nut-Free Butter
- **Dinner:** Baked Chicken Thighs + Garlic Cauliflower Mash 🍷
- **Dessert:** Baked Cinnamon Apples (Ch. 7)

Day 56

- **Breakfast:** Apple-Cinnamon Overnight Oats (Ch. 8)
- **AM Snack:** Pumpkin Seeds + Banana
- **Lunch:** Turkey Chili with Sweet Potato (Ch. 5) 🍲
- **PM Snack:** Mozzarella Stack + Cucumber
- **Dinner:** Grilled Chicken with Chimichurri + Steamed Broccoli
- **Dessert:** Coconut-Berry Bars (Ch. 7)

Final Words from D Kumar MD 🩺

“The journey to managing migraines isn’t just about what we avoid—it’s about embracing what nourishes, strengthens, and brings joy. These 60 days have given you not just meals, but momentum. Take the flavors, the habits, the peace—and keep going.”



