



Meal Plans

BREAKFAST,
LUNCH, DINNER
& SNACK IDEAS

HSV Meal Plans

When I first tried managing my dietary proteins, I found it frustrating. I put a lot of hope into becoming symptom-free from herpes by eliminating all foods containing arginine (an amino acid). However, I soon discovered it was impossible to go that route because I couldn't eliminate the foods from my diet containing arginine. After all, they were very healthy for me. Furthermore, I enjoyed them. For example, I love blueberries and walnuts.

For a time, I referred to my guide, [The Comprehensive L-Lysine Verses Arginine Food Ratio Guide](#), which is a fantastic tool for looking up foods, especially those I didn't eat that often. Still, I didn't want to refer to it every time I sat down to eat something. So, what to do?

As a creature of habit (which most of us are), I decided to print out my guide and circle all my favorite foods and items I tend to eat more often than others. To my dismay, some food choices were way too high in arginine, like bread, walnuts, and blueberries I just mentioned. So, I decided to nix most bread from my diet (bummer, I love bread) and eat way fewer walnuts and blueberries unless I ate them with plain, organic yogurt. Plain yogurt has plenty of lysine to counteract arginine.

Out of my favorite foods list, I created menu plans. Having a menu from the everyday foods I ate regularly proved much more effortless than counting food ratios. My menu plans also helped me quickly remember food combinations I could easily make or grab. Best of all, I could eat the foods on my menu plans without worrying about triggering a breakout from what went into my mouth.

The following meal plans only show you how to combine foods to create delicious, HSV worry-free meals. Don't feel you have to use them. They're just healthy suggestions for whenever you don't want to give much thought to meal planning.

Breakfast

1. Eggs and bacon
2. Quiche with zucchini, mushrooms, and cheese
3. Cheese omelet
4. Organic coffee with half-and-half
5. Egg and potato hash (browned in coconut oil and butter)
6. Boiled eggs with leftover meat (red)
7. A steamer made with organic milk, with honey to taste and a dash of nutmeg or cinnamon
8. Plain, organic yogurt and mixed fruit
9. Toast with butter and cottage cheese

Lunch

1. Lettuce, egg, celery and cottage cheese
2. Cauliflower (browned in butter) with baby spinach
3. Kale, chicken and avocado
4. Tuna and spinach with mayonnaise dressing
5. Baby spinach, sprouts, celery and beets (raw, not canned)
6. Bacon, egg, kale and avocado
7. Lettuce, spinach, sprouts and white mushrooms
8. Dark leaf lettuce with Parmesan cheese
9. Cut veggies and avocado dip

Dinner

1. Lettuce-wrapped chicken (a no-bread sandwich)
2. Beans and Kosher hot dogs (no bread)
3. Egg drop soup with a green salad
4. Baked potato, beets (or beet greens) and roast beef
5. Red potato, asparagus and wild-caught salmon
6. Sweet potato, zucchini and BBQ chicken
7. Turnip greens, corn (cut off the stalk) and pork chops
8. Asparagus, mushrooms and fish
9. Campbell's Turkey Noodle Soup and green salad

NOTE: All meat portions should be 3-6 ounces (about the size of a deck of cards or the palm of your hand).

Okay Fats

Okay Fats: Avocado, butter, coconut oil, margarine, mayonnaise (a small amount), Ranch dressing (regular), and French (low-fat) dressings

While coconut meat is an [HSV trigger](#) because of its high arginine content, coconut oil doesn't contain the food's amino acids. It's safe to add one teaspoon of coconut oil three to five times each week to already-cooked foods, smoothies, and [turmeric tea](#).

Mayonnaise contains approximately the same amount of lysine as arginine.

Okay Beverages

Organic and decaf coffee with whipped cream or half-and-half (once daily), organic milk, green tea, lemon water, lime water, and pure water (no tap) are suggested. You can use rice and almond milk occasionally.

Snacking & Desserts

You can live with herpes and still eat your cake or pie. However, when eating foods containing high amounts of arginine, you'll want to counteract it with foods high in lysine or take a lysine supplement. Also, when you snack (and we all do), ensure your snacks are healthy, which keeps your blood sugar and mood stable. It's best to reach for some protein or fat (or both) between meals. You can include desserts along with breakfast, lunch, or dinner.

Bon Appetit!

