The Migraine Relief Code Food Triangle

A simple approach to nourishing the migraine brain based on what genetics has shown us about the Biology of Migraine.



Migraines Are More Than Triggers

Migraines are often treated as a problem of triggers: avoid the cheese, skip the wine, watch the caffeine. While trigger management has its place, this framing misses something deeper. What the biology, and increasingly the genetics, show us is that migraine is really about how your body is functioning underneath the surface.

Your brain chemistry, your gut, your immune system, and your ability to produce energy at the cellular level all play a role in shaping your migraine threshold - that invisible line between a manageable day and a debilitating one. These systems don't operate in isolation. They talk to each other constantly, and the way you eat can either support that conversation or disrupt it.

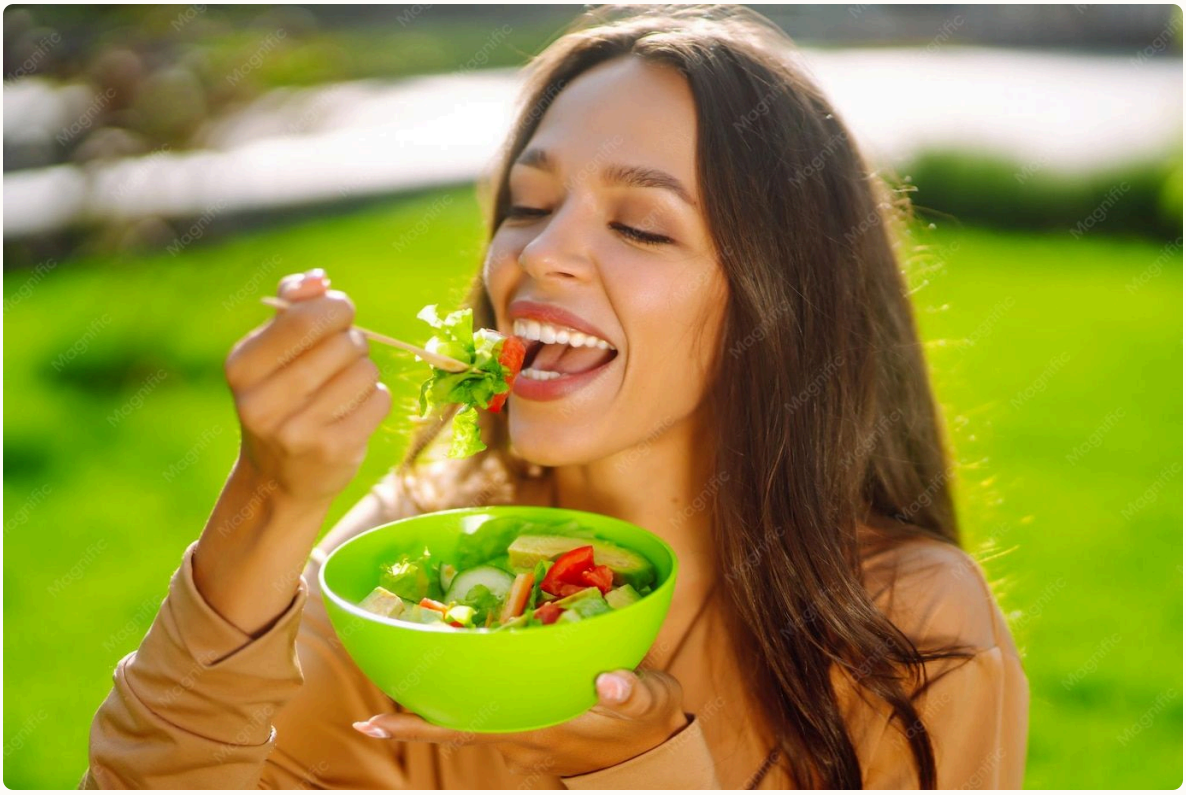
To understand which biological system needs the most support for you, go to **TheHeadacheQuiz.com** to find out. Then, come back here and learn how to design a food plan based on how you're wired.

The Old Approach:

Focus on what to remove. Eliminate suspected triggers. React to symptoms after they occur.

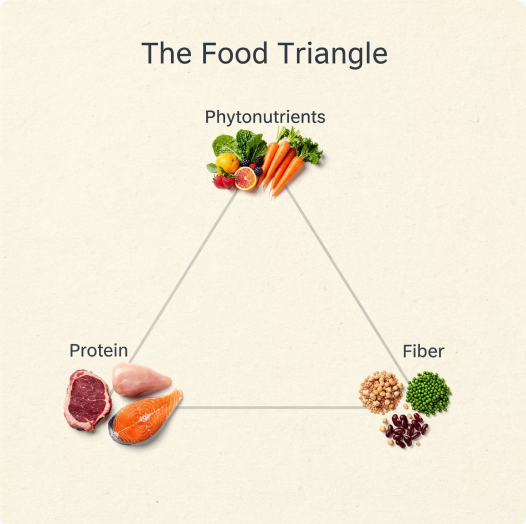
The New Biology-Based Approach:

Focus on what to consistently eat for your Headache Type. Build resilience from the foundation up. Support systems before symptoms arise.



The Food Triangle: Three Foundational Angles

The Migraine Relief Code Food Triangle is built around three nutritional pillars that directly support the biological systems involved in migraine. Rather than a restrictive elimination plan, this is an **additive, supportive framework**, focused on what your body needs consistently to maintain a higher migraine threshold.



Protein: Supporting Brain Chemistry and Stability

One corner of the triangle is protein.

Protein provides the building blocks for the neurotransmitters that your brain needs to regulate mood, sleep, and pain sensitivity. It also helps stabilize blood sugar, which is essential for keeping your system from becoming more reactive.

When protein intake is consistent, the brain is better able to handle stress, and the overall threshold for triggering a migraine is higher.

Fiber: Supporting the Gut and Immune System

The second corner is fiber. Fiber feeds the beneficial bacteria in your gut, which play a key role in healing the gut , which reduces inflammation.

Because many migraine-related genetic pathways involve the gut and immune system, supporting this layer helps reduce overall sensitivity and improve how your body responds to internal and external stressors.

Phytonutrients: Supporting Inflammation, Blood Vessels, and Cellular Health

The third corner is phytonutrients, which are the natural compounds found in colorful fruits and vegetables. These underappreciated nutrients help support how your cells produce energy, reduce inflammation, and protect blood vessels. Low cellular energy levels are a direct migraine trigger that most people aren't aware of, so you'll be one step ahead by optimizing phytonutrients.

Protein: The Foundation

Protein is the first angle of the Food Triangle for good reason. It is the most structurally fundamental macronutrient for migraine biology, touching nearly every system that influences your threshold. In addition, low blood sugar is a common migraine amplifier - and adequate dietary protein is one of the most effective tools for keeping blood sugar steady throughout the day.

Beyond blood sugar, protein supplies the amino acid building blocks your brain uses to manufacture neurotransmitters. Nearly everybody we have tested in Migraine Relief Code has genetic abnormalities of the neurotransmitters that increase migraine, so optimizing these is crucial to your Recovery.

Daily Target for Everybody

Aim for a minimum of **75g of protein per day**, distributed across meals rather than concentrated in one sitting. Most people get 20-25 at breakfast, and 30-40 at lunch and dinner.

Red Meat: for Energy Type

Emphasize lean red meat if you want to support energy production; red meat is high in the iron and B12 that are critical for energy production.

Fish: For Inflammation Type

Emphasize high omega-3 fish if you want to help your body lower inflammation.

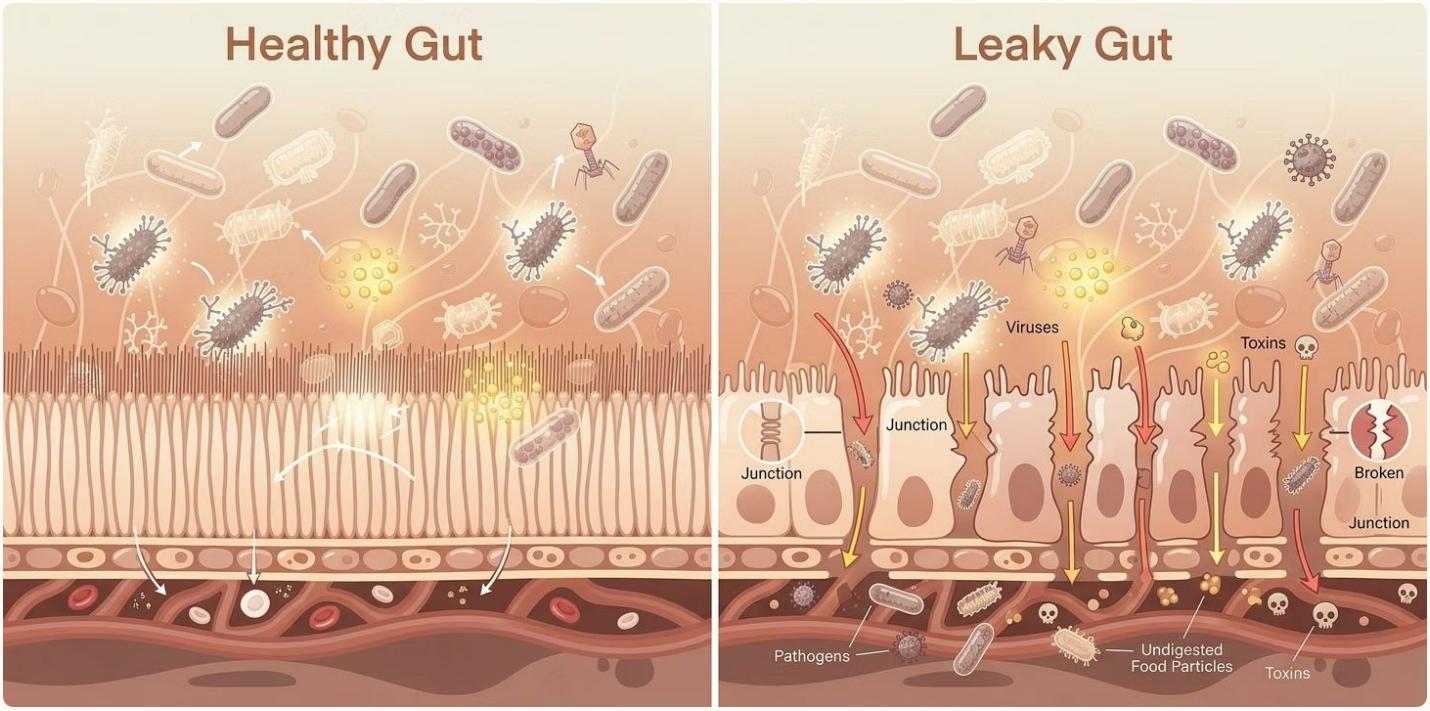
Chicken and Turkey: For Brain Chemistry Type

Emphasize chicken and turkey to bump up tryptophan, a precursor to serotonin in the brain.



Fiber: The Gut-Brain Connection

Fiber is the second angle of the Food Triangle, and its importance to migraine biology runs deeper than most people expect. When you consume adequate fiber, you are feeding the beneficial bacteria that produce short-chain fatty acids (SCFAs). These compounds promote healing of the inner lining of the gut, which is a non-negotiable component of recovering from leaky gut and related disorder. The daily target for fiber is approximately **25 grams**, which most people in the modern diet fall well short of. Increasing fiber intake is important for the Inflammation Type in particular.



Gut Lining Integrity

Fiber-fed bacteria produce butyrate, a short-chain fatty acid that directly nourishes and repairs the intestinal lining, reducing permeability and systemic immune activation.

Inflammation Regulation

A well-fed microbiome produces anti-inflammatory compounds that circulate systemically, helping to lower the chronic low-grade inflammation that raises migraine vulnerability.

Brain Chemistry

Gut bacteria signal directly to the brain via the vagus nerve and through neurotransmitter precursors, influencing mood stability and pain processing pathways.

Phytonutrients: Why Color Matters

Phytonutrients are the biologically active compounds that give fruits and vegetables their colors — and they are the final angle of the Food Triangle for a reason. These compounds do not simply add nutritional value in a general sense; they act as sophisticated biological modulators.

The key insight is that different colors represent different classes of compounds, each with distinct biological targets. You can remember them easily if you just think of colors of the rainbow: Red, Orange/Yellow (similar phytonutrients in these two colors), Green, and Blue/Violet (again, similar phytos in both colors). Some phytos support on Headache Type more than another, but there is significant overlap. Your goal is to eat the rainbow every day.



Red Foods:

Lycopene .

Supports the Vascular Headache Type through enhanced cardiovascular health, reduction in oxidative stress, and reduced inflammation.



Orange & Yellow Foods:

Beta-carotene and carotenoids.

Supports the Inflammation Type via immune balance, gut lining integrity, and inflammation regulation.



Green Foods:

Chlorophyll, folate, sulforaphane.

Supports the Energy Type through improved detox pathways, nervous system health, and hormone processing.



Blue & Violet Foods:

Anthocyanins.

Supports the Brain Chemistry Type with enhanced brain protection, blood vessel stability, and oxidative stress reduction

Where Genetics Comes In

No two people with migraine have identical biology - and genetics is a significant reason why. Your genetic profile influences how your body responds to the common "migraine triggers" listed below. Some people are wired to have trouble tolerating them, and some people aren't; knowing which triggers are relevant for you is a game-changer.

In recent years, we've seen significant advances in the type of genomics testing that identifies specific migraine triggers are likely to be problematic for you. This saves you months of elimination diets, trying to figure it out through trial and error.

It's also common for people to have more than one genetic trigger, and it's particularly difficulty to figure out which combination of foods you need to eliminate in order to see progress without genomics testing. If you're interested in this testing, go to: **https://migrainereliefcode.com/dna**

These sensitivities are not universal — they are genetically influenced. The Food Triangle framework minimizes all of these exposures. Individual migraine genomics testing can tell you exactly which of these foods you can safely bring back into your diet.

Histamine

Found in aged cheeses, wine, fermented foods, and cured meats. Those with variants in the DAO enzyme gene that breaks down histamine need to avoid high histamine foods, but other people do not need to avoid them

Tyramine

Found in aged and ripened foods. People with suboptimal MAOA gene variants need to avoid` high tyramine foods, since it is a direct migraine trigger. However, people who do not have these variants are able to tolerate high tyramine foods.

Gluten

Individuals with certain types of immune cells are more likely to respond to gluten with increased inflammation, which lowers migraine threshold.

Lactose

Most adults cannot digest lactose for genetic reasons. Genomics testing can tell you whether or not you are one of those people.

Putting it all together: Breakfast Options

Building a migraine-supportive breakfast means anchoring the meal in protein to stabilize blood sugar from the start of the day, while incorporating fiber and color where possible. Each of the options below is designed to deliver approximately 20g of protein alongside meaningful fiber content, as well as phytonutrients from all the colors - a combination that sets a stable biochemical foundation for the hours ahead. Consistency matters more than perfection: rotating through these options across the week ensures variety in amino acid profiles and phytonutrient exposure.

1

Greek Yogurt Bowl

1 cup nonfat Greek yogurt (nondairy if you need), ½ cup mixed berries, mango (sub: orange slices), and kiwi (sub: green grapes), 2 tbsp chia seeds, honey to taste.

Protein: ~20g | Fiber: ~10g

2

Vegetable Egg Scramble

3 eggs + 2 ounces protein (turkey or chicken sausage), spinach, red and yellow/orange peppers, red onions (actually a purple phytonutrient). Saute all together and enjoy.

Protein: ~30g | Fiber: ~4–6g

3

Protein Smoothie

Protein powder (20g protein), frozen mixed berries/mango/spinach, 2 tbsp ground flax or chia, unsweetened almond or flax milk.

Protein: ~22g | Fiber: ~10g

4

High-Fiber Oat Bowl

½ cup oats, 1 scoop protein powder, mixed red and blue berries, dried apricots or similar orange/yellow dried fruit, pumpkin seeds (green phyto), cinnamon + monkfruit/allulose sweetener

Protein: ~20g | Fiber: ~10g

Lunch & Dinner Recipes

The recipes below are designed to layer all three foundational elements - protein, fiber, and phytonutrients - into a single satisfying bowl or plate. Each option provides a substantial protein anchor (25–35g), meaningful fiber from legumes or vegetables, and color-based phytonutrient coverage, with one Red, one Yellow/Orange, one Green, and one Blue/Purple Phytonutrient in every recipe. Rotate through the options throughout the week to diversify your amino acid and fatty acid intake.

Salmon + Lentil Bowl



~30g protein | ~10g fiber

Ingredients

- 4 oz grilled salmon fillet
- 1/2 cup cooked green or red lentils
- 1 cup roasted vegetables (such as red pepper, carrots, broccoli and eggplant); try to cut them all to the same size)
- 1 tbsp olive oil
- Lemon juice, salt, pepper, fresh parsley or other herbs you may grow

Instructions

1. Cook lentils per package directions.
2. Preheat oven to 400°F. Toss vegetables in olive oil, salt, and pepper and roast 10-15 minutes; check frequently to make sure they're not burning, because smaller chunks will cook faster and larger chunks will cook slower.
3. Season salmon with lemon juice, salt, and pepper. Grill or pan-sear 4 minutes per side.
4. Assemble bowl with lentils as base, top with salmon and roasted vegetables. Garnish with parsley and a squeeze of lemon.

Chicken + Chickpea Bowl

~28g protein | ~8g fiber



Ingredients:

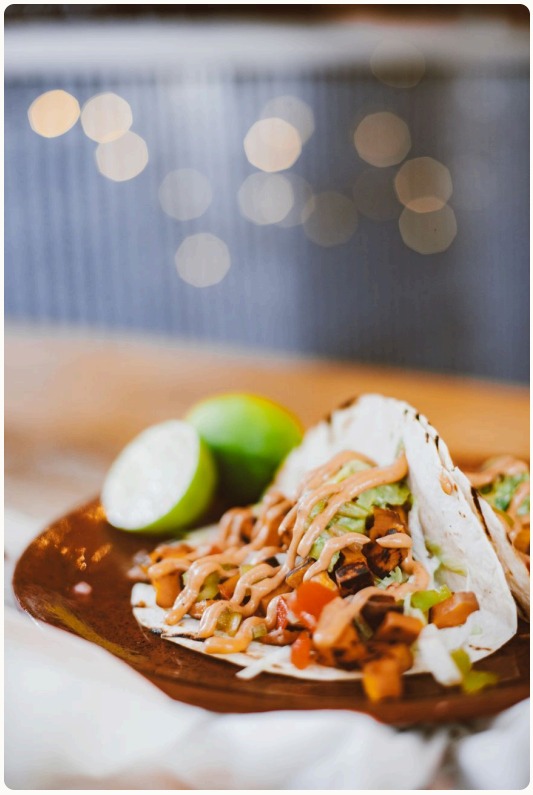
- 4 oz grilled chicken breast
- ½ cup canned chickpeas (rinsed)
- 2 cups mixed power greens with spinach, kale, or arugula; add radicchio or purple cabbage as well
- ½ cup carrot slices
- ¼ cup cherry tomatoes
- DRESSING: 1 tbsp olive oil, 1 tsp lemon juice, salt, pepper, dried oregano, or use your favorite

Instructions:

1. Season chicken with salt, pepper, and oregano. Grill or bake at 375°F for 20–25 minutes.
2. Slice chicken and set aside.
3. Toss greens, chickpeas, carrots, and tomatoes with dressing.
4. Top salad with sliced chicken. Season to taste.

Turkey Kale Tacos with Avocado Crema

~25g protein | ~8-10g fiber



Ingredients:

- 5 oz lean ground turkey
- 1/2 cup chopped and massaged kale (yes, just massage it with your hands to make it soft!)
- ½ cup finely sliced purple cabbage
- ½ cup black beans
- ½ cup diced red and yellor or orange peppers
- ¼ cup diced onion
- 1 TBSP minced garlic
- TACO SEASONING: 1 tsp cumin, 1 tsp chili powder, ½ tsp garlic powder, salt, pepper (OR your favorite taco seasoning)
- AVOCADO CREMA: mix mashed avocado and yogurt in equal amounts, then add water 1 tbsp at a time until it's the consistency of salad dressing) OR use avodaco slices or your favorite salsa
- 2 Taco Shells

Instructions:

1. Sauté peppers, onions, and garlic in a pan over medium heat for 3–4 minutes.
2. Add ground turkey and cook through, breaking apart. Season with taco seasoning of your choice
3. Warm black beans separately.
4. Spoon turkey mixture into taco shells. Top with beans, salsa, and avocado slices or avocado crema.

Shrimp + Vegetable Stir Fry

~25g protein | 10g fiber



Ingredients:

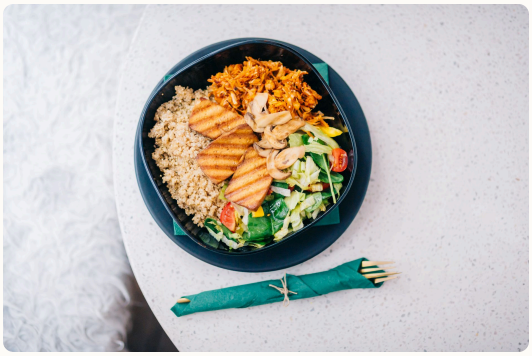
- 5 oz shrimp (peeled and deveined)
- 1 cup broccoli florets
- ½ cup sliced carrots
- ½ cup sliced bell peppers
- ½ cup sliced purple cabbage
- ½ cup edamame (buy pre-shelled edamame in the frozen foods section)
- STIRFRY SAUCE: 1 tsp sesame oil, 1 tsp fresh ginger, 1 clove garlic minced, 1 tbsp soy sauce or coconut aminos OR use your favorite Stirfry sauce
- 1 tsp avocado oil (use this for frying vegetables)
- OPTIONAL: Rice of your choice

Instructions:

1. Heat avocado oil in a wok or large pan over high heat.
2. Add garlic and ginger, stir 30 seconds.
3. Add carrots, edamame, and broccoli, stir fry 3–4 minutes.
4. Make a well in the center of the pan and add shrimp and peppers, toss 2–3 minutes until shrimp are pink.
5. Drizzle with soy sauce and sesame oil. Toss and serve immediately.

Plant-Based Protein Bowl

~22g protein | ~10-15g fiber



Ingredients:

- 4 oz firm tofu or tempeh (cubed)
- ½ cup cooked quinoa
- ½ cup green peas
- 1 cup mixed roasted vegetables (sweet potato, broccoli, red onion, purple cauliflower)
- DRESSING: 1 tbsp tahini, 1 tsp lemon juice, 1 tsp olive oil OR use your favorite salad dressing
- Salt, pepper, paprika

Instructions:

1. Turn oven to Roast at 400-425
2. Cook quinoa per package directions.
3. Press tofu dry and cube. Toss with olive oil, paprika, salt, and pepper. ake at 400°F for 25 minutes until golden.
4. Chop vegetables and toss with the same olive oil, paprika, salt, and pepper coating you used for the tofu. Add to oven about 5-10 minutes after the tofu goes in. Check back often to make sure they don't burn.
5. DRESSING: Whisk tahini with lemon juice and a splash of water to make a drizzle sauce OR use your favorite
6. Assemble bowl with quinoa, vegetables, and tofu. Drizzle with tahini sauce.

Golden Lentil Coconut Curry with Chicken

~38g protein | ~12g fiber

Ingredients:



- 4 oz cubed chicken
- 1 cup red lentils (rinsed)
- 1 can (13.5 oz) coconut milk
- 1 cup chicken or vegetable broth
- 1 cup chopped sweet potato (cubed small)
- 1 cup baby spinach
- ½ cup diced tomatoes
- 1 tsp olive oil
- 1 tsp each: turmeric, cumin, curry powder
- ½ tsp ginger (fresh grated or ground)
- Salt and pepper to taste
- Optional: serve over ½ cup cauliflower rice

Instructions:

1. Heat olive oil in a medium saucepan over medium heat. Add cumin and curry powder and toast for 30 seconds until fragrant.
2. Add chicken cubes and cook 4–5 minutes until lightly browned.
3. Add sweet potato and stir to coat with spices. Cook 2–3 minutes.
4. Add lentils, coconut milk, broth, tomatoes, turmeric, and ginger. Stir to combine.
5. Bring to a boil, then reduce heat and simmer uncovered for 20–25 minutes, stirring occasionally, until lentils are soft and curry has thickened.
6. Stir in baby spinach and cook 1–2 minutes until wilted. Season with salt and pepper and serve.

Pasta Bowl

~35g protein | ~15g fiber



Ingredients:

- 2 oz chickpea or lentil pasta (dry)
- ½ cup organic marinara sauce (or make your own)
- ½ cup sliced yellow and green zucchini squash with the skin on
- ½ cup sliced eggplant
- ¼ cup sliced onion + 2 cloves garlic
- 4 ounces of protein of your choice
- 1 tbsp olive oil, fresh basil, salt, pepper
- OPTIONAL: Fresh basil or parmesan cheese (pecorino romano if you don't eat dairy)

Instructions:

1. Put pasta water on burner to heat it up
2. Sauté garlic and onion in another pan drizzled with olive oil 1 minute.
3. Add protein; cook as needed
4. Add zucchini and eggplant, cook 3-5 minutes
5. While the vegetables are cooking, add pasta to water and cook per package directions.
6. Add marinara to vegetables and protein in pan
7. Toss with cooked pasta. Top with fresh basil or cheese

Dessert Options

Dessert does not have to undermine the Food Triangle. The options below are designed to satisfy sweetness cravings while contributing positively to your daily fiber and protein targets — and avoiding the blood sugar spikes that high-sugar desserts would otherwise create. Each option uses fruit as the primary source of sweetness, supplemented with low-glycemic sweeteners like monk fruit or allulose where needed. Blue and purple berries double as a phytonutrient boost, making these options genuinely functional rather than merely permissible.

Medjool Dates Night

Eat fresh out of the container; especially good with a spicy, warm tea and a fireplace :)

Chia Champion Pudding

Add 1/3 cup chia seeds to 1 cup of liquid (oat milk is deliciously creamy, but you can use other milks). Stir occasionally for about 10 minutes as it thickens, then add sweetener, fruit, and/or nuts.

Crazy Good Apples

Slice an apple and toss with 1 TBSP of maple syrup and ½ tsp cinnamon. Enjoy as-is, or bake at 350°F for 10–15 minutes for a warm treat.

Berries Like You Never Had Them:

Mix fresh berries or other fruit with coconut milk and allulose-monkfruit sweetener (or honey).

Chocolate Beauties:

Melt ½ cup chocolate chips in a bowl, mix with dried fruit and nuts. Scoop into bite-size portions, cool, and enjoy

---

Banana Bites

Coat banana slices in chia seeds, drizzle with melted chocolate chips, and freeze until firm.

Dark chocolate (70% cacao or higher) contains flavanols — a class of phytonutrients with antioxidant and vascular benefits. In small portions, it contributes to your blue/purple phytonutrient intake for the day. It's an easy go-to dessert for times when you don't have time to make anything.

Your Daily Food Tracker

Consistency is the engine of the Food Triangle approach. The tracker below gives you a simple daily checklist to confirm you are meeting the core targets - not as a source of stress, but as a lightweight awareness tool. Research consistently shows that the act of tracking, even briefly, improves adherence and helps identify patterns between dietary habits and symptom days. Use the notes field to record anything notable: energy levels, sleep quality, stress, or any symptoms. Over time, these notes become your personal biology map.

Protein

Daily target: **75g**

Fiber

Daily target: **25g**

Red Foods

At least **one serving** daily

Orange & Yellow

At least **one serving** daily

Green Foods

At least **one serving** daily

Blue & Purple

At least **one serving** daily

Target	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Protein 75g	☐	☐	☐	☐	☐	☐	☐
Fiber 25g	☐	☐	☐	☐	☐	☐	☐
Red foods	☐	☐	☐	☐	☐	☐	☐
Orange/yellow foods	☐	☐	☐	☐	☐	☐	☐
Green foods	☐	☐	☐	☐	☐	☐	☐
Blue/purple foods	☐	☐	☐	☐	☐	☐	☐
Notes							

You do not need to hit every target every single day. Progress, not perfection, is what shifts your biology over time.

Migraine Relief Code®

Ready to Take This a Step Further?



The Food Triangle gives you a strong foundation, but if you really want to optimize your nutrition to reduce migraines, then you need more than the right food.

To learn what that is for your biology, I'd like to invite you to join me for **Decode Your Migraine LIVE!** It's a weekly update about the latest migraine science that's relevant for you, plus Q&A with me.

You'll also get access to our giant video library of interviews with headache experts— it's way more useful than another Netflix binge!

Get Two Weeks of Decode Your Migraine LIVE! for FREE

Click Here to Start Your Free Trial