



LINDGREN  
functional medicine

# SUGAR DETOX

## Daily Meal Blueprint

1 VEGETABLES  
50% of plate

2 palm size  
PROTEIN

3 healthy  
FAT

4 whole food  
CARBS

### BREAKFAST

avocado + hard-boiled eggs  
sausage + roasted veggies  
smoothie bowl with greens + fats  
omelette + sautéed veggies  
chia seed pudding  
leftovers



### LUNCH

nourish bowl  
veggie + protein wrap  
loaded salad with protein + avocado  
canned fish + raw veggies  
chicken salad on lettuce wrap  
soup or stew



### DINNER

taco bowl  
steak salad  
vegetable + chicken stir-fry  
burgers + cabbage coleslaw  
meat sauce over roasted veggies  
slow/pressure cooker protein + veggies