



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

