



LINDGREN
functional medicine

MEAL BUILDING IDEAS

Every weekend, prep one or two items from each of the following categories. Then throughout the week, you can build meals with these components and a few additional ingredients. This means less work without boring leftovers!

CUSTOMIZE	VEGGIE	PROTEIN	CARB	ADD
SOUP	X	X	X	celery + onion + herbs + broth
SALAD	X	X	X	greens + seeds + vinaigrette
WRAP	X	X		tortilla + greens + olives + sauce
BOWL	X	X	X	fresh veggies + avocado + vinaigrette
BURRITO BOWL		X	X	beans + taco spice + salsa
SKILLET	X	X	X	oil + fresh herbs
BREAKFAST SKILLET	X		X	eggs + avocado + salsa
CURRY	X	X		oil + curry spices + rice
TACOS		X		taco shell + spices + greens + salsa
CASSEROLE		X	X	broth + fresh herbs + spices
OMELETTE	X			eggs + cheese
SANDWICH	X	X		bread + greens + sauce