



LINDGREN  
functional medicine

# KETO Meal Blueprint

1

low carb  
**VEGETABLES**  
(50% of plate)

**leafy greens**

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

**nightshades**

eggplant  
tomatoes\*  
peppers

**onion family**

green onions  
onions  
shallots  
garlic  
leeks

**herbs & spices**

**mushrooms**

portobello  
shiitake  
button  
cremini  
morel

**crucifers**

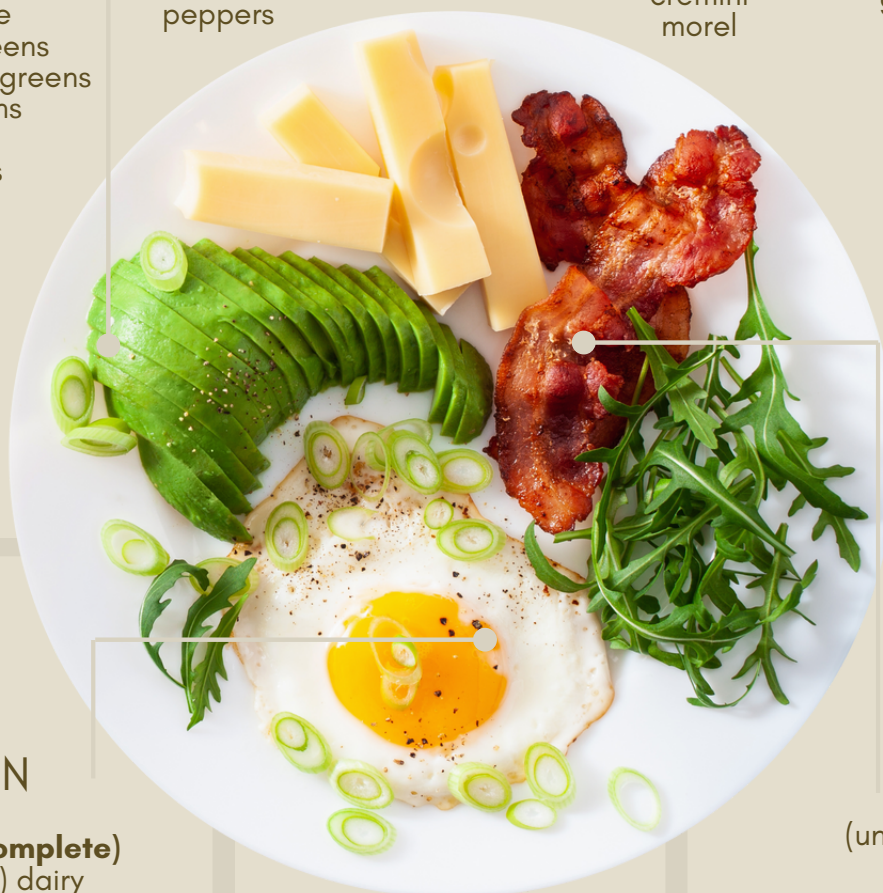
brussels sprouts  
cauliflower  
cabbage  
broccoli

**miscellaneous**

green beans  
artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel

**roots**

rutabagas  
radishes  
celeriac  
turnips  
daikon  
jicama  
ginger



2

palm size  
**PROTEIN**

**animal (complete)**

full-fat (FF) dairy  
whey protein  
cheese  
eggs  
fish  
seafood  
beef  
bison  
chicken  
turkey  
duck  
lamb  
liver

**plant  
(incomplete)**

nuts  
seeds  
tempeh  
tofu  
peanuts

**low sugar fruit &  
sweeteners**

blueberries\*  
strawberries\*  
blackberries\*  
raspberries\*  
lemon\*  
lime\*  
grapefruit\*  
stevia\*  
monkfruit\*

3

healthy  
**FAT**  
(until satisfied)

cream  
fish oil  
avocado  
MCT oil  
coconut oil  
full-fat dairy  
lard & tallow  
butter & ghee  
olives (and oil)  
bacon (and grease)  
nuts & seeds (and oil)  
fat from quality protein

*\*in moderation*



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# MEDITERRANEAN Meal Blueprint

## 1 VEGETABLES 50% of plate

### herbs & spices

#### leafy greens

beet greens  
mustard greens  
leaf lettuce  
collard greens  
dandelion greens  
microgreens  
bok choy  
watercress  
romaine  
spinach  
sprouts  
arugula  
endive  
chard  
kale

### onion family

green onions  
onions  
shallots  
garlic  
leeks

### miscellaneous

green beans  
artichokes  
asparagus  
avocado  
cucumber  
celery  
fennel

### nightshades

eggplant  
potatoes  
peppers  
tomatoes

### cruciferous vegetables

brussels sprouts  
cauliflower  
cabbage  
broccoli  
**mushrooms**  
portobello  
shiitake  
button  
cremini  
morel

### squash

acorn  
butternut  
buttercup  
delicata  
kabocha  
pumpkin  
spaghetti  
yellow  
zucchini

### roots

carrots  
sweet potatoes  
rutabagas  
radishes  
parsnips  
celeriac  
turnips  
daikon  
jicama  
ginger  
beets  
yams

## 2

### whole food CARBS

#### whole grains

amaranth  
buckwheat  
rice  
teff  
corn  
millet  
quinoa  
sorghum  
oats  
rye  
barley  
sprouted  
wheat

#### fruit

berries  
melons  
dates &  
figs  
peaches  
cherries  
grapes  
apples  
plums  
pears  
citrus

## 3 healthy FAT

olives  
extra-virgin olive oil  
nuts & seeds (& oil)  
tahini  
avocado  
fat from fish  
fat from quality dairy\*

## 4

### palm size PROTEIN

#### animal

fish\*  
seafood\*  
eggs\*  
kefir\*  
yogurt\*  
cheese\*  
poultry\*  
red meat\*\*

#### plant

nuts  
seeds  
whole grains  
quinoa  
beans  
lentils  
peas  
peanuts  
tempeh  
tofu

#### other

red wine\*  
sweets\*\*



\*in moderation \*\*special occasions

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# 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

