



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



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*

plant

- nuts
seeds
whole grains
quinoa
beans
lentils
peas
peanuts
tempeh
tofu

palm size PROTEIN

animal

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

other

- red wine*
sweets**



4

*in moderation **special occasions



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