



LINDGREN
functional medicine

SUGAR DETOX

Meal Blueprint

1 VEGETABLES

50% of plate
(non-starchy carbs)

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
scallions
onions
shallots
garlic
leeks

cruciferous mushrooms

broccoli
kohlrabi
cabbage
cauliflower
raw sauerkraut
brussels sprouts
Chinese cabbage

portobello
shiitake
button
cremini
morel

roots

carrots
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
ginger
beets

nightshades

eggplant
peppers
tomatoes

miscellaneous

water chestnuts
hearts of palm
alfalfa sprouts
bean sprouts
green beans
yellow squash
bamboo shoots
snow peas
amaranth
cucumber
artichokes
asparagus
avocado
zucchini
chicory
celery
fennel
okra



2

palm size
PROTEIN

animal (complete)

liver/offal
wild game
seafood
fish
eggs
beef
bison
chicken
turkey
duck
lamb
dairy*

plant (incomplete)

tempeh
miso
natto
tamari
1-ingredient
protein powder*

3 healthy FAT

avocado
butter* & ghee
coconut oil/milk/cream
duck fat, lard, & tallow
fat from quality protein
fish/cod liver oil
bacon grease
olives (and oil)
nuts & seeds*

4

whole food
CARBS

*some people do
require more carbs:*

fruit

lime
lemon
grapefruit*
blueberries*
raspberries*
blackberries*
granny smith apple*
green-tipped
banana*

winter squash*
sweet potato*
gf grains*
legumes*

*in moderation