



LINDGREN
functional medicine

Batch Prep Meal Blueprint

1 VEGETABLES
50% of plate

2 ^{palm size}
PROTEIN

3 ^{healthy}
FAT

4 ^{whole food}
CARBS

BREAKFAST

overnight oats + cream/berries/nuts
chia seed pudding + coconut/fruit
roasted veggies + sausage/eggs
rice + veggies in breakfast burrito
frittata or egg cups
leftovers



LUNCH

BATCH PREP:

protein

meat, fish, beans, lentils,
hummus

carb

whole grain, potatoes, yams

veggies

chop, sauté, or roast

wrap
skillet
tacos

nourish bowl
burrito bowl
loaded salad

DINNER

vegetables + protein in soup or stew
chickpea/lentil curry + **rice**
broccoli + chicken + quinoa skillet
vegetable + shrimp stir-fry + **rice**
meat sauce over **roasted veggies**
casserole with **mushrooms + beef + rice**

