



LINDGREN  
functional medicine

# HOW TO BUILD A PALEO NOURISH BOWL

## 1 VEGETABLES

- greens or kale
- shredded cabbage
- shredded carrots
- sauerkraut or kimchi
- roasted veggies
- artichoke
- beets
- squash
- peppers
- mushrooms
- radish
- cucumber
- tomato
- cauliflower
- broccoli
- green or red onion
- sprouts
- fresh herbs

*maximize nutrients  
with veggies*

*25-30g  
(palm size)*



## 2 PROTEIN

- chicken, turkey, or duck
- beef, lamb, or pork
- organ meat
- fish or seafood (*fresh or canned*)
- hard-boiled egg

## 3 HEALTHY FAT

- avocado
- olives
- olive & avocado oil
- nuts & seeds
- coconut oil
- lard, tallow, or duck fat

## 4 WHOLE FOOD CARBS

- sweet potato
- potato
- squash
- taro
- cassava
- plantain
- apples & pears
- citrus
- dried fruit

## 5 SAUCE

- olive oil + apple cider vinegar + honey + mustard
- herbs + mayo + salt + pepper
- tahini + lemon juice + cumin
- coconut cream + lemon juice + garlic
- your favorite homemade dressing
- clean store-bought dressing

*put all  
ingredients  
in a jar &  
shake well*