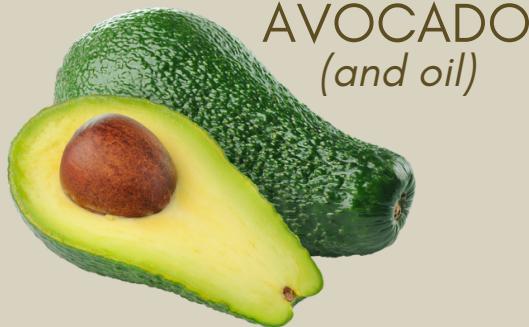




LINDGREN
functional medicine

Healthy Fats



AVOCADO
(and oil)



SARDINES

NUTS
(and butters)



COCONUT
(and oil)



SEEDS



EGG YOLKS



OLIVES
(and oil)



GRASS-
FED
BUTTER
& GHEE



SALMON

