



LINDGREN  
functional medicine

# HOW TO BUILD A NOURISH BOWL

## 1 VEGETABLES

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

*maximize nutrients  
with veggies*

*25-30g  
(palm size)*



## 2 PROTEIN

- chicken or turkey
- beef, lamb, or pork
- fish or seafood (*fresh or canned*)
- quality dairy (*if tolerated*)
- hard-boiled egg
- tofu & edamame

## 3 HEALTHY FAT

- avocado
- quality dairy (*if tolerated*)
- olives
- nuts & seeds
- olive & avocado oil

## 4 WHOLE FOOD CARBS

- sweet potato
- quinoa
- rice
- millet
- amaranth
- beans
- chickpeas
- lentils
- fruit

## 5 SAUCE

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

*put all  
ingredients  
in a jar &  
shake well*