



LINDGREN
functional medicine

Meal Blueprint

1 VEGETABLES 50% of plate

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
onions
shallots
garlic
leeks

miscellaneous

green beans
artichokes
asparagus
avocado
cucumber
celery
fennel

nightshades

eggplant
potatoes
peppers
tomatoes

cruciferous vegetables

brussels sprouts
cauliflower
cabbage
broccoli
mushrooms
portobello
shiitake
button
cremini
morel

squash

acorn
butternut
buttercup
delicata
kabocha
pumpkin
spaghetti
yellow
zucchini

roots

carrots
sweet potatoes
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
ginger
beets
yams

2 palm size PROTEIN

animal (complete)

cottage cheese
plain yogurt
whey protein
cheese
kefir
eggs
fish
seafood
beef
bison
chicken
turkey
duck
lamb
liver

plant (incomplete)

nuts
seeds
tempeh
tofu
quinoa
beans
lentils
peas
peanuts

3 healthy FAT

avocado
butter & ghee
cream
coconut oil
fish oil
lard or tallow
nuts & seeds (and oil)
olives (and oil)
fat from quality protein

4 whole food CARBS

grains

amaranth
rice
wild rice
buckwheat
teff
corn
millet
quinoa
sorghum
oats
barley
rye
sprouted
wheat

fruit

berries
melons
dates &
figs
pineapple
peaches
mangoes
bananas
apricots
cherries
grapes
apples
plums
pears
citrus

