



LINDGREN
functional medicine

Low-FODMAP Meal Blueprint

1 VEGETABLES 50% of plate

leafy greens

beet greens
mustard greens
leaf lettuce
collard greens
dandelion greens
microgreens
bok choy
watercress
romaine
spinach
sprouts
arugula
endive
chard
kale

nightshades

eggplant
potatoes
peppers
tomatoes

miscellaneous

green beans
cucumber
celery
seaweed
fennel
okra

herbs & spices

*not garlic &
onion*

cruciferous vegetables

brussels sprouts
cabbage
cauliflower
broccoli

squash

acorn
butternut
buttercup
delicata
kabocha
pumpkin
spaghetti
yellow
zucchini

roots

carrots
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
ginger
yams



2

palm size PROTEIN

animal

eggs
seafood
fish
beef
chicken
turkey
hard cheeses

plant

macadamia nuts
peanuts
brazil nuts
walnuts
seeds

3 healthy FAT

butter
avocado oil (not fruit)
coconut oil/milk/cream
fat from quality protein
olives (and oil)
some nuts
seeds

4

whole food CARBS

fruit

berries (not
black)
unripe banana
plantains
cantaloupe
honeydew
pineapple
grapes
oranges
lemon
lime
kiwi

grains

GF oats
corn
quinoa
millet

other

maple syrup
table sugar
dark chocolate