

## Blood Type O Good-Fair Zone Choices

<b>This Sheet GOOD-FAIR Zone Choices For Blood Type O</b>	<b>Cream Cheese low fat 2 Tbsp</b>	<b>Scallions 3c</b>	<b>Soybean Oil 2/3 tsp</b>
<b>Yellow (EAT these)-Purple (AVOID these) for your BLOOD TYPE O</b>	<b>Vegetarian (Protein)</b>	<b>Shallots, diced 1 1/2c</b>	<b>Tahini 1/2 Tbsp</b>
<b>Good-Fair Protein Choices (7 grams each block)</b>	<b>Soy Canadian Bacon 3 slices</b>	<b>Snow Peas 1 1/2c</b>	<b>Walnuts, chopped 1 tsp</b>
<b>Good-Fair Protein Choices (7 grams each block)</b>	<b>Soy Cheese 1oz</b>	<b>Spinach, chopped 20c</b>	<b>Sunflower seeds, hulled 2 tsj</b>
<b>Good-Fair Protein Choices (7 grams each block)</b>	<b>Soy Powder (in Perfect Start)</b>	<b>Water Chestnuts 1/3c</b>	<b>Filbert, Chestnut 1tsp</b>
<b>Meat &amp; Poultry (Protein)</b>	<b>Good-Fair Carbohydrate Choices (9 grams each block)</b>	<b>Fruit (Fresh, Frozen, Lite-canned)(Carbs)</b>	<b>Pine nuts, Sesame 1tsp</b>
<b>Meat &amp; Poultry (Protein)</b>	<b>Meat &amp; Poultry (Protein)</b>	<b>Applesauce, unsweetened 1/3c</b>	<b>Spices</b>
<b>Canadian Bacon 1 oz</b>	<b>Cooked Vegetables (Carbohydrate)</b>	<b>Boysenberries 1/2c</b>	<b>Agar, Allspice, Almond Extract</b>
<b>Chicken Breast, deli 1.5oz</b>	<b>Cooked Vegetables (Carbohydrate)</b>	<b>Fruit Cocktail 1/3c</b>	<b>Anise, Arrowroot, Barley Malt</b>
<b>Turkey Breast, deli 1.5oz</b>	<b>Collard Greens 2c</b>	<b>Lemon or Lime 1</b>	<b>Basil, Bay Leaf, Bergamot</b>
<b>Turkey, Ground 1.5oz</b>	<b>Hummus 3 Tbsp</b>	<b>Orange, Mandarin 1/3c</b>	<b>Brown Rice Syrup, Cardamon</b>
<b>Turkey Bacon 3 strips</b>	<b>Salsa 1/2c</b>	<b>Peach, water canned 1/2c</b>	<b>Cayenne, Carob, Chervil, Chives</b>
<b>Veal 1oz</b>	<b>Sauerkraut 1c</b>	<b>Persimmon 1/2</b>	<b>Chocolate, Clove, Coriande</b>
<b>Fish &amp; Seafood (Protein)</b>	<b>Tomato, canned/chopped 1c</b>	<b>Grains &amp; Miscellaneous (Carbohydrate)</b>	<b>Cream of Tarter, Cumin, Curry</b>
<b>Fish &amp; Seafood (Protein)</b>	<b>Tomato sauce 1/2c</b>	<b>Oatmeal, old fashion dry 1/2o</b>	<b>Dill, Dulse, Garlic, Gelatin (Plain</b>
<b>Bass 1oz</b>	<b>Turnip, mashed 1 1/2c</b>	<b>Spelt dry 1/2oz</b>	<b>Horseradish, Kelp, Maple Syrup</b>
<b>Bluefish 1.5oz</b>	<b>Raw Vegetables (Carbohydrate)</b>	<b>Rye Crisp 2</b>	<b>Marjoram, Mint, Miso, Molasse:</b>
<b>Calamari 1.5oz</b>	<b>Alfalfa Sprouts 10c</b>	<b>Good-Fair Fat Choices (3 grams each block)</b>	<b>Mustard, Paprika, Parsley, Pepper</b>
<b>Catfish 1.5oz</b>	<b>Bean Sprouts 3c</b>	<b>Almond Oil 2/3 tsp</b>	<b>Peppermint, Pimiento, Rice Syrup</b>
<b>Clams 1.5oz</b>	<b>Broccoli 4c</b>	<b>Guacamole 1 Tbsp</b>	<b>Rosemary, Saffron, Sage, Salt</b>
<b>Snapper 1.5oz</b>	<b>Cabbage, shredded 4c</b>	<b>Mayonnaise, Light 1 tsj</b>	<b>Savory, Soy Sauce, Spearmir</b>
<b>Swordfish 1.5oz</b>	<b>Cauliflower 4c</b>	<b>Mayonnaise, Regular 2/3 tsp</b>	<b>Tapioca, Tarragon, Thyme</b>
<b>Eggs/Dairy (Protein)</b>	<b>Endive, chopped 10c</b>	<b>Olives, Green 3</b>	<b>Turmeric, Wintergreen</b>
<b>Eggs, whole 1</b>	<b>Escarole, chopped 10c</b>	<b>Olives--Black, Greek, Spanish 4</b>	<b>Capers, Cinnamon, Cornstarch</b>
<b>Cheese, Farmer/Feta/Goat/Mozz. 1oz</b>	<b>Jalapeno Peppers 2c</b>	<b>Nut Butters (except Peanut) 1 1/2 tsj</b>	<b>Corn Syrup, Nutmeg, Vanilla</b>
<b>Cottage Cheese 2% 1/4c</b>	<b>Lettuce, Iceberg 2 heads</b>	<b>Pepper (Black &amp; White)</b>	<b>Vinegar-All Types</b>
<b>One Balanced Snack equals:</b>	<b>A Balanced Meal is 3-4 Blocks</b>	<b>If meal is too large--"Graze"</b>	<b>Herbal Teas</b>
<b>One Block of Proteir</b>	<b>3-4 Blocks of Proteir</b>	<b>Two Blocks of Proteir</b>	<b>Catnip, Cayenne, Chickweed</b>
<b>One Block of Carbohydrat</b>	<b>3-4 Blocks of Carbohydrate</b>	<b>Two Blocks of Carbohydrate</b>	<b>Chamomile, Dandelion, Dong quai</b>
<b>One Block of Fat</b>	<b>3-4 Blocks of Fat</b>	<b>Two Blocks of Fat</b>	<b>Elder, Fenugreek, Ginger, Ginseng</b>
<b>One Block of Fat</b>	<b>(3 Blocks for a woman/4 for a man)</b>	<b>Two Blocks of Fat</b>	<b>Good Earth, Green Tea, Hawthorne</b>
<b>Berry Perfect Start Balanced Meal</b>	<b>Vanilla Perfect Start Balanced Meal</b>	<b>Chocolate Perfect Start Balanced Meal</b>	<b>Hops, Licorice, Linden, Mulberry</b>
<b>3/4c PiMag Optimized Water</b>	<b>3/4 c. PiMag Optimized Water</b>	<b>3/4 c PiMag Optimized Water</b>	<b>Parsley, Peppermint, Raspberry</b>
<b>2 scoops Berry Perfect Start</b>	<b>2 scoops Vanilla Perfect Start</b>	<b>2 scoops Chocolate Perfect Start</b>	<b>Rose Hips, Sage, Sarsaparilla</b>
<b>1 tsp. Green Power- Dr. Denice Moffat</b>	<b>1 tsp Green Power- Dr. Denice Moffat</b>	<b>1 tsp Green Power- Dr. Denice Moffat</b>	<b>Slippery Elm, Spearmint, Thyme</b>
<b>3/4 c mixed frozen Berries</b>	<b>1 block fresh Fruit (apple, pear, peach, plum)</b>	<b>1 block fruit (banana, orange, cherry, rasp.)</b>	<b>Valerian, White Oak Bark, Yarrow</b>
<b>3/4 tsp Dark Molasses</b>	<b>Spices like cinnamon/cardamon/clove</b>	<b>A few ice cubes for temperature/texture</b>	<b>Other</b>
<b>1/3 tsp powdered Ginge</b>	<b>A few ice cubes for temperature/texture</b>	<b>3/4 tsp Dark Molasses</b>	<b>Soda, Club</b>
<b>Blend and serve with:</b>	<b>Blend and serve with:</b>	<b>Blend and serve with:</b>	<b>Seltzer Water</b>
<b>1 block Carbohydrate</b>	<b>1 block Protein</b>	<b>1 block Protein</b>	<b>© nht 2003</b>
<b>1 block Protein</b>	<b>1 block Carbohydrate</b>	<b>1 block Carbohydrate</b>	<b>Legend</b>
<b>2 blocks Fat</b>	<b>2 blocks Fat</b>	<b>2 blocks Fat</b>	<b>Yellow: Good Foods</b>
<b>Provided by: Dr. Denice Moffat</b>			<b>Purple: Foods to Avoic</b>
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