

## Blood Type AB Good-Fair Zone Choices

<b>This Sheet GOOD-FAIR Zone Choices</b>	Cream Cheese low fat 2 Tbsp	Mushrooms, chopped 4c	<b>Spices</b>
<b>For Blood Type AB</b>	Eggs, whole 1	Scallions 3c	Agar,Arrowroot
<b>Yellow (EAT these)-Purple (AVOID these) for your BLOOD TYPE AB</b>	Other-Casein,Whey 1.5oz	Shallots, diced 1 1/2c	Basil,Bay Leaf
<b>Good-Fair Protein Choices</b>	<b>Vegetarian (Protein)</b>	Snow Peas 1 1/2c	Bergamot
<b>(7 grams each block)</b>	Soy Canadian Bacon 3 slices	Spinach, chopped 20c	Cardamon
<b>Meat &amp; Poultry (Protein)</b>	<b>Good-Fair Carbohydrate Choices</b>	<b>Fruit (Fresh, Frozen, Lite-canned)(Carbs)</b>	Carob
<b>(9grams each block)</b>	<b>(9grams each block)</b>	Applesauce, unsweetened 1/3c	Chervil
Canadian Bacon 1 oz	<b>Cooked Vegetables (Carbohydrate)</b>	Boysenberries 1/2c	Chive
Chicken Breast, deli 1.5oz	Beans--Broad,Cannellini,Copper,Northern 1/4c	Fruit Cocktail 1/3c	Chocolate
Turkey Breast, deli 1.5oz	Beans--Jicima,Tamarind,White 1/4c	Lemon or Lime 1	Cinnamon/Clove
Turkey, Ground 1.5oz	Lentils 1/4c	Melons, All 3/4c	Coriander
Turkey Bacon 3 strips	Collard Greens 2c	Orange, Mandarin 1/3c	Cream of Tarter
Veal 1oz	<b>Hummus 3 Tbsp</b>	Peach, water canned 1/2c	Cumin
<b>Fish &amp; Seafood (Protein)</b>	Salsa 1/2c	Persimmon 1/2	Dill
Bass 1oz	Sauerkraut 1c	Watermelon 3/4c	Dulse,Kelp
Abalone,Bluefish,Carp,Catfish,Caviar 1.5oz	Tomato, canned/chopped 1c	<b>Grains &amp; Miscellaneous (Carbohydrate)</b>	Marjoram
Herring,Mussel,Scallop,Shark,Perch 1.5oz	Tomato sauce 1/2c	Oatmeal, old fashion dry 1/2oz	Mints-All
Smelt,Sole,Squid (Calamari),Swordfish 1.5oz	Turnip, mashed 1 1/2c	<b>Good-Fair Fat Choices</b>	Mustard, Dry
Clams 1.5oz	<b>Raw Vegetables (Carbohydrate)</b>	<b>(3 grams each block)</b>	Nutmeg
Snapper,Tilefish,Weakfish,Whitefish 1.5oz	Alfalfa Sprouts 10c	Almond Oil 2/3 tsp	Paprika
White Perch,Yellow Perch 1.5oz	Bean Sprouts 3c	Guacamole 1 Tbsp	Pimiento
<b>Eggs/Dairy (Protein)</b>	Broccoli 4c	Mayonnaise, Light 1 tsp	Saffron
Cheese-Cheddar,Colby,Edam,Gouda 1oz	Cabbage, shredded 4c	Mayonnaise, Regular 2/3 tsp	Sage
Cheese--Cottage 2% 1/4c	Cauliflower 4c	Olives, black 4 medium	Savory
Cheese--Emmenthal,Gruyere,Jarlsburg 1oz	Endive, chopped 10c	Peanut Butter or Nut Butter 1/2 Tbsp	Soy Sauce
Cheese--Farmer,Feta,Goat,Kefir 1oz	Escarole, chopped 10c	Soybean Oil 2/3 tsp	Tamari
Cheese--Jack,Munster,Neufchatel 1oz	Jalapeno Peppers 2c	Tahini 1/2 Tbsp	Tamarind
Cheese--Mozzarella,Ricotta 1oz	Lettuce, Iceberg 2 heads	Oils--Canola,Cod Liver,Flax,Peanut 2/3tsp	Tarragon
Cheese--String,Swiss 1oz	<b>Berry Perfect Start Balanced Meal</b>	<b>Vanilla Perfect Start Balanced Meal</b>	Thyme
	<b>Chocolate Perfect Start Balanced Meal</b>	<b>Herbal Teas</b>	Turmeric
3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	Vanilla
2 scoops Berry Perfect Start	2 scoops Vanilla Perfect Start	2 scoops Chocolate Perfect Start	Wintergreen
1 tsp Emerald Harvest	1 tsp Emerald Harvest	1 tsp Emerald Harvest	
1/2c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	<b>Catnip</b>
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon,clove	A few ice cubes for temperature/texture	Dandelion
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Dong quai
<b>Blend and serve with:</b>	<b>Blend and serve with:</b>	<b>Blend and serve with:</b>	Mints-All
1 block Protein	1 block Protein	1 block Protein	Raspberry leaf
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Sarsaparilla
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	Yarrow
20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	© nht 2003
<b>Legend</b>			Yellow: Good Foods
			Purple: Foods to Avoid
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