

Blood Type A Good - Fair Zone Choices

This Sheet GOOD-FAIR Zone Choices	Good-Fair Carbohydrate Choices	<i>Fruit (Fresh, Frozen, Lite-canned)(Carbs)</i>	<i>Spices</i>
For Blood Type A	(9 grams each block)	Applesauce, unsweetened 1/3c	Allspice
Yellow (EAT these)-Purple (AVOID these) for BLOOD TYPE A	<i>Cooked Vegetables (Carbohydrate)</i>	Berries--Elderberry,Gooseberry,Loganberry 3/4c	Almond Extract
Good-Fair Protein Choices	Beans--Broad, Cannellini,Fava,Jicama 1/4c	Boysenberries 1/2c	Anise
(7 grams each block)	Beans, White 1/4c	Fruit Cocktail 1/3c	Arrowroot
<i>Meat & Poultry (Protein)</i>	Collard Greens 2c	Lemon or Lime 1	Basil
Canadian Bacon 1 oz	Hummus 3 Tbsp	Melon--Casaba,Crenshaw,Cantaloupe 3/4c	Bay Leaf
Chicken Breast, deli 1.5oz	Salsa 1/2c	Orange, Mandarin 1/3c	Bergamot
Turkey Breast, deli 1.5oz	Sauerkraut 1c	Peach, water canned 1/2c	Cardamon
Turkey, Ground 1.5oz	Tomato sauce 1/2c	Persimmon 1/3c, Pomegranate 1/2c	Caraway
Turkey Bacon 3 strips	Tomato, canned/chopped 1c	Watermelon 3/4c	Carob
Veal 1oz	Turnip, Rutabaga 1 1/2c	<i>Grains & Miscellaneous (Carbohydrate)</i>	Chervil
<i>Fish & Seafood (Protein)</i>	<i>Raw Vegetables (Carbohydrate)</i>	Oatmeal, old fashion dry 1/2oz	Chives
Bass,Bluefish,Catfish 1.5oz	Alfalfa Sprouts 10c	<i>Good-Fair Fat Choices</i>	Chocolate
Calamari 1.5oz	Bean Sprouts 3c	(3 grams each block)	Cinnamon/Cloves
Catfish 1.5oz	Broccoli 4c	Almond Oil 2/3 tsp	Coriander
Clams 1.5oz	Cabbage, shredded 4c	Guacamole 1 Tbsp	Cream of Tartar
Snapper 1.5oz	Cauliflower 4c	Mayonnaise, Light 1 tsp	Cumin
Swordfish 1.5oz	Endive, Raddichio 10c	Mayonnaise, Regular 2/3 tsp	Curry
<i>Eggs/Dairy (Protein)</i>	Escarole, chopped 10c	Nuts---Chestnut 2,Hickory 3, Litchi 6	Dill
Eggs, whole 1	Jalapeno Peppers 2c	Oils, Peanut,Cottonseed,Corn,Safflower 2/3tsp	Dulse/Kelp
Cheese--Soy,Farmer,Feta,Goat 1oz	Lettuce--Bibb,Boston,Iceberg 10c	Oils, Sesame 2/3tsp	Horseradish
Cheese--Kefir,Mozzarella,Ricotta 1oz	Mushrooms--Abalone,Enoki,Portobello 4c	Olives--Black, Greek, Spanish 4	Mrjoram
Cheese--Low Fat,String 1oz	Mushrooms--Tree Oyster 4c	Olives, Green 3	Mint
Cottage Cheese 2% 1/4c	Scallions 3c	Peanut Butter or Nut Butter 1/2 Tbsp	Mustard, dry
Cream Cheese low fat 2 Tbsp	Shallots, diced 1 1/2c	Soybean Oil 2/3 tsp	Nutmeg
<i>Vegetarian (Protein)</i>	Snow Peas 1 1/2c	Tahini (Sesame butter) 1/2 Tbsp	Oregano
Soy Canadian Bacon 3 slices	Spinach, chopped 20c	Tahini 1/2 Tbsp	Paprika
<i>Berry Perfect Start Balanced Meal</i>	<i>Vanilla Perfect Start Balanced Meal</i>	<i>Chocolate Perfect Start Balanced Meal</i>	Peppermint
3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	Pimento
2 scoops Berry Perfect Start	2 scoops Vanilla Perfect Start	2 scoops Chocolate Perfect Start	Rosemary
1 tsp Emerald Harvest	1 tsp Emerald Harvest	1 tsp Emerald Harvest	Saffron
3/4c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Sage
3/4 tsp Dark Molasses	Spices such as cinnamon, cardamon,clove	A few ice cubes for temperature/texture	Savory
1/3 tsp powdered Ginger	A few ice cubes for temperature/texture	3/4 tsp Dark Molasses	Tamarind
<i>Blend and serve with:</i>	<i>Blend and serve with:</i>	<i>Blend and serve with:</i>	Tapioca
1 block Protein	1 block Protein	1 block Protein	Tarragon
2 blocks Fat	1 block Carbohydrate	2 blocks Fat	Thyme
1/2 block Carbohydrate	2 blocks Fat	1/2 block Carbohydrate	Turmeric
20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	20gm Protein, 27gm Carbs, 9gm Fat	Vanilla

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Legend

Yellow: Good Fair Foods
Purple: Foods to Avoid

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