

Blood Type B Good-Fair Zone Choices

This Sheet GOOD-FAIR Zone Choices For Blood Type B	Cheese--Cheddar,Colby,Gouda 1oz	Snow Peas 1 1/2c	Spices
Yellow (EAT these)-Purple (AVOID these) for BLOOD TYPE B	Cheese--Jarlsberg,Jack,Munster 1oz	Spinach, chopped 20c	Agar, Arrowroot
Good-Fair Protein Choices (7grams each block)	Vegetarian (Protein)	Fruit (Fresh, Frozen, Lite-canned)(Carbs)	Anise
Meat & Poultry (Protein)	Good-Fair Carbohydrate Choices (9 grams each block)	Cooked Vegetables (Carbohydrate)	Basil, Bay Leaf
Canadian Bacon 1 oz	Soy Canadian Bacon 3 slices	Applesauce, unsweetened 1/3c	Bergamot
Chicken Breast, deli 1.5oz	Collard Greens 2c	Boysenberries 1/2c	Capers
Turkey Breast, deli 1.5oz	Hummus 3 Tbsp	Fruit Cocktail 1/3c	Caraway
Turkey, Ground 1.5oz	Salsa 1/2c	Lemon or Lime 1	Cardamon
Turkey Bacon 3 strips	Sauerkraut 1c	Melon--All Kinds 3/4c	Carob
Veal, Buffalo, Pheasant, Liver 1oz	Tomato, canned/chopped 1c	Orange, Mandarin 1/3c	Chervil
Fish & Seafood (Protein)	Tomato sauce 1/2c	Peach, water canned 1/2c	Chives
Bass 1oz	Turnip, mashed 1 1/2c	Pineapple 1/2c	Coriander
Abalone, Bluefish 1.5oz	Raw Vegetables (Carbohydrate)	Persimmon 1/2	Cream of Tartar
Calamari,Carp,Catfish,Herring 1.5oz	Alfalfa Sprouts 10c	Grains & Miscellaneous (Carbohydrate)	Cumin
Snapper,Sailfish,Shark,Smelt 1.5oz	Bean Sprouts 3c	Oatmeal, old fashion dry 1/2oz	Dill
Clams 1.5oz	Broccoli 4c	Good-Fair Fat Choices (3 grams each block)	Dulse, Kelp
Trout, Tilefish, Whitefish 1.5oz	Cabbage, shredded 4c	Almond Oil 2/3 tsp	Garlic
Swordfish 1.5oz	Cauliflower 4c	Guacamole 1 Tbsp	Marjoram
Eggs/Dairy (Protein)	Endive, chopped 10c	Mayonnaise, Light 1 tsp	Mints--All types
Eggs, whole 1	Escarole, chopped 10c	Mayonnaise, Regular 2/3 tsp	Miso, Soy Sauce
Cheese--Brie,Farmer,Feta,Goat,Keifer 1oz	Jalapeno Peppers 2c	Nut Butters, Almond 1 1/2tsp	Mustard, dry
Cheese--Mozzarella,Provolone,Ricotta 1oz	Lettuce, Iceberg 2 heads	Nuts, Brazil/Chestnut 1, Hickory/Litchi 3	Nutmeg
Cheese, low fat 1oz	Mushrooms, chopped 4c	Olives, black 4 medium	Oregano
Cottage Cheese 2% 1/4c	Scallions 3c	Peanut Butter 1/2Tbsp	Paprika
Cream Cheese low fat 2 Tbsp	Shallots, diced 1 1/2c	Soybean Oil 2/3 tsp	Pepper, Black/Red
Berry Perfect Start Balanced Meal	Vanilla Perfect Start Balanced Meal	Chocolate Perfect Start Balanced Meal	Pimento
3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	3/4 c PiMag Optimized Water	Rosemary
2 scoops Berry Perfect Start	2 scoops Vanilla Perfect Start	2 scoops Chocolate Perfect Start	Saffron
1 tsp Emerald Harvest	1 tsp Emerald Harvest	1 tsp Emerald Harvest	Sage
1/2c Frozen Mixed Berries (1 block)	1 block fresh Fruit (apple,pear,peach,plum)	1 block fruit (banana,orange,cherry,raspberry)	Sugar--Brown,White
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	Syrup--Rice,Maple
Blend and serve with:	Blend and serve with:	Blend and serve with:	Tamarind
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
			Vinegars-All
			Wintergreen
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