

Blood Type Diets Short Version

Type O

You are more of a carnivore by nature. you need to consume high protein foods like meats and fish, fruits and vegetables are also very good for you. Need to Limit or eliminate the intake of grains, beans and legumes. If you are overweight,

AVOID: wheat, corn, beans lentils, cabbage, brussels sprouts, and cauliflower.

BENEFICIAL: seafood, liver, red meat (wild game like your a hunter, grass fed beef, deer, bison, elk anything wild), Celtic sea salt, real sea salt or pink him salt, kale, broccoli, and spinach

Type A

You are more of a natural vegetarian, lots of vegetables, a little grains but no wheat, beans, legumes and fruits are good, Seafood is your main meat. If your overweight **AVOID** Dairy, non grass fed beef, kidney beans, wheat and lima beans

Type B

You are a balanced omnivore. this means you can metabolize all kinds of foods, meat, dairy, grains, beans, legumes, fruits, and vegetables are all good. Chicken may not be good for you. If you you have a weight problem avoid corn, wheat, lentils, peanuts, sesame seeds, and buckwheat.

Type AB

You are an omnivore in moderation, you can eat most foods for you meat seafood, dairy, fruits, vegetables, grains, beans and legumes can all be consumed beneficially. if you have a weight problem avoid non grass feed red meat, kidney and lima beans, seeds, corn and buckwheat.