



Eating plan for Blood type AB

Day 1

Breakfast

Organic Oats made into porridge, rice or soy milk , LSA and suitable fruit

Morning tea

Half cup of fruit (grapes, kiwi- refer to sheet)

1 small handful raw almonds

Lunch

Salmon (1/2 fillet) or Safcol brand in pouch/tin

Lettuce, tomato, grated carrot, grated beetroot, red onion, hummous

Place in Oat or Rye mountain bread wrap and eat

Afternoon tea

1 cup Veggie chips (Ajita's brand)

100 % Juice or water

Dinner

Tofu, pumpkin stir fry (see recipe sheet for type AB)

Dried figs or dates with a small handful of raw pecans

Day 2

Breakfast

Super smoothie (see recipe sheet)

Optional- add Spirulina or green barley for extra nutrient boost

Morning tea

Ginger, lemon and walnut muffins (see recipe sheet)

Lunch

Shaved Turkey in a salad sandwich (Rye or spelt bread)

Afternoon tea

Small handful almonds/walnuts/pecans

Dinner

Salmon cutlets with steamed vegetables

Desert: choice from recipe sheet

Day 3

Breakfast

Rye toast with nuttlex/ or 100% natural peanut butter (sanitarium or health food store brand)

Morning tea

Rice cakes with pesto

Lunch

Tuna, fetta and sundried tomato frittata (mix 6 eggs, 1 large tin of tuna, flaked feta and sundried tomatoes, with 1 cup of soymilk. Pour into flan and cook for 45 mins on 180)

Afternoon tea

Carob almond cookies (see recipe sheet)

Dinner

Lentil soup (see recipe sheet) serve with spelt dinner rolls

Day 4

Breakfast

2 eggs boiled for 6 minutes, serve with baked beans or Rye toast.

Morning tea

Dried fig and carob balls

Lunch

Left overs from dinner or
Tuna salad (see recipe sheet), sliced

Afternoon tea

Healthy smoothie- made on rice or soy milk with banana or berries with protein powder

Dinner

Roast Lamb with 4 veg- Broccoli, cauliflower, Sweet potato and Carrots (or choose from list)

Day 5

Breakfast

Organic Oats made into porridge, rice or soy milk, LSA and suitable fruit

Morning tea

Carob almond cookies

Lunch

Sushi (tuna, salmon, avocado, salad)

Afternoon tea

Apple or Pumpkin pie from recipe sheet

Dinner

Salmon and Rice- 1 Salmon fillet marinated in lemon, garlic, tamari & herbs of choice- grill on the BBQ, serve with steamed veggies and brown rice (or see recipe sheet)

Day 6

Breakfast

2 Organic eggs with chopped red onion, mushrooms and mozzarella scrambled

Morning tea

Baked rice left over or creamed rice

Lunch

Tinned fish or grilled tofu/tempeh, With green leafy salad- rocket, cucumber, carrot, green olives

Afternoon tea

Fruit and raw nuts (select from sheet)

Dinner

Tofu or Turkey breast stir fry (tofu marinated in garlic, sesame, soy sauce) cut into cubes and add lots of favorite vegetables. Flavour with stock cube, chilli, coriander. Add rice noodles

Pumpkin or Apple pie from recipe sheet

Day 7

Breakfast

Rye bread toasted with Peanut butter and/or Nuttlex spread.

Morning tea

Rice crackers and hommous/ pesto

Lunch

Grilled tuna or lamb steaks with lightly steamed veggies (from list)

Afternoon tea

Ginger, lemon, walnut muffins or protein shake

Dinner

Tuna or salmon patties (1 tin fish, 1 large potato, 1 onion, 2 eggs, 2 tsp lemon rind, 2 Tbs of flat leaf parsley or coriander, 150 grams of chopped snap peas. Mix all into small balls. Roll in breadcrumbs and shallow fry or bbq)

Steamed bok choy

Thai chilli sauce

