



Eating plan for Blood type A

Day 1

Breakfast

Rye toast with nuttlex/ or 100% natural peanut butter (sanitarium or health food store brand) or 1 boiled egg

Morning tea

Half cup of fruit (berries, Apple- refer to sheet)

1 small handful Pumpkin seeds or 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

Afternoon tea

1 cup Veggie chips (Ajita's brand)

Dinner

Chicken lasagne (see recipe sheet for type A)

Dried figs or dates with a small handful of raw almonds

Day 2

Breakfast

2 Organic eggs with chopped red onion, Mozzarella and mushroom scrambled

Morning tea

Fruit, flax and soy muffins (see recipe sheet)

Lunch

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

Afternoon tea

Small handful pumpkin seeds

Dinner

Salmon cutlets with steamed vegetables

Desert: choice from recipe sheet

Day 3

Breakfast

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

Morning tea

Almonds and choice of fruit from list

Lunch

Tuna, feta and sundried tomato frittata (mix 6 eggs, 1 large tin of tuna, flaked feta and sundried tomatos, 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
Avocado salad (see recipe sheet), sliced

Afternoon tea

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

Dinner

Lemon chicken (700 g chicken, combined with 1/3 c lemon juice, 1 Tbs brown sugar, 1 Tbs ginger, 2 cloves garlic, and 1 tbs oil. Mix and cover overnight or for 1 hour. Cook rice noodles first then drain. Add veggies in wok. Add chicken and the following sauce – 1 tsp of cornflour, 2 tsp of lemon rind, 2 c chicken stock, ¼ c honey. Serve just as sauce thickens. Stir in coriander leaves)

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

Peanut butter cookies from recipe sheet

Dinner

Pad Thai (see recipe sheet) with tofu

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 and chicken 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

Chocolate Mousse (from recipe sheet)

Day 7

Breakfast

Rye bread toasted with Avocado or Nuttlex spread or boiled egg

Morning tea

Rice crackers and hommous

Lunch

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

Afternoon tea

Carob almond cookies 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

For snacks can have protein shake, handful of nuts and ½ fruit..

2 treats per week of : chocolate 100g OR 2 hot chocolates, or 2 eat out meals